

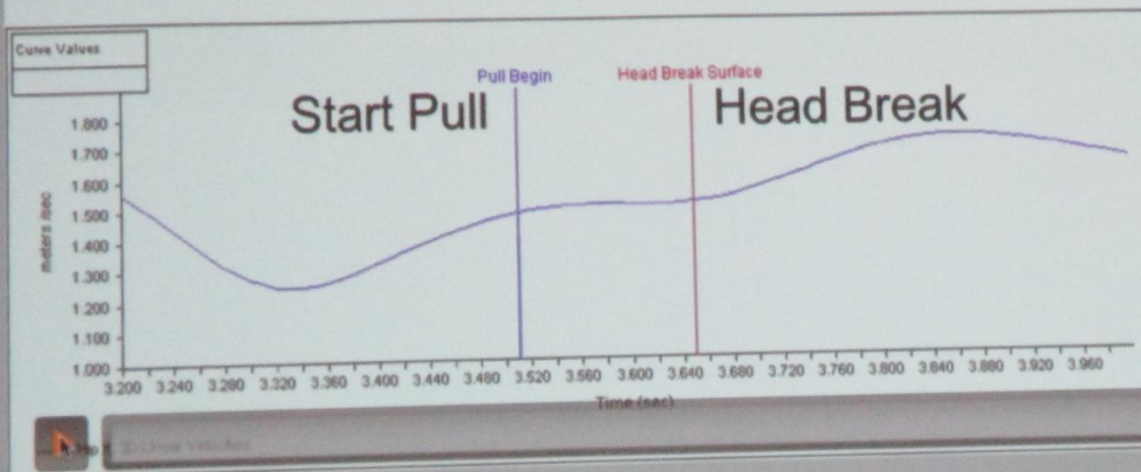
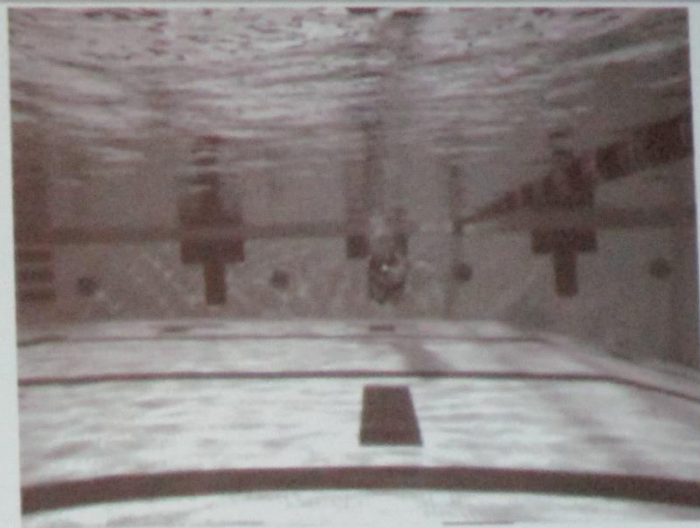
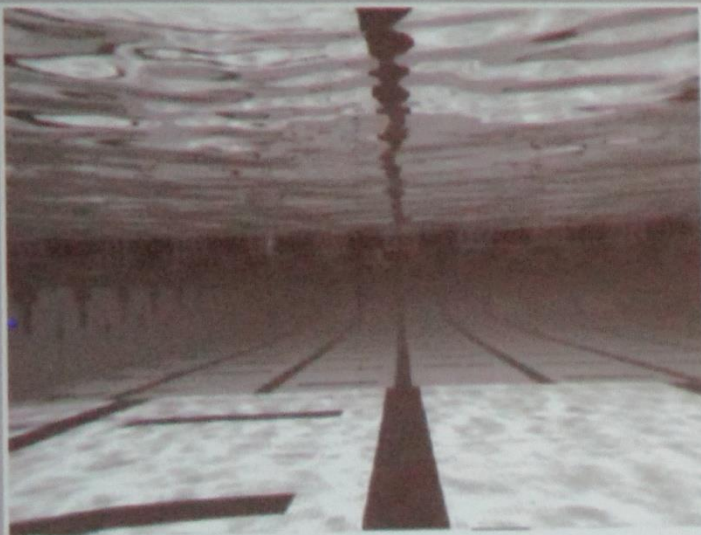
Two areas of Focus

1. The timing of the first arm pull during the "breakout" and the consequent body positions
2. "Flutter" kick or "Dolphin" kick to drive the body to surface?

