

## USMS Peer-to-Peer Coaches Conference Call

Tuesday, March 31, 2020

8:30 pm EDT

LMSC Development Committee Chair **Lisa Brown** hosted the call.

Coaches Committee Chair **Kenny Brisbin** provided the agenda.

Over 100 coaches attended via digital and electronic devices.

### A) General opening remarks –

**Bill Brenner**, Chief Operating Officer

**Peter Guadagni**, President USMS Board of Directors

Bill Brenner read Chief Executive Officer **Dawson Hughes'** prepared statement regarding the efforts of the National Office in supporting coaches throughout the country during these extraordinary times of the COVID-19 pandemic.

- The National office will support coaches in their efforts to keep their membership engaged.
- Assist in fostering our swim community through connections of various means.
- To ensure USMS as a whole is prepared to return to the water once the time is right.
- The three topics covered included; connecting with our swimmers, workouts out of the water and mental health of coaches and swimmers.

### B) **Kenny Brisbin** introduced **Kerry O'Brien** of Walnut Creek Masters who offered ideas on how to stay connected with your swimmers.

- WCM developed a schedule of classes offered by their coaches modeling online learning for swimmers to take at home. Coaches developed online classes on such topics of stroke count and stroke rate, how to write workouts and critical thinking. The idea is to come back to the basics of swimming and learn the theoretical side of swimming and train our brains much like we train muscles. Kerry and his coaches will be focusing on the basics, the theory of swimming and to create learning to train both the body and the mind of their swimmers.
- **Molly Hoover** of Illinois LMSC created a simple “Google website” to stay connected to her team. She started a push-up challenge whereby swimmers are challenged to complete 100 pushups during the month of April and those who complete it will receive a swim cap when they return to practice. She also posts video-of-the-day and offers suggestions on dryland workouts and Yoga exercises to be done at home. Email to the members is also important.
- **Bob Jennings** of the Villages Aquatic Swim Team spoke of helping swimmers with dryland exercises based on where their fitness levels are, do what works for you.
- **Chris McPherson** of Ensworth Aquatics Masters is using weekly emails instead of a large fancy newsletter to stay connected with her team. Topics she includes:
  - Coaches are here for you. Encourage swimmers to reach out to the coaches for help and ideas on what to do while staying home.
  - Encourage teammates to reach out to each other for support.
  - Express your thanks.
  - Use social media and websites to connect to swimmers and offer resources such as swim websites, swim related dryland workout sites, swim themed books and movies.
  - Mental wellness is important to take care of as well.
  - Offer virtual class – even fun ones like Zumba
  - Reach out individually to swimmers who are single as well as the “older” swimmer who may be alone and away from children and grandchildren.
  - Connect via “Zoom” and offer a virtual “Happy Hour”.
  - Do what works best for you and your team.

- **Tim Waud** of Oregon Masters Spoke of Holding Zoom Happy Hours with his team, and will be instituting the idea of Lane Leaders – these are people who will reach out to all the other swimmers from their workout lane. Lane leaders will communicate directly with swimmers ensuring they are okay, offer support and assistance in any way they are able.
  - When communicating with people ask “How are you feeling” and then **listen**
  - Remember to ask about mental, emotional, physical and spiritual wellness.
  - Try to offer swimmer specific exercises.

- **Trey Taylor** of North Carolina Masters Swimming gave very specific ideas such as:

#### Canned Soup Challenge

- Use stretch cords and resistance bands
- Provide links to websites such as USA Swimming, Fitter and Faster.
- Ask for feedback and find out what swimmers are looking for and how they want to receive the information.
- **Lori Payne** of St. Louis Area Masters mentioned she has a small group of swimmers and engages with them every day. She is challenged with coming up with something different every day.
  - Ideas included jumping jacks, playing dodgeball (with appropriate social distancing), dancing and do something fun like toast to yourself in the mirror!
  - Share good information
- **Scott Bay** of Central Florida Y Masters informed us the beaches in Central Florida are still open so swimming in the ocean has been a bonus. Suggested creative challenges between swimmers from their wearable fitness devices thereby keeping the “competitive” edge.
  - Take advantage of any free online streaming classes offer by your gym, studio or Y.
  - Go old school break out the *Richard Simmons* dance videos and start dancing.
  - Plan a Back to the Pool Party giving swimmers something to get excited about and look forward to.
- **Kerry O’Brien** spoke about the need to wear a different hat due to this pandemic.
  - We as coaches wear many different hats, now is the time to change our hats
- **Susan Ingraham** of Masters of South Texas offered her experience during this time. As a professional swim coach her life changed in an instant at the onset of the COVID-19 pandemic.
  - Her entire swim world came to a halt forcing her to think and reflect on what she could and should do. In essence she said to “Control what you can control”. Focus on what you can do, not what you can’t do, stay connected to your team and your friends via the means that work best. She offered her experience of using “Constant Contact” for \$20 a month as a means to reach her 900+ contacts.

**Kenny Brisbin** finished out the meeting offering this: No one knows how long this will last and the degree of impact will be different for everyone. Just listen to your swimmers and do your best to keep them ready to come back to practice when the restrictions are lifted and pools re-open.

**Bill Brenner** offered closing thoughts:

- Lean on one another.
- The National Office is a resource for all to use and they stand ready to help.
- USMS will get things back up and running once restrictions are lifted.

**Lisa Brown** concluded the meeting at 9:30 EDT.

Minutes Respectfully submitted by  
Ann Marshfield  
April 2, 2020

# Back to the Pool

Scott Bay

## Rationale:

Three guiding principles here:

1. Reconnecting
2. Community renewal
3. New member recruitment Abstract:

The back to the pool party is based on the idea that we are one day closer to being back to 'normal'. We have all heard about new normal but for us as Masters swimmers, we liked our normal. As we have encouraged our members to seek new fitness options, it is important to make sure we invite them back to the pool. They are adults and have a choice in fitness options and will choose what works for them. During this -me we have with good reason, given them direction to stay in shape but we don't want that to replace but rather enhance our swimming community.

## Premise:

Get everyone back together. Most have not seen each other in a while and there is a significant amount of stress that has been applied to everyone. The original idea was a potluck and BYOB. We cleared this with the executive director and proceeded from there. We talked to a few key people about the idea and then it grew.

## Planning:

Date is TBD obviously. Started with a potluck. We pitched the idea to few swimmers (that have means) and they were excited about the idea. So, we went from a potluck to a sponsored event. From there we reached out to local eateries both endemic and non-endemic and asked the for Value in Kind (VIK) to make it more of a 'Taste of Ormond Beach'. The promise was that we would ask them to show up with samples as VIK and we would put the restaurant on our list of socials. The idea being to bring 70+ people into the business on a given day to get the local economy back in business.

## Pull Through:

So, to further unite and bring back as well as recruit, we are doing special edition stuff. Bag tags are cheap, and caps are too so we are making those but the design is not finalized. The theory is that you were one of us and made it through this so here is your ribbon, bag tag, cap, similar to the military. You come back to the program; you get the cool stuff. Bring a friend and get a month's fees waived.

## **Dial Back into the Teaching and Theory Side of Swimming**

Kerry Obrien

The purpose here is really to dial back into the teaching and theory side of swimming. To give new information to the beginner and intermediate and remind the advanced swimmers the importance of staying connected to the basic that got them to where they are.

Attached is the Acceptance letter that will go out tomorrow.

CREEKER University

We will run on the quarter system with each quarter being four weeks

This will take us through July if needed.

- Faculty is myself and four assistant coaches

- Each faculty member will create their own material for whatever subject they want to lead every quarter

This will mean that not too much material will have to be created and delivered in big doses

One coach has already sent me a syllabus for the first four weeks

I have had all of my assistants for a really long time and fully trust their abilities

- Faculty is encouraged to use whatever means at their disposal to make it interesting and fun.

