



BCSSA 2016 COACHES CONFERENCE

BUILDING A VISION



1. JOINED BCSSA IN 1997
2. MEMBER OF THE UBC THUNDERBIRDS 08-11
3. NWRSC HEAD COACH '12, '13, '15
4. B.KIN (UBC) & B.ED (UVIC)
5. TEACHER, COACH, SPORT ENTHUSIAST

GARETH SAUNDERS



BUILDING A VISION...

- Trying to maximize your potential as a coach outside of the technical aspects of swimming, by looking at what you do on a daily basis from a different perspective.



BUILDING VISION

1. DEFINING SUCCESS
2. EVALUATING YOUR SITUATION
3. SETTING GOALS
4. DEVELOPING A PLAN
5. CREATING A COHESIVE TEAM MINDSET
6. OWNING THE PART
7. CONTINUOUS REFLECTION



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Allison McNeill @AllisonMcNeill · 9h

“The experience of an athlete cannot exceed the experience of the quality of the leadership providing the experience

CoachesViaSport @CoachesViaSport

MT @coachlogic: “We’re not going to have better players until we have better coaches” #MotivationMonday



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BCSSA AND BEYOND

BCSSA

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Tommy Gossland

- NWRSC 2000 – 2006
- UBC Thunderbirds 07-12
- 2012 Olympic Games
- 2013 FISU Games
- 2013 World Championships

BCSSA AND
BEYOND

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DEFINING
SUCCESS



- What do you want to get out of the summer?
- What do you want your swimmers to get out of the summer?
- What do you stand for as a coach?
- What are your strengths and weaknesses?
- How are you getting better as a coach on a daily basis?



EVALUATING YOUR SITUATION



- Club Goals
- ↓
- Coaching Goals
- ↓
- Group Goals
- ↓
- Individual Athlete Goals



SETTING GOALS



Club Goals 2012-2013:

1. Increase enrollment
2. Swimmer retention in senior divisions
3. Club wide atmosphere
4. Be competitive provincially

Year	2010	2011	2012	2013
Registration	140	135	155	170
Prov. Rank	12 th	8 th	5 th	3 rd



Sustained Club Success

Registration Distribution 2014:

2014	Distribution
Div. 1	53
Div. 2	37
Div. 3	21
Div. 4	21
Div. 5	13
Div. 6	16
Div. 7	9
Total:	170

Registration Distribution 2015:

2014	Distribution
Div. 1	55
Div. 2	34
Div. 3	36
Div. 4	21
Div. 5	21
Div. 6	13
Div. 7	14
Total:	194



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- Club Culture Goals
- Club Attendance Goals
- Club Technical Goals
- Club Performance Goals



CLUB
GOALS



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ALIGN YOUR CLUB GOALS
WITH YOUR DAILY ACTIONS.
MAKING IT ENJOYABLE ALONG
THE WAY!

[https://www.youtube.com/
watch?v=kGXukFtl0wA](https://www.youtube.com/watch?v=kGXukFtl0wA)



CLUB
GOALS



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- Group culture goals
- Group attendance goals (practices and meets)
- Group technical goals
- Group practice goals
- Group performance goals



GROUP
GOALS



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CREATE A POSITIVE GROUP
CULTURE THAT IS CONDUSIVE
TO LEARNING, SWIMMING
FAST, AND HAVING FUN!



GROUP
GOALS



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- Good teammate and positive team contribution goals
- Swimmer attendance goals (practices and meets)
- Swimmer technical goals
- Swimmer performance goals

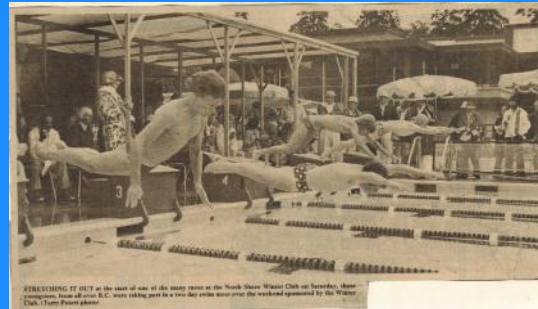


SWIMMER GOALS



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PUT YOUR SWIMMERS' IN THE DRIVERS SEAT. HAVE THEM TAKE OWNERSHIP OF THEIR OWN SWIMMING. HOLD THEM ACCOUNTABLE AND PROVIDE GUIDANCE EACH STEP OF THE WAY.



SWIMMER GOALS



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- Communication Goals
- Teammate Goals
- Development Goals (Getting better every day)
- Performance Goals



COACHING GOALS



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1. SHOW UP!
2. PLAN, PLAN, PLAN
3. NO GRIEF – HAVE FUN!
4. ASK QUESTIONS
5. TAKE PRIDE IN YOUR SWIMMERS
6. HONOR OTHER COACHES WITH YOUR EFFORT
7. KNOW YOUR SWIMMERS' STATS
8. PATIENCE, PERSISTENCE, PERSEVERANCE
9. TELL THE TRUTH
10. FIND BALANCE



COACHING TOP 10 LIST



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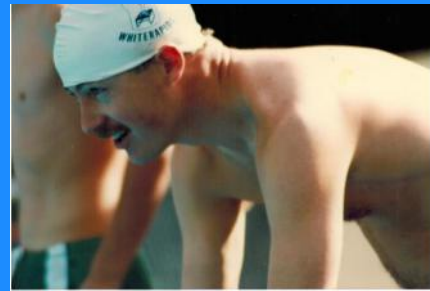
Focus on *Process Oriented Goals* that put you and your swimmers' in the driver's seat.