1. Anticipated Breakout

– what we would like to see

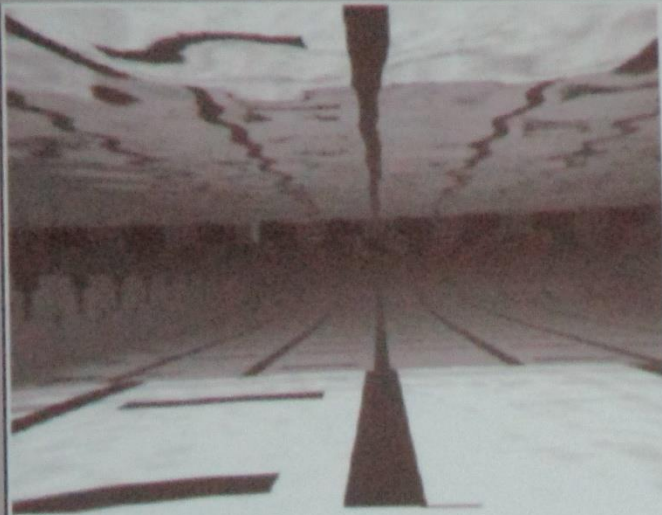
- A steady increase in velocity as body approaches surface
- First pull ends as head and torso break the surface.



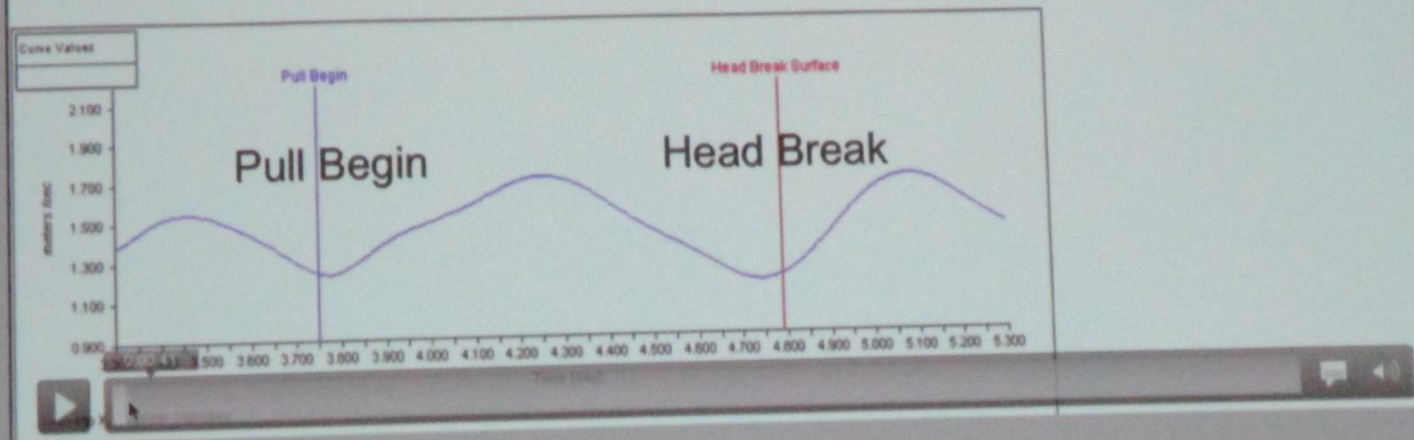
Good
Breakout

Early Breakout

- Defined as the arm pull being initiated too early
- Body still submerged when first arm pull is ended
- The swimmer has to wait for the kick to drive the torso to the surface.