My topics by quarter will be:

1st) Training By The Numbers: Learning ways to read and understand pace clock

- I see Word Problems being a part of this :0

2nd) 50 Speeds of Gray: Breaking the cycle of always swimming moderately fast

3rd) Great Expectations: What to expect during Meet Warm ups

4th) TBA

## **Park District Team**

Molly Hoover

We are a park district team and they have control of our team website, but are currently shut down. I have a weekly update email that is always sent over the weekends, and I have kept that up since we've closed with some extra emails here and there. We also have a facebook group page but several of our members do not use facebook at all, so those posts don't reach them.

I used google sites to set up a little website to keep info all in one place where they can access it at any time. It was very easy to set up and will be easy to change daily. The top section is a "video of the day" that will just be something I pick that I think they will find entertaining or valuable in some way. The middle section is really how all of this came about, as I wanted a way to track a challenge for anyone who wanted to participate. I have challenged them to 100 push ups a day in April. They can skip 2 days and still earn a cap. At the bottom I have included various work out videos they can use to work out at home.

As things come up it is easy to add new sections to the page. Announcements may get posted here but those will always come through email as well.

In a google account, go to My Drive. Click New at the top left, and probably More to see a choice for Google Sites. You can imbed other google documents, and this is probably the best way to allow members to interact if need be. I'm happy to answer questions and can be reached at [mhoover@jolietpark.org](mailto:mhoover@jolietpark.org).

[Here](#) is the link if you want to check it out.

## Mental Health of Our Coaches and Swimmers

Susan Ingraham

Many of you may not know me. I am a full time, professional swim coach. Over the course of one week, I lost everything. I lost all my pools. I lost all my sources of income. I lost my choice of fitness.

And what many other people are coming to realize for themselves - I lost my friends.

For those that feel a sense of distress, there are numerous ways to fill your day in a forward direction. This is not a time to worry on what used to be but be creative on what can be. You cannot change your circumstances, yet you can make positive choices with the things you do have control over.

So what am I doing now? I create a newsletter and send that out every 2-3 days to keep my swimmers connected to each other and to the club. I've written two articles about swim training, that still need some of work. I am volunteering time for the National Coaches Committee. One of my asst coaches is leading a dry land workout on Zoom that I am joining in twice a week. I created a fit ball - workout program - for all four strokes, that people can do at home. My swimmer legs are learning how to enjoy long walks. My yard has never looked better.

In fact, I'm so busy, I'm worried how I'm going to be able to fit work into my life once the pools are back up.

The most important thing, that all of you can do at this time, is to better yourself. Get more sleep. No more waking up at 4:45 am. Recharge the body that's used to working 13 hours a day. Eat better. No need to simply grab something that gets munched down between workouts. Make balanced meals. Learn something. Read about training or workout structure. Watch videos with underwater views on advanced technique ideas or dry land training. Strengthen your family support system. Spend more quality time with your loved ones.

This is the perfect time to clear your desk and clear your mind of clutter. Reinvent how you conduct yourself and your business. Be more grounded on what's valuable. I hope that when you look back at this time in your life, that you will have forgotten the stress and that you'll long for the peacefulness that you it brought you.

Whether you recognize it or not, or whether you want it or not, your swimmers look to you for guidance and leadership. They probably didn't realize how important that one hour each day meant to their lives until it was gone. And now they are struggling on a variety of different fronts. Reach out to them, encourage them, and be that positive force that many of them need and can turn to at this challenging time.

What I would recommend for everyone on this call, is pull up the [Coach Central section](#) on the USMS website. Coach Central. You'll find it at the bottom of the page. Check out all the resources that USMS has for you. We want to encourage you to become more educated, to not only to improve yourself as a Coach, but help you [develop your club](#), be engaged with your peers, and finally, give back to your sport.

# Online Resources for Ensworth Aquatics Masters' Swimmers

Chris McPherson

## Websites

[USMS.org](#)– You can find a plethora of masters' specific articles and videos, and as a USMS member, you can read *Swimmer Magazine* and *Streamlines* online, as well as access various interesting blogs.

