VSI Coach's Association Newsletter January 28th, 2017



As you may already know, Virginia Swimming now has two employees! Emily Fagan accepted the position of Administrative Assistant and has been working with Mary since the beginning of December. Emily is an official with NOVA and lives in Richmond.

- Emily will handle:
 - Non-athlete registrations
 - Processing meet registration files and producing meet recon reports
 - Creating coach certification updates and lists for meets
 - Athlete registrations
- Mary will handle:
 - Transfers
 - Ouestions about Certification

Also, we both have access to <u>vaswimreg@gmail.com</u> emails and, if something is sent to the wrong person, we can get it to the correct one.



Eastern Zone Age Group Short Course Meet

As a reminder, the Eastern Zone Age Group short course meet will be a meet where athletes represent their respective clubs/teams; and coaches are responsible for entering the athletes on their respective teams.

Here is a link for the updated qualifying times. (**Updated 1-24-18**) http://www.easternzoneswimming.org/meet info/2018 EZ SC QualifyingTimes.pdf

Zones Coaches for Summer Meet

Please start thinking about whether you'd be interested in coaching at zones. We will be sending out Zones coaching applications for those interested in Late April/Early May (around the start of long course season). This is a great opportunity for our LSC to

show off the amazing and excellent coaching that we have going on! Benefits on coaching at the Eastern Zone meet this summer are:

- Coaches are reimbursed for their travel and stay in hotel provided for by VA Swimming
- Coaches receive free outfitting from VA Swimming
- An opportunity to grow personally and professionally
- An opportunity to work with some of VA Swimming's finest athletes



Interested in Mentorship Program in VA Swimming

As we stated back at the HOD meeting in September, one of our initiatives is to start a coaching mentoring program for our LSC next Fall. We are currently in need of coaches who would be willing to serve as mentors for younger coaches, and clubs to identify names of coaches by next fall that they think might benefit from a mentorship program. Additionally, there may be some young head coaches out there that would love mentorship in terms of how to grow their respective programs from those who are more experienced in the business side of things. We want to be able to help out in that area as well. The bottom line is it's our mission to grow the LSC into a closer knit community where coaches become more knowledgeable, athletes therefore become faster, and our clubs grow stronger, and flourish. A stronger LSC means our sport of swimming becomes stronger as well.

The importance of coaching mentorship can't be stated enough. Below is a link to a study that was done years ago on the importance of it: http://sportpsych.mcgill.ca/pdf/publications/mentoring.pdf

Additionally, here is a link of a type of program that Minnesota swimming already has in place (that we would love to aim to achieve):

http://www.mnswim.org/czmnlsc/UserFiles/File/Coaches/Coach%20RESOURCES/Mentoship%20Program-

2017/2017%20MSI%20Coach%20Mentor%20Program%20OVERVIEW.pdf

Coaches & Officials

Maintaining a Strong Relationship between the Officials and Coaches

It goes without saying that our sport is one that is driven not only by relationships between coaches and athletes, but by the relationship between our coaches and our VOLUNTEER officials. As championship season is fast approaching, it is important that we continue to reflect on how we can strengthen the relationship with the group that we share the deck with. Below are two articles that may help navigate that relationship here in VA Swimming:

http://www.virginiaswimming.org/Officials/References/Coach%20and%20the%20Official%20%28Don%20Hart%29.pdf

https://swimswam.com/7-things-every-swim-official-wants-coaches-swimmers-parents-to-know/

Again, the importance of a strong relationship between our coaches and officials can not be stated enough. They are hard working parents from many of our teams that we definitely appreciate and have a great deal of respect for.



The goal of our coaches committee is to best serve all of you. Please don't hesitate to contact either one of us should you have any questions or concerns!

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