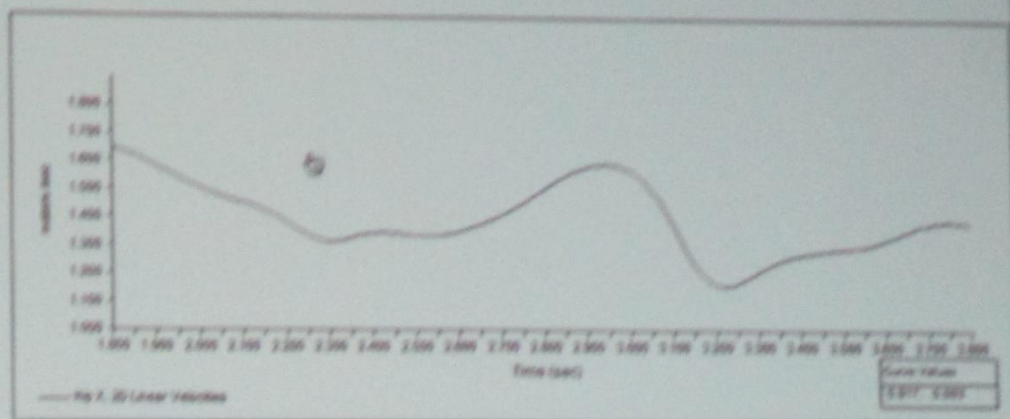
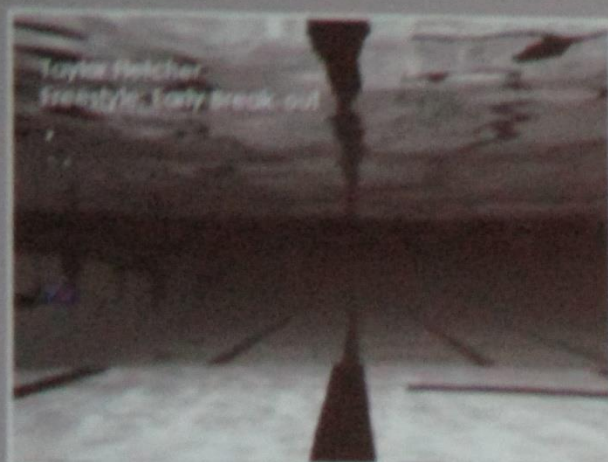
31% change in
velocities



Early Breakout (cont.)

Another scenario:

- Swimmer is tempted to start “arm-recovery” while still submerged
- Recovering arm is now moving against the forward motion of the body