[Swim Like A. Fish](#) – Abbie Fish is one of our teammates (she used to live in Nashville and has stayed registered with us after moving to Louisville!) Abbie is an incredibly talented swimmer and coach; she is excellent with swimming technique instruction! Follow her on Facebook and Instagram, subscribe to her newsletter, and think about joining [The School of Fish!](#)

[The Race Club](#) –Run by Gary Hall, Sr., who runs very successful technique-oriented swim camps, develops many articles and videos focused on swimming technique, and has been a resource for many in the top-level of USA Swimming. [Gary is now partnered with USMS and is offering for a limited time a FREE 2-month trial and 20% off the membership fee](#) to join The Race Club.

[Swimming World Magazine](#) – Swimming news, articles, stroke technique videos, etc.

[SwimSwam](#) – Swimming news, articles, videos, etc. You can follow on FB or Instagram for daily updates. Recently posted an [At Home Swim Training](#) page with options to check out.

[GoSwim](#) – a membership-based site providing many helpful videos on swimming technique; sometimes free videos available on Twitter, etc.

[Gain Swimming](#) – “...customized dryland training for swim teams of all sizes.” Ensworth Aquatics age group team endorses and uses Gain Swimming's approach for their dryland workouts.

## FREE Online Offerings

*NOTE: Please use caution when trying new dryland fitness routines, especially if they are not created specifically for adults or Masters' swimmers. We want to use time out of the water to maintain and improve fitness, but we do not want to create injuries. Feel free to contact Coach Chris if you have any questions about the below workouts.*

[Swim Like A. Fish](#) (Abbie Fish) – See above for information, and check out these below:

[Free Dryland Workouts for Swimmers](#)

[Social Distancing & Can't Swim-Do These 5 Exercises.](#)

[Swimmers Edge Yoga](#) (Trina Schaetz) – Trina is a sweet friend who is well-known and recognized within the USMS and USA Swimming community for her yoga workouts designed for swimmers. Trina is now [offering a free 30-day trial](#) for her online classes. I absolutely recommend you take advantage of this deal!

[Swimming Specific Yoga](#) (Jeff Grace) – Jeff is offering 2 FREE months (until May 31<sup>st</sup>) of online yoga classes for swimmers. I have not yet participated in any of these classes, but he is partnered with SwimSwam and has been recommended by many in the masters' swimming community.

[Planet Fitness](#) (our teammate, Jamie Mason, owns a number of franchises across the country) – Planet Fitness is offering FREE “Home Work-Ins;” you can access workouts on Facebook Live @6pm Central Time or do them later by finding the videos here on their [Facebook page](#).

\*[GoSwim](#) – Second week of FREE technique videos; site is completely open to peruse.

## Instagram Offerings

\*[Swim Outlet](#) (@SwimOutlet) –Live at-home dryland workouts (10-11am PST) catered to swimmers.

[Swim Like A. Fish](#) (@theafish1) – Daily dryland routines, technique instruction, and inspiration.

[Gain Swimming](#) (@gain\_swim) – Home Workout Series; daily dryland workouts. Note: Created for USA Swimming teams, so be careful and modify, as necessary.

## Informational Webinars

[Fitter and Faster Free Webinar Series](#) –A number of live broadcasts offered each day from March 30-April 3), as well as the taped versions if unable to participate live.

## Other

### \*Non-Swimming Ideas for Physical and Mental Wellness

- [\\*Nashvilleguru](#) – A great site for Nashville, in general, but now offering a helpful and expansive guide of podcasts, virtual concerts, at-home workouts by local studios, boutiques offering online shopping, authors, and even local restaurants to support that provide delivery/pickup.
- [\\*Headspace](#) – A well-regarded online healthcare site that specializes in *mindfulness and meditation*. As a result of the Covid-19 pandemic, Headspace offering a FREE subscription through the end of the year to healthcare professionals who work in a public setting. I have heard very positive feedback over the years about this site.
- [\\*NYT Cooking](#) – Use up some of those unused pantry items and *try out some new recipes* while you have more time at home. I have found some great ideas from this site, and it was free to subscribe.
- \*Check out these sites to find some great places to *take a bike ride* – [Fitt](#) (The Best Bike Trails in Nashville), [Foursquare](#) (The 15 Best Places for Biking in Nashville), [RootsRated](#) (Cycling in Nashville), [Nashville.gov](#) (Mountain Biking), and [Walk Bike Nashville](#) (Bike Maps).

