



**U.S. MASTERS
SWIMMING**

Reopening Your ALTS Program in the Time of COVID-19

Thursday, July 30, 2020

Adult Learn-to-Swim Programming Committee

Lisa Brown, Mike Hamm, William Kolb, Morgon Latimore, and Bill Meier



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Lisa Brown

Lisa Brown is the aquatics director at the Zionsville Aquatic Center and head coach and founder of Zionsville Aquatic Masters. She is a lead USMS ALTS and coaches certification instructor, American Red Cross Lifeguard Instructor Trainer and Certified Pool Operator who has delivered over 5,000 swim lessons for adults and children. Lisa is a fierce open water competitor with an addiction to chlorine.



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Lisa Brown

Zionsville Aquatic Center — Zionsville, IN

- ❖ **SAFETY FIRST!!!** — teach with ***social distancing***, wear **masks** if out of the water, **no-touch** swim lessons, utilize ***spouses/family members*** who know how to swim
- ❖ **MORE SAFETY** — If you cannot touch your student, what happens when they need you/if they go underwater? Know your **EAP**, location of a **phone** and **whistle**, **address of pool**, etc.
- ❖ **EQUIPMENT** — What will you use to support students as they learn to float? **Noodles**, **walls**, **ladders**, **spouses/parents...**
- ❖ **DEMONSTRATIONS** — SO important right now!
- ❖ **FEEDBACK** — use more **direct feedback** and **word choice** for students — be creative!





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Mike Hamm

Mike Hamm is a lead USMS-certified Adult Learn to Swim instructor and USMS-certified level 4 coach. He has coached swimming for 46 years, including more than 20 years at the Masters level. He is currently the head Masters coach at the Kroc Center in Coeur d'Alene, Idaho. He also owns the Hamm Swim School in Coeur d'Alene, where they specialize in individual instruction for all levels of swimmers. He is an Olympic Trials qualifier, USA All-American and USMS All-American and set several NCAA Div. II national records while in college.



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Mike Hamm

Hamm Swim School — Coeur d'Alene, ID

- ❖ **INITIAL INTERVIEW** — critical for a successful adult endeavor
- ❖ **INSTRUCTION** — obtain swimmer history/knowledge and explain lesson process on their terms
- ❖ **CURRICULUM** — follow USMS ALTS curriculum closely
- ❖ **EQUIPMENT:**





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Play video clip: <https://youtu.be/XKSUU6yD4rk>





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William Kolb

William Kolb began his swimming career at Lakeside Swim Club in Louisville, Kentucky where he is now head coach of the Quarry Gators pre-competitive program and assistant coach for the Lakeside Masters. William is a certified USMS Level 3 coach and Adult Learn-to-Swim instructor. In 2018, William and Amy Benton co-founded Central Adult Learn-to-Swim, Inc., a local nonprofit that has taught over 250 Louisville-area adults to swim— free of charge! Off the pool deck, William works as a freelance photographer while studying to become a middle/secondary English teacher. William has an encyclopedic knowledge of Kate Bush and Spongebob Squarepants.



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William Kolb

Central Adult Learn-to-Swim, Inc. — Louisville, KY

- ❖ **ACCESS TO THE WATER** — public access to water in Louisville is slim as it is... COVID-19 didn't help! Central ALTS, Inc. provides service where there is none.
- ❖ **EXERCISE PATIENCE** — More than ever before, be patient with students and keep their **goals** and **safety** first and foremost.
- ❖ **"GET ON MY LEVEL"** — Meet students where they are BEFORE they arrive. Everyone **"reopens"** differently.
- ❖ **KNOW YOUR LIMITS** — SO important right now! Ask your student what their "hard no's" are — **set boundaries** and work within them. Create a **zero-pressure** environment.
- ❖ **KEEP IN TOUCH** — use **communication channels** (social media, email, phone, etc.) to keep in touch with graduates, students in-progress, and future swimmers alike!





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Morgon Latimore

Morgon “The People’s Coach” Latimore is a lead USMS ALTS instructor and Level 3 USMS coach. He has more than 15 years of coaching experience and is head coach and owner of Latitude Pure Coaching, an organization that focuses on triathlon and endurance sports. He has been training and teaching U.S. Marines about swimming for more than 10 years. In 2016, he was featured in The San Diego Union-Tribune for his work teaching adults to swim in the San Diego area. His passion for swimming is what drove him to becoming a U.S. Masters coach and ALTS instructor.



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Morgon Latimore

Latitude Pure Coaching — Virtual

- ❖ **SAFETY** — teaching swimming during COVID-19
- ❖ **VIRTUAL COACHING** — dry land strength, cross training
- ❖ **STAY POSITIVE** — refocus mental and emotional energy on the positive and help prepare for the future





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Bill Meier

Bill Meier coaches the PaceMakers Masters Swim Team in Great Barrington, MA and was instrumental in getting USMS Adult Learn-to-Swim program off the ground (read as: into the water!) Bill has taught an impressive 40 ALTS instructor certification courses in his years of service to USMS. Bill is a Level IV Masters coach and certified USAT coach, was Head Coach for the 2018 USMS High Performance Camp and was the recipient of the 2019 USMS Fitness Award. When not by the pool, Bill can be found in his garden, in the middle of a lake somewhere, playing his guitar, surfing, or sitting on the back porch enjoying a cocktail with his lovely wife Maureen.



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U.S. MASTERS SWIMMING

Bill Meier

Bard College at Simon's Rock — Great Barrington, MA

- ❖ **REOPENING** — As I start to reopen my facility, my focus giving people the opportunity to be in the actual presence of others without screens involved.
- ❖ **PARENT/CHILD CLASSES** — I am doing parent/child classes with 3 couples in the class and advertise this as a way for parents and their children to learn together.
- ❖ **INSTRUCTION** — Leading the class from the deck, I am socially distanced, but able to give clear instructions for everyone to follow.
- ❖ **EMPOWERMENT** — Sometimes, the child in the program helps by reassuring their parent — this is very empowering for everyone!
- ❖ **ONE-ON-ONE** — I am also teaching adult one-on-one in the pool and always offer help to any of my fellow open water swimmers when we are out in the lakes.





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QUESTIONS?