25.1% drop in velocity

Early Breakout with premature arm recovery

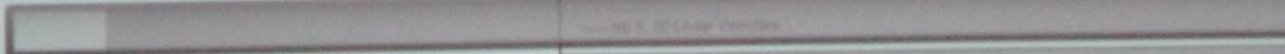
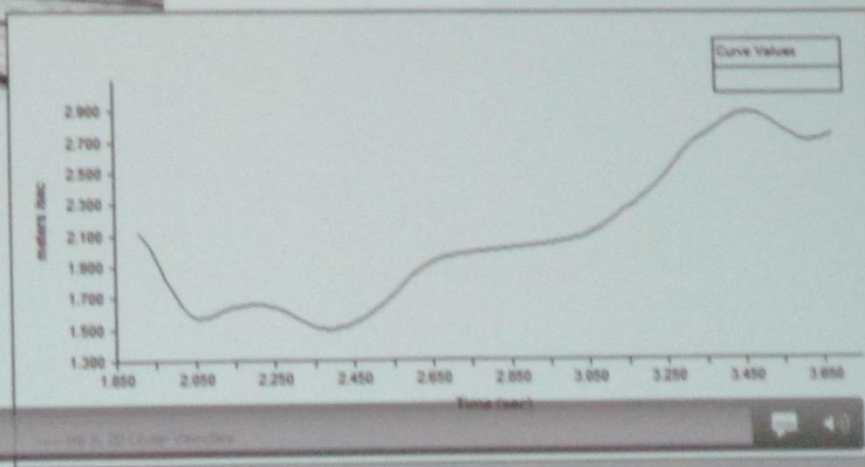
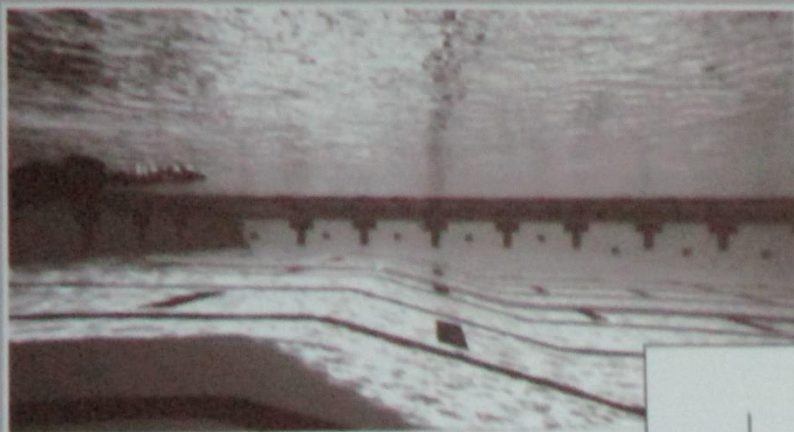
Late Breakout

Defined as the arm pull being initiated after the head and torso have broken the surface

- Results in periods of reduced velocity
- Most probable explanation is the presence of "wave drag" which is only present at the surface

2. Which is faster?

- “Flutter” kick or “Dolphin” kick combined with initial arm pull to drive the body to the surface
- Current examples are for Freestyle.



100 % 100 Lines View Data



Choice 2: Dolphin kicking into the Breakout

- Dolphin kick all the way, combining the first arm pull with the final underwater dolphin kick, to initiate the breakout

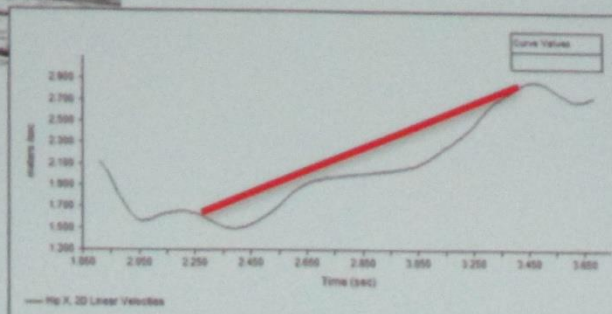
How do we compare the two?

- What is important is how fast the body is being driven upwards and forwards to the surface
- One way is to measure the "slope" of the velocity/time graph
- The steeper the slope, the higher the propelling velocity towards the surface

For Freestyle breakouts:

How we measure the slope

- Starting point ... initiation of the first pull.
- Ending point ... conclusion of the second arm pull.
- Calculated the following:
 - Slope of the line
 - Angle of the slope
 - Length of the line (distance travelled)