### Swimming-Related Books:

- [Finding Your Silver Lining](#) (Elizabeth Beisel) – have not yet read, but plan to do so!
- [The Three-Year Swim Club: The Untold Story of Maui's Sugar Ditch Kids and Their Quest for Olympic Gold](#) (Julie Checkoway) –LOVED this book. Highly recommend.
- [Swimming to Antarctica: Tales of a Long-Distance Swimmer](#) (Lynn Cox) – Autobiography of record-setting open water swimmer, Lynne Cox. Incredible descriptions of her amazing feats.
- [Relentless Spirit: The Unconventional Raising of a Champion](#) (Missy Franklin, et al)
- [Swim: Why We Love the Water](#) (Lynn Sherr)
- [Swimming Studies](#) (Leanne Shapton)
- [The Joy of Swimming: A Celebration of Our Love for Getting in the Water](#) (Lisa Congdon)

### Swimming-Related Movies:

- [Touch the Wall](#) (2014) – documentary following Kara Lynn Joyce and Missy Franklin on their paths to the 2012 London Olympics.
- [The Last Gold](#) (2016) – documentary concerning the 1976 Olympics, USA star-swimmer Shirley Babashoff, the East German doping scandal, and the USA women's relay that, in a huge upset, won the final relay in Montreal.
- [Swim Team](#) (2016)—documentary about the formation of a competitive swim team consisting of teenagers on the autism spectrum and its life-changing effects.
- [Pride](#) (2007) – Biopic drama loosely based on the true story of swim coach Jim Ellis, who founded an all-black swim team in Philadelphia in the 1970's.
- [Sink or Swim](#) (2018) –French comedy about middle-aged men forming their own synchronized swim team.
- [Swimming with Men](#) (2018) – British comedy about a male lap swimmer who joins a men's synchronized swim team.
- [SwimFan](#) (2002) – thriller about a teenage swimmer with a promising future, until he meets a bewitching transfer student. *Yikes...not the best reviews, but swimming-related, nonetheless.*
- [Neptune's Daughter](#) (1949) – starring Esther Williams.
- [Million Dollar Mermaid](#) (1952) – starring Esther Williams.
- [Dangerous When Wet](#) (1953) – starring Esther Williams.
- [The Swimmer](#) (1968) –starring Burt Lancaster.



## Soup Can Workout

Trey Taylor

- Find Two Soup Cans, preferably something with a bit of slosh, I like cream of corn myself.
- Grip the cans with a flat palm grip (no thumbs underneath) if possible, if your hands are smaller you may have to use your thumb.
- Find a bench/chair medicine ball to lay across (if unavailable bending at the waist will work)
- Emulate your strokes as you normally do in the water, using the cans as resistance.

### **Sets: 30 Seconds to 1 Min rest after each.**

4x"25 Free" - 25 strokes with the cans start with left arm on first set then right on second etc....

4x"25 Back" - 25 strokes with the cans start with left arm on first set then right on second etc....

4x"25 Breast" - 25 strokes, don't forget your pullout and to move you core to breath, get some ab work in there!

4x"25 Fly" - 25 strokes, head up to "breathe" every 3rd stroke

2x "100 IM" - 8 Fly, 8 Back, 8 Breast, 8 Free (do "proper turns" keep those hands out and 2 hand touch and crunch to turn to really burn your shoulders and core!")

Monitor yourself during these, if your shoulders start to tweak find lighters cans or just completely remove the cans from the equation.

Stay Strong, we will swim again!