Chunk goals up so it is not just an endpoint, and you are able to track progress along the way.

Keep yourself, your coaches and your swimmers' accountable.

"Courage is going from failure to failure without losing enthusiasm."

-Winston Churchill



SETTING GOALS



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PROPERLY DEVISING A PLAN WITH ATTENTION TO DETAIL BEFORE THE SEASON BEGINS CAN PREVENT A COACH FROM LOSING SIGHT OF THE GOALS OF THE TEAM, THE GROUP, THE SWIMMERS.



DEVELOPING YOUR PLAN



BUILD A CULTURE AROUND
NEXT LEVEL EFFORT AND
POSITIVE ATTITUDE.

MAKE SURE EVERYONE
KNOWS THE EXPECTATIONS.

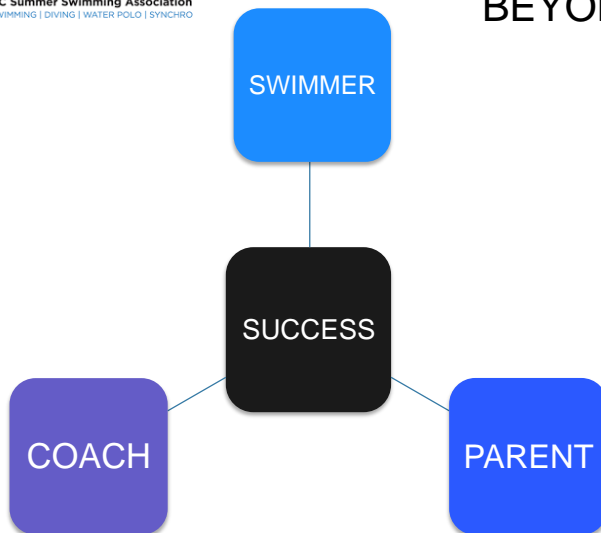
BELIEVING IN BELIEF.

“The strength of the team
is each individual
member. The strength of
each member is the
team.” -Phil Jackson

CREATING A
COHESIVE TEAM
MINDSET



BELIEF GIVES
PERMISSION
BEYOND LIMITS





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- YOU HAVE TO BE AT YOUR BEST FOR YOUR SWIMMERS TO BE AT THEIR BEST!

- CHECK YOUR BAGGAGE AT THE DOOR!

-WORK HARD FOR YOUR SWIMMERS!



OWNING THE PART



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BODY LANGUAGE:

- KEEP HANDS OUT OF POCKET
- AVOID CROSSING ARMS
- USE HANDS GESTURES TO PROVIDE POSITIVE FEEDBACK
- PROVIDE TECHNICALLY CORRECT DEMONSTRATIONS
- SMILE!



OWNING THE PART



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COMMUNICATION:

- BE POSITIVE
- REFER TO YOUR SWIMMERS BY THEIR NAME
- GO OVER EXPECTATIONS CLEARLY AT THE START OF PRACTICE
- RECAP WHAT YOU COVERED AND HOW THE PRACTICE WENT AT THE END OF THE SESSION
- PRAISE IN PUBLIC - CORRECT IN PRIVATE (1 ON 1)



OWNING THE PART



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MOVEMENT ON DECK:

- POSITION YOURSELF TO SEE YOUR SWIMMERS
- POSITION YOURSELF TO BE SEEN AND HEARD
- CHANGE LEVELS
- MOVE AROUND TO WATCH SWIMMERS FROM A VARIETY OF POSITIONS
- DO NOT STAND IN ONE SPOT ON DECK



OWNING THE PART



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PROFESSIONAL POOL INTERACTIONS:

- MINIMIZE INTERACTIONS WITH LIFEGUARDS AND OTHER COACHES
- MAXIMIZE INTERACTIONS WITH SWIMMERS
- MAKE SURE YOU SPEAK WITH EVERY SWIMMER EACH PRACTICE
- INTERACT WITH PARENTS POST WORKOUT



OWNING THE PART



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LOOK THE PART:

- CLEAN COACHING SHIRT
- SHORTS OR ACTIVE PANTS
- RUNNERS OR DECK SANDALS
- LOG BOOK
- PEN
- WHITE BOARD MARKER
- WATCHES



OWNING THE PART



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GET OUT OF YOUR COMFORT ZONE:

- USE EVERY COACHING SESSION AS AN OPPORTUNITY TO GROW
- THE WAY YOU DO ANYTHING IS THE WAY YOU DO EVERYTHING



OWNING THE PART



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- AFTER EVERY PRACTICE
- AFTER EVERY WEEK
- AFTER EVERY MEET
- AFTER EVERY SEASON



CONTINUOUS REFLECTION

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**BE CREATIVE
AND HAVE FUN**

TO ACHIEVE

USED TO

GOALS

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DREAM BIG!

Go home from this weekend and think about your coaching.

Figure out how you are going to provide an unforgettable experience to the kids you coach.

Take ownership and get better every day.



QUESTIONS?



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