





USA Swimming: A Composite Novel











A collection of linked stories.

Each story can STAND ALONE

but when put together
they interrelate and create
a larger whole.









3 Short Stories

Story #1

I stay because I belong.

Coaching considerations for athlete inclusion towards performance outcomes.

Story #2

I play because it's fun (and safe).

Unstructured & safe practice opportunities at the foundation level that affect performance

Story #3

I slay because I know how to.

Professionalizing coaching - a U.S. journey



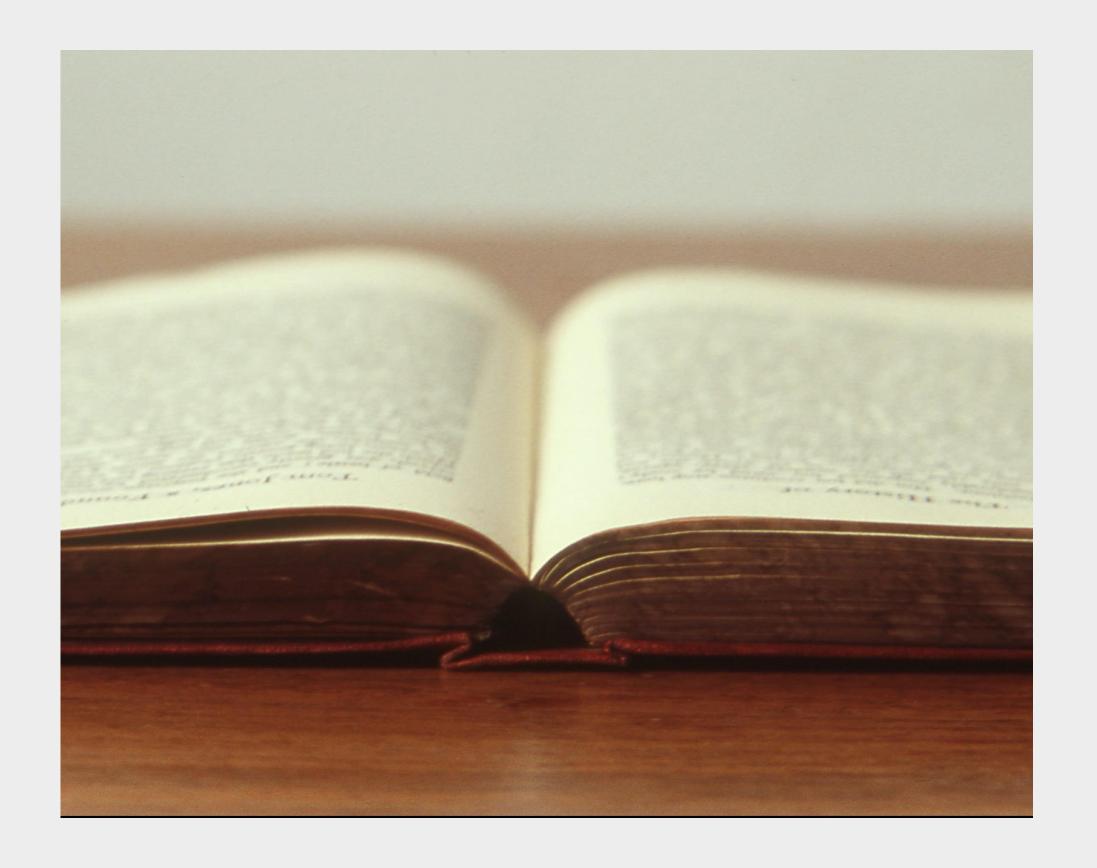






I Stay Because I Belong

- Prologue
- Inclusion means...
- The journey
- The why

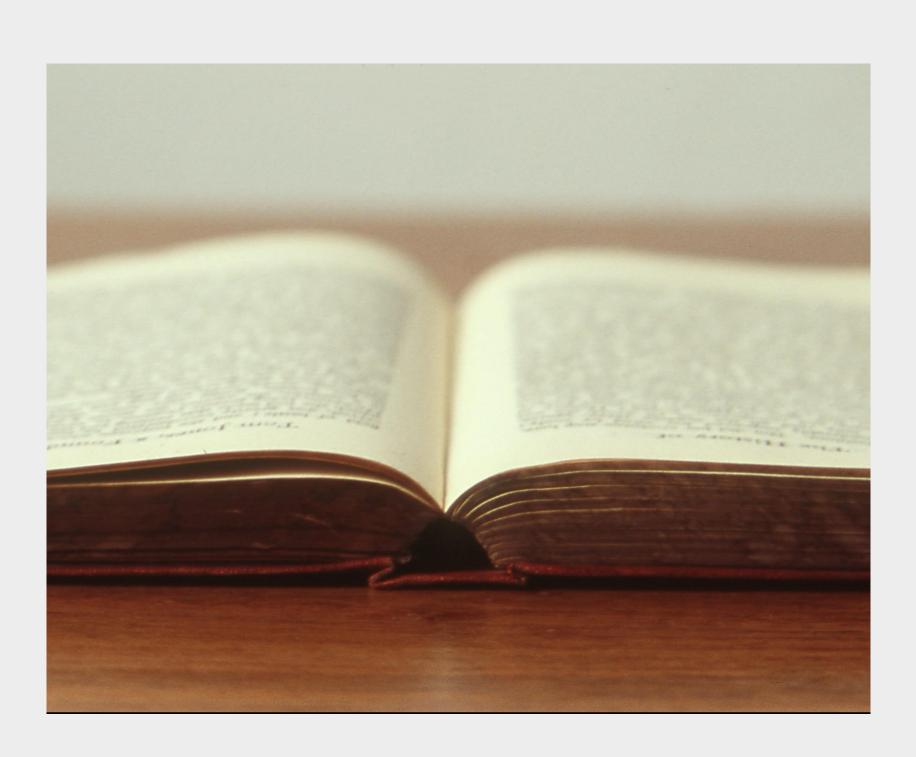












I Stay Because I Belong

- The Body
- The How
 - Safe Sport model
 - Embedding
 - Staff
 - Time!
- Coaching Considerations → Performance
 - Layer 1
 - Layer 2
 - Layer 3









I Stay Because I Belong

| Considerations | The Ts | Performance | |
|---|--|-------------|--|
| (Layer 1) Coach Education Self-awareness Team culture Cost/expense Willingness | (Layer 2)• Trust• Time• Training• Talent | (Layer 3) | |





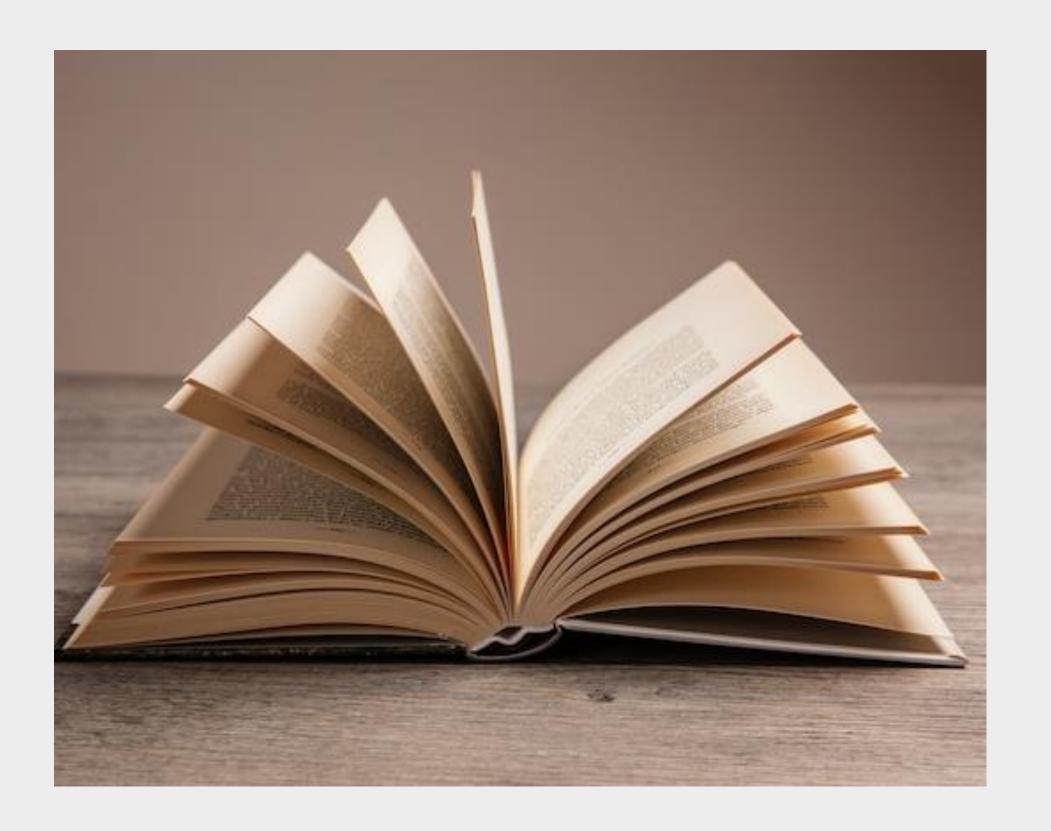




I Play Because It's Fun (and Safe)!

Prologue

- Key organizational priorities
- What attracts youth to sport? What attracts parents to sport?

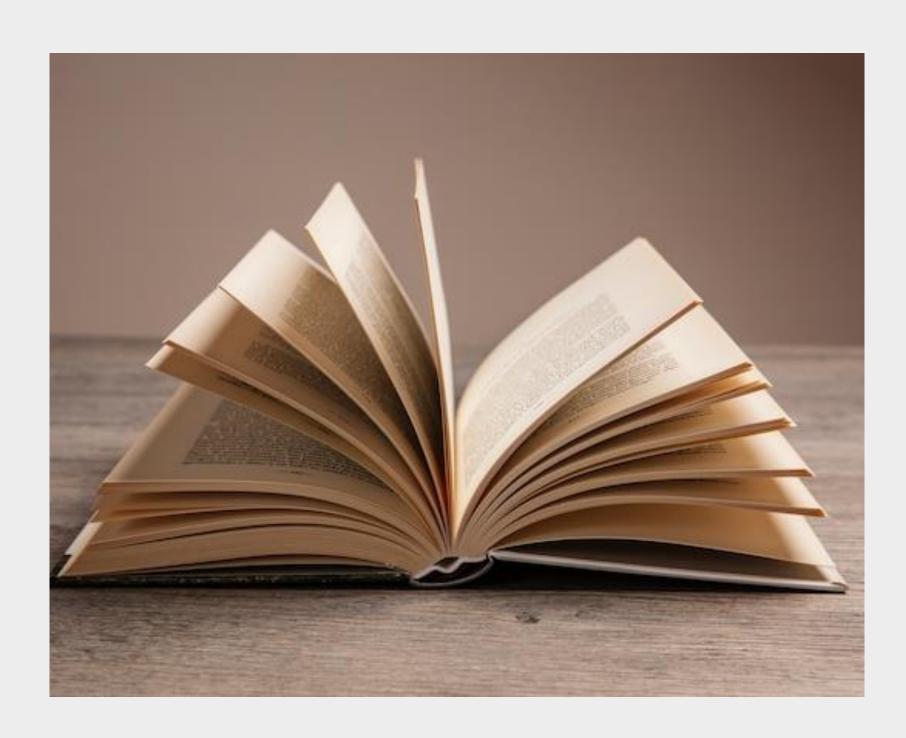












I Play Because It's Fun (and Safe)!

- The Body
 - How can we provide safe and unstructured competition opportunities for all?

Safety

- Background Check (BGC), Athlete
 Protection (APT)
- Coach Education requirements
- Government mandates
- US Center for Safe Sport

Unstructured practice for all to affect outcomes

- Fun!
- American Development Model (ADM), Long Term Athlete Development (LTAD)
- Connection









I Play Because It's Fun (and Safe)!

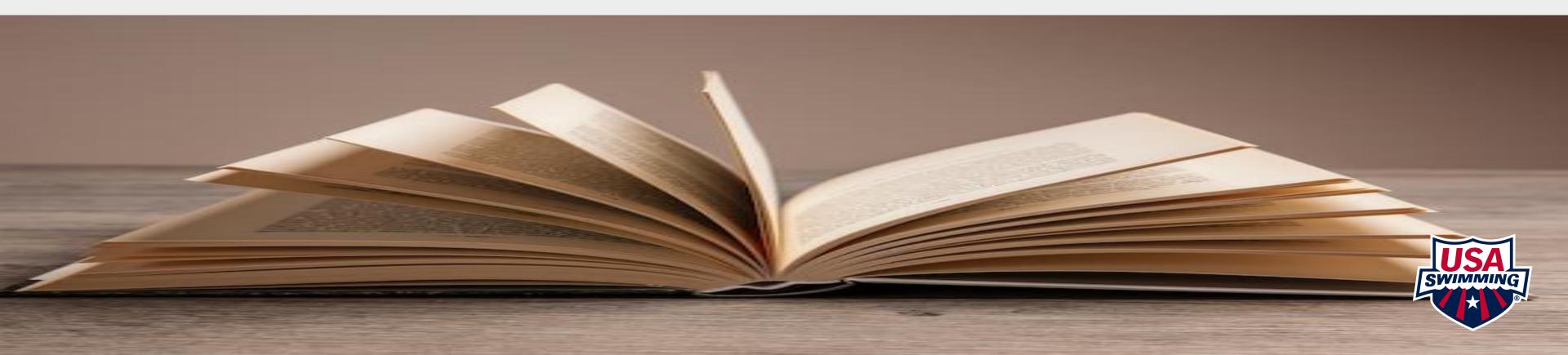
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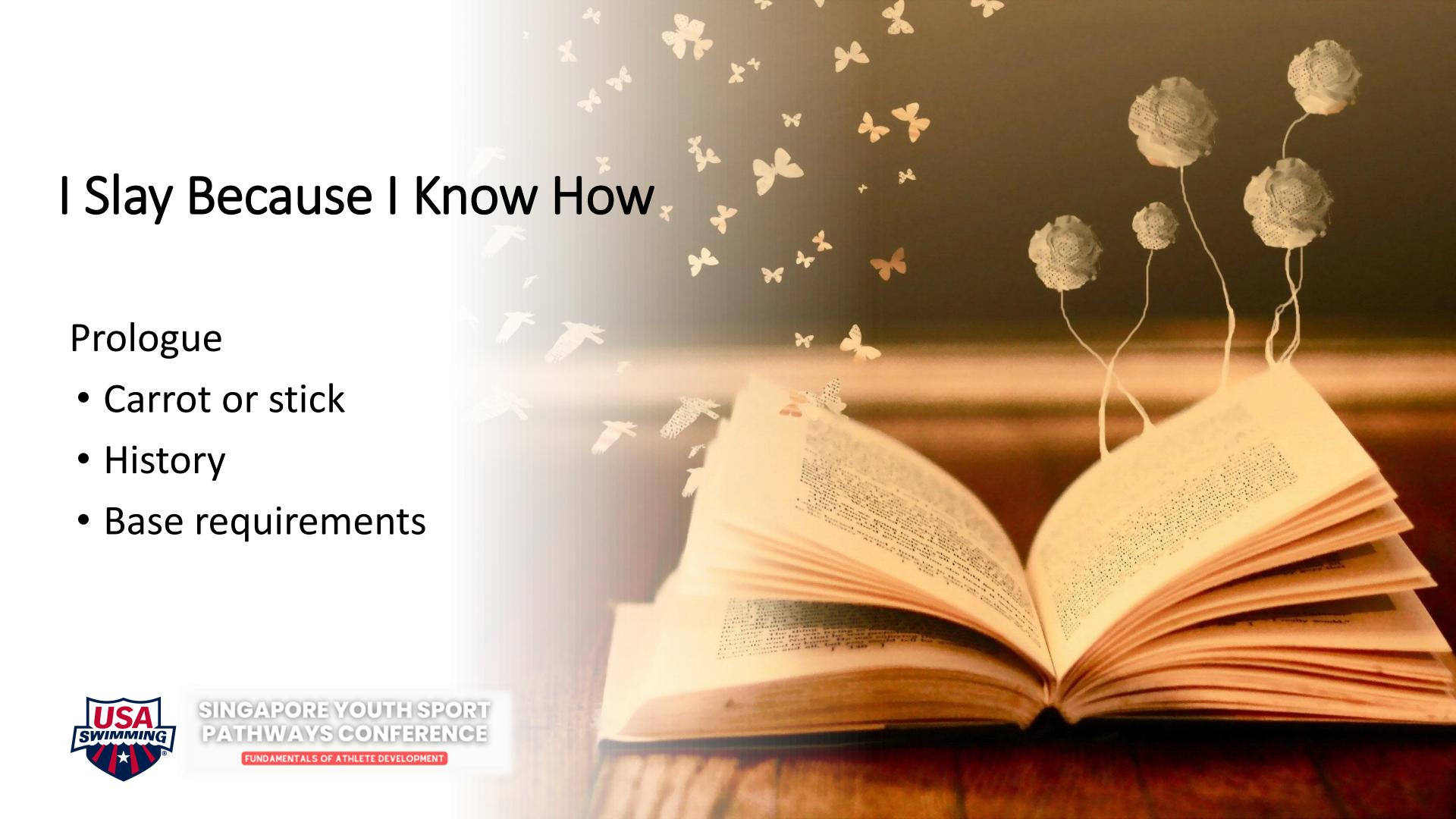
Unstructured competition for all

- Fun!
- ADM
- Connection

Who drives this?



The Coach











I Slay Because I Know How

- The Body
 - USA Swimming University
 - Challenges
 - Biggest gains

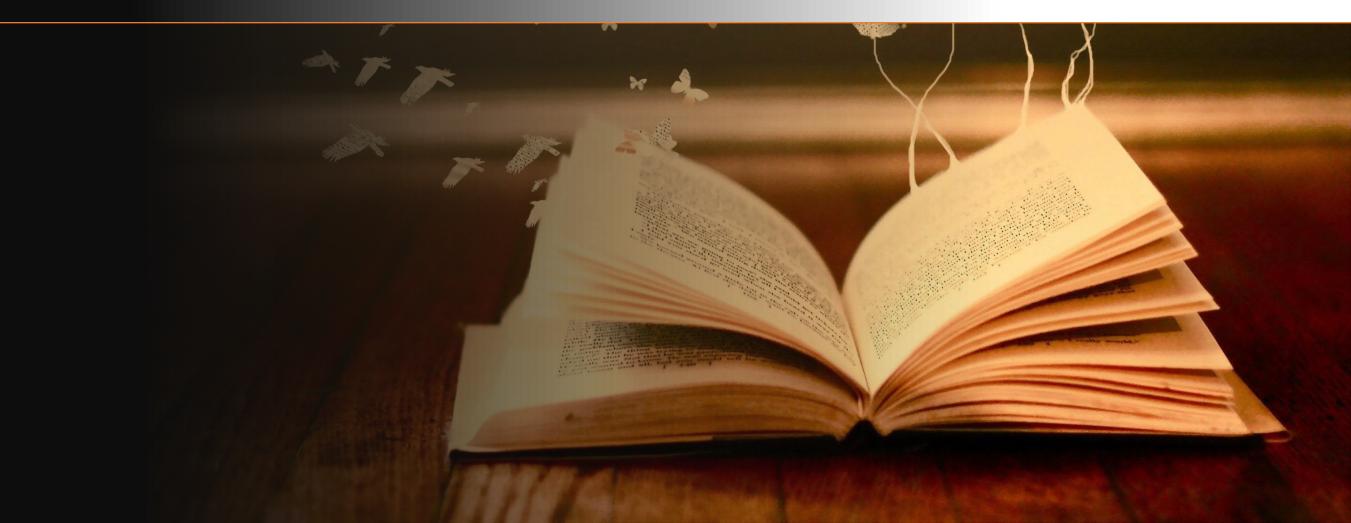




I Slay Because I Know How

ACCESS USA SWIM UNIVERSITY

Browse educational offerings for USA Swi and non-members.







Times Swimmers & Parents

Coaches & Team Leaders

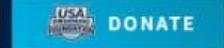
Officials

Safe Sport

Meet the Team

About Fo

Foundation



2024 U.S. OLYMPIC TEAM TRIALS - SWIMMING

93 DAYS 16 HOURS 48 MINUTES 8 SECONDS

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Single-session tickets are on sale now in select seating sections for the 2024 U.S. Olympic Team Trials – Swimming, June 15-23, 2024. The best seats in the house are going quick - get your tickets today!

https://www.usaswimming.org/







How do these 3 short stories connect?





- Specifically at the entry point and early stages that an athlete/family is first being introduced to your sport.
- All 3 can make or break whether someone stays way before common coaching topics like technical, season planning, periodization, etc. become factors.