Flutter Kick at Breakout

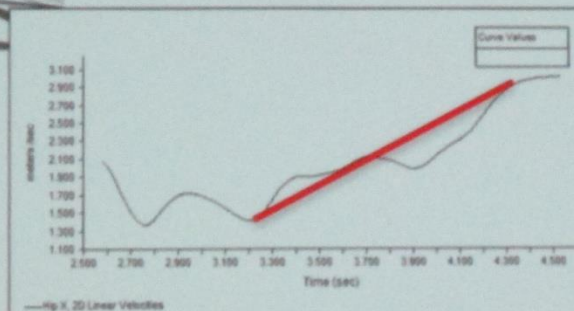
Slope: 0.69

Angle of approach: 34°

Distance travelled: 1.37m



Biomechanics



Dolphin Kick at Breakout

Slope: 0.92

Angle of approach: 42°

Distance travelled: 1.33m

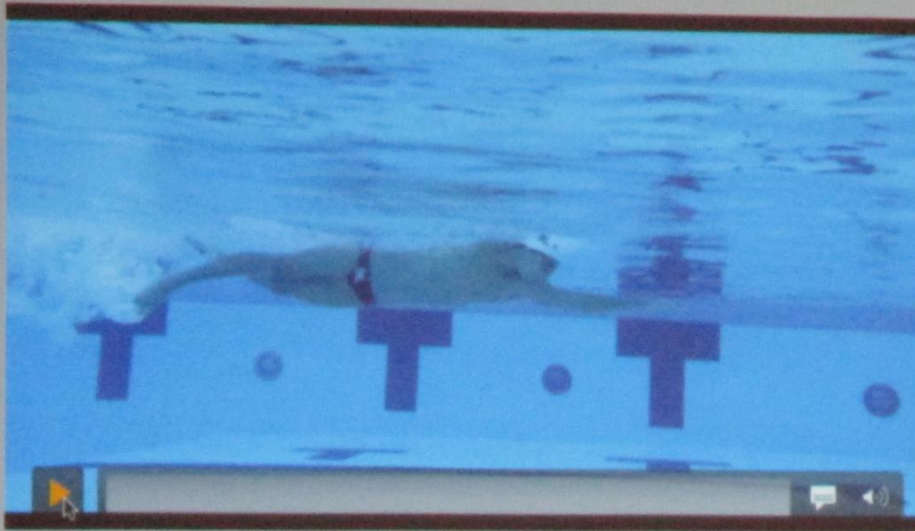
Turns

Freestyle Flip Turns

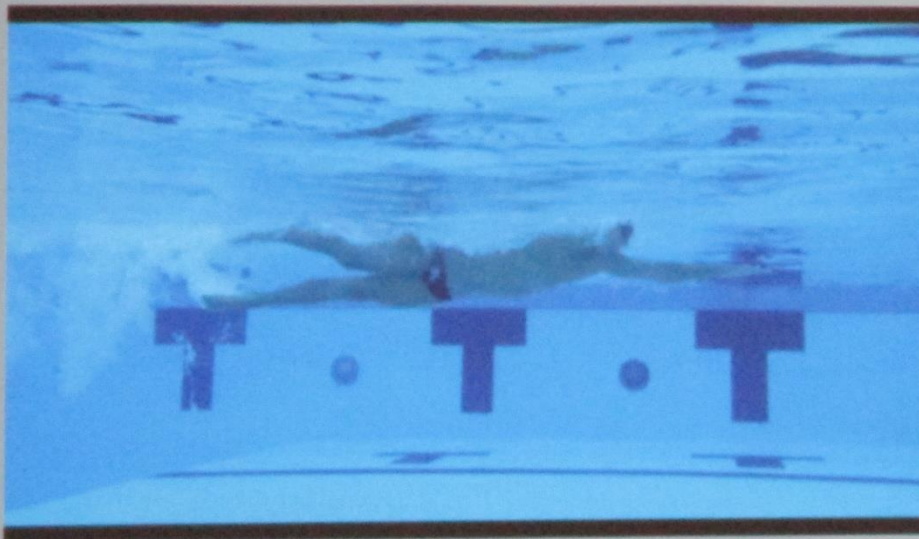
- Using the hands to assist with increasing the rate of spin
- The Transfer of Angular Momentum

“Knocking the hat off the head”

Coach Steve Haufler

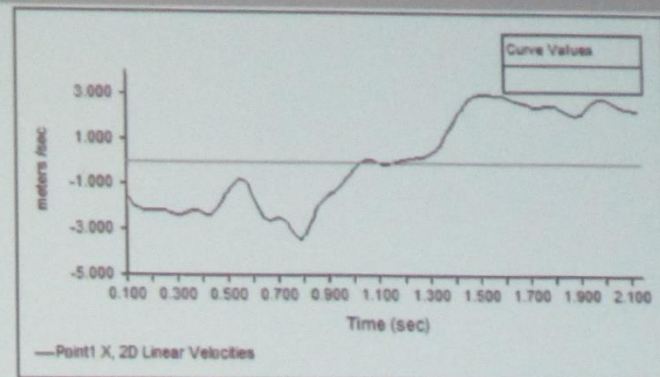
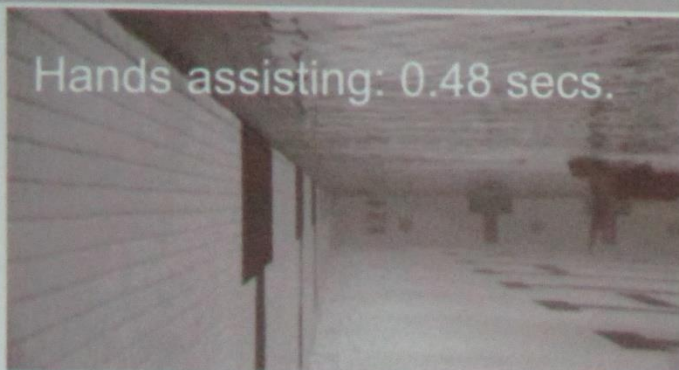


Pulling hands
towards the head to
assist with rotation

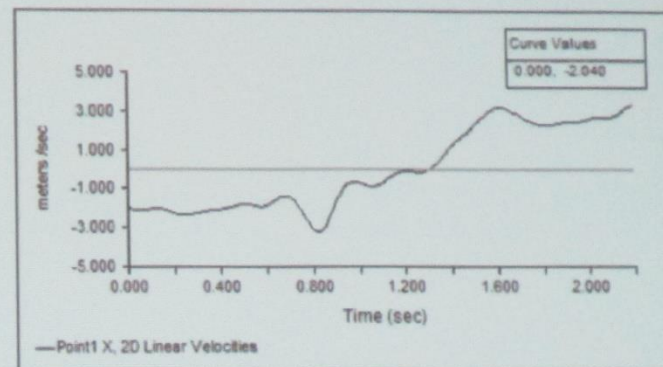
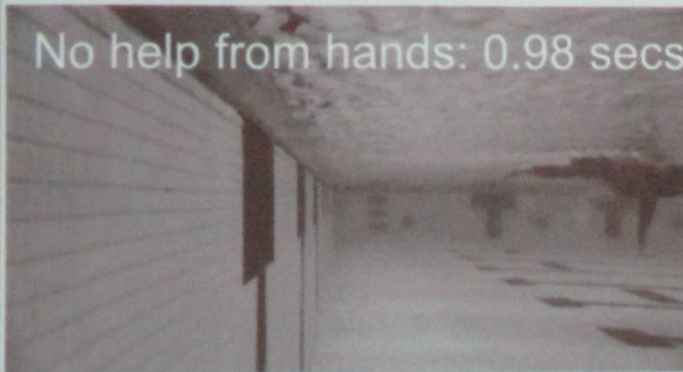


No assistance from hands
when rotating

Hands assisting: 0.48 secs.



No help from hands: 0.98 secs

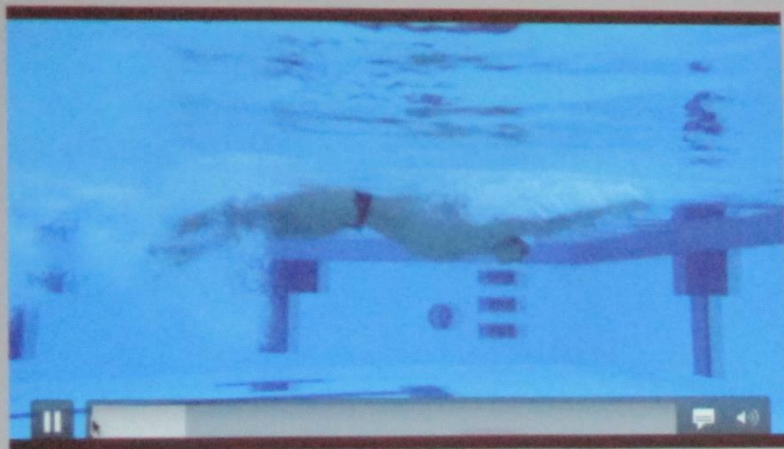


Time measured, starting from lining up the hands alongside the hips, to the time of foot touch. Rotation took almost twice as long!

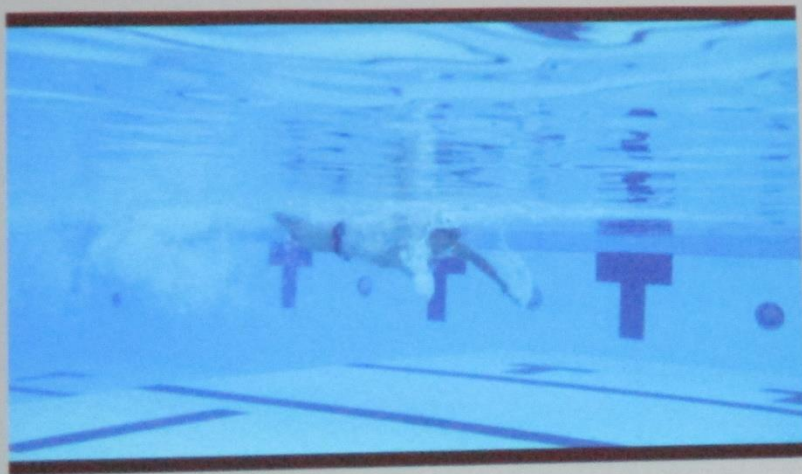
Breaststroke & Butterfly Turns

Knee positions

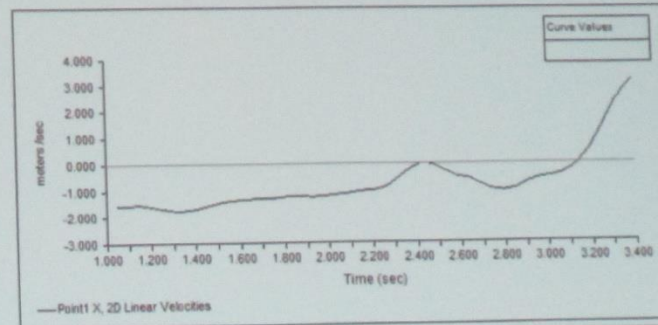
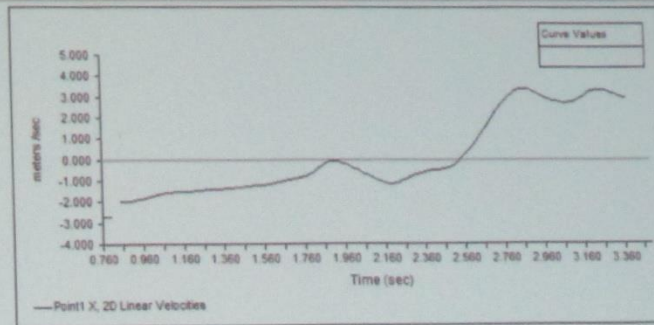
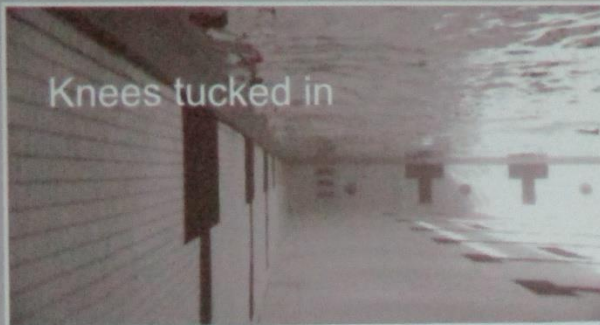
- Difference