



Coaches Meeting

VIRGINIA SWIMMING
SWIMPOSIUM

Pre-Meet Coaches Meeting

Typically conducted by Meet Referee and Meet Director (depending on the level of the meet, others might be involved).

I always suggest having a pre-meet coaches meeting

- I might take different approaches depending on the level of the meet but more on that later

Anywhere from 30 minutes to an hour (or the day before) the meet's first day, again depending on the level

Topics to Cover

A welcome and introductions of key personnel

Location of Admin staff (ARs and/or AOs)

- Scratch deadlines, particularly today's (if applicable)

Review of MAAPP information

- One-on-One., locker rooms, deck changing, etc

Dive Start and Backstroke Ledge Certification Requirement

- If a BC meet

Topics to Cover

Any known facility issues and locations of hospitality, first aid, etc.

- Probably handled by meet director

Meet Protocols and Procedures

- Warmup times
- Scratches and DFS process
- Fly-overs? Chase starts?
- Start end for 50s (or 25s)
- Penalties for NS
- Check-in for distance
- Relay cards

Topics to Cover

Meet Procedures

- DQ process
 - Slips? To athlete or coach or picked up in Admin
- Protests
 - Start with deck referee
- If outdoors, what are our “foul weather” procedures?

Tech suits for U12s

- At least for a little while

Do the teams need to provide timers, etc.?

Topics to Cover

Prelims/Finals procedures

- Ready room
- Parading
- Names

Allow time for coaches to ask questions

Something I've Started Doing

Plagued by low turnout at coaches meeting especially at low-level meets

- Several reasons but big one is having to supervise many novice swimmers
- I get it, but still, many of these coaches are new also and there is needed information

I've recently started to have an email "meeting"

- I haven't tried any virtual ones although my LSC does have Zoom license
- I email a coaches meeting bullet list to the coaches of the entered teams
 - Amount of information on the list depends on the level of the meet and the coaches' familiarity with the facility and the meet format
 - Include a plea for officials with their team to attend