



U.S. Masters Swimming
LMSC Coaches Chair
Peer-to-Peer

April 7, 2022 Webinar

LMSC Development Committee
Peer-to-Peer Webinar



LMSC Development Facilitators

Linda Chapman swims with Puget Sound Masters in the Pacific Northwest LMSC. Linda currently serves on the Webinars Team and LMSC Standards Team for the USMS LMSC Development committee as well as serving as Chair of the Pacific Northwest LMSC.

Kris McPeak swims with (and is the co-owner of) SilverPeak Performance in Pasadena, CA. Kris currently serves on the Mentorship Team for the USMS LMSC Development committee & is Treasurer for the Southern Pacific LMSC.



Panelists

Celia Wolff coaches and swims with North Carolina Masters Swimming. She is a level 4 certified coach, and is a 2021 recipient of the Kerry O'Brien Coaching Award. She currently serves as the LMSC Coaches Chair for the North Carolina LMSC.

Welcome Everyone!



- The webinar will begin in a few minutes; please stand by as everyone gets connected
- All attendees will be muted throughout the presentation
- You can submit questions to the moderator via the Q&A 'Chat' window



LMSC Development Facilitators



Linda Chapman



Kris McPeak



Coaches Chair Panelist



Celia Wolff





Peer-to-Peer Webinars

Annual session hosted by LMSC Development and any relevant national committee for a specific LMSC role focused on establishing and growing mentoring relationships.

<https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls> Upcoming Schedule (subject to change):

9/30 – LMSC Membership Coordinator

11/4 – LMSC Secretary

1/6 – LMSC Leadership (Chair / Vice-Chair)

2/3 – Event Hosting (Sanctions, Safety, Officials, LMSC Records, Top10 Recorder)

3/3 – LMSC Treasurer

3/31 – LMSC Diversity & Inclusion Coordinator

4/7 – LMSC Coach & Club Development

5/5 – LMSC Awards & Recognition

6/2 – LMSC Communication

6/30 – LMSC Fitness Event Coordinator

7/7 – LMSC Hall of Fame

9/1 – LMSC Community Service

Agenda

- Resources - Linda
 - LSMC Coaches Chair Role Description
 - USMS Coach Central
 - Coach Webinars
- Peer-to-Peer Relationship Building Program – Kris
- Coaches Chair – Celia
 - Role Details
 - Issues
 - Solutions
 - Coaching
- Group Discussion / Q&A

Coaches Chair Resources



- [Coaches Chair Role Description](#)

- [Coach Central](#)

- [Club Central](#)

- [Coach Webinars](#)

3/17/22 **Relay Reflections** - [Recording](#)

1/21/22 **So You Want to Start Your Own Masters Team** – [Presentation](#) - [Recording](#)

11/18/21 **Code of Conduct** – [Presentation](#) - [Recording](#)

10/21/21 **Differently-Abled Swimmers: Water is the Great Unifier** - [Presentation](#) – [Recording](#)

7/23/20 **Diversity & Inclusion for Coaches** – [Presentation](#) - [Recording](#)

- [Upcoming](#)

5/19/22 **Coach Community: “Making your Facility & Workouts Welcoming to All” /**

Try Masters Swimming Month is July - [Register](#)

P2P Relationship Building Program

- We want to connect each LMSC Volunteer with 1-5 Peers in similar LMSCs.
[Program Overview Link](#)
- Fill out online sign-up form (closes Sunday 4/17)
 - [>>LMSC Coach & Club Development – Sign Up Link<<](#)
 - Your contact info
 - Challenges?
 - Best Practice suggestions?
- LMSC Development will send you contact information for your Peer(s), along with some suggested conversation starters – we recommend you share contact information with each other, do a phone call in the next 30 days to get to know each other, then do a follow up in 3 months, and whenever you need a ‘buddy’ to talk to about being an LMSC Chair or Vice-Chair.

LMSC Coaches Chair

- Role Description
 - The Coaches Chair role will provide support to local clubs, workout groups and coaches through outreach and mentoring. They will identify opportunities to invest LMSC resources facilitating the growth and retention of clubs, workout groups, coaches and members.



LMSC Coaches Chair – Duties & Responsibilities

- Create and maintain relationships with all clubs and coaches in the LMSC and act as point of contact to support clubs and coaches.
- Act as a liaison with new coaches and new clubs/workout groups.
- Support the ongoing education and development of new and current coaches within the LMSC.
- Communicate relevant and timely information from USMS and the Coaches Committee to clubs and coaches.
- Promote Gold Club designation and 100% USMS Membership of all swimmers in clubs and workout groups.
- Encourage participation in current USMS initiatives and events (e.g. Fitness Series events, Try Masters Swimming Month, etc.) and facilitate support from the LMSC. Encourage and provide assistance to clubs hosting events.
- Serve as an ambassador of USMS and the LMSC to support the growth of, and opportunities for, adult swimming.
- Act as a resource to clubs seeking coaches
- Work with the Club and Coach Development staff at the National Office as needed.

LMSC Coaches Chair

- Issues
 - Incomplete list
 - Bad contact info
- Solutions
 - Reach out
 - Personal connections, build relationships
 - Bill Brenner, USMS Coaching Certifications, CCC, Clinics
 - Scholarships
 - Coaches and Instructors who are members in good standing with USMS and the NC LMSC shall be reimbursed (if not covered by USMS) for the following if supported by receipts and certificates. They will further be required to provide said documentation to the LMSC within 30 days of completion of Education or Training, as well as write an article for the LMSC Newsletter (within the quarter the training was completed) to be eligible for reimbursement
 - \$100 for Coaches Certification (Levels 1-2, 3)
 - \$100 Reimbursement for ALTS Certification
 - Mileage for Coach Certification, Mileage for ALTS Certification

LMSC Coaches Chair

- Coaching
 - How to get energized and engage with swimmers
 - Ideas
 - How to coach all levels at one practice
 - Ex: same interval, vary distance/strokes
 - USMS posted workouts (consider being an online coach next year)

Q&A / Discussion



- Questions?

Upcoming Webinars

<https://www.usms.org/volunteer-central/lmscs/peer-to-peer-calls>



April – Celebrate Diversity Month, National Developmental Disabilities Awareness Month

- Sat 4/2 Ramadan Starts
- Thur 4/14 **LSMC Update – Focus on Volunteer Relay 2022 Recap & Membership Growth** (Dawson Hughes) - [Register](#)
- 4/28 – 5/1 **USMS Spring Nationals**

May – Asian Pacific American Heritage Month, Jewish American Heritage Month

- Mon 5/2 Ramadan Ends
- Thur 5/5 **LSMC Awards & Recognition Coordinator P2P** - [Register](#)
- Thur 5/12 **ALTS Community: “Inviting ALTS Graduates to ‘Try Masters Swimming’”** - [Register](#)
- Thur 5/19 **Coaches Community: “Making your Facility and Workouts Welcoming to All / Try Masters Swimming”** - [Register](#)
- Thur 5/26 **LSMC Update – Focus on Volunteer Development**
- Mon 5/30 Memorial Day

June – Pride Month

- Tue 5/31– Thur 6/9 FINA Worlds (Japan)
- Thur 6/2 **LSMC Communication Coordinator P2P**
- Thur 6/9 **ALTS Community: “TBD”**
- Thur 6/16 **Coaches Community: “TBD”**
- Sun 6/19 Juneteenth
- Thur 6/23 **LSMC Update – Focus on Leadership Development** (Peter Guadagni)
- Thur 6/30 **LSMC Fitness Event Coordinator**