

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 stay 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

(Layer 1)

- Coach Education
- Self-awareness
- Team culture
- Cost/expense
- Willingness

The Ts

(Layer 2)

- Trust
- Time
- Training
- Talent

Performance

(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)!

Safety

- BGC, APT
- Coach Education requirements
- Government mandates
- US Center for Safe Sport

The Coach

Unstructured competition for all

- Fun!
- ADM
- Connection

Who drives this?



I Slay Because I Know How

Prologue

- Carrot or stick
- History
- Base requirements



SINGAPORE YOUTH SPORT
PATHWAYS CONFERENCE
FUNDAMENTALS OF ATHLETE DEVELOPMENT

I Slay Because I Know How

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





ACCESS USA SWIMMING UNIVERSITY

Browse educational offerings for USA Swimming members and non-members.

I Slay Because I Know How





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<https://www.usaswimming.org/>

How do these 3 short stories connect?



All impact performance...

- 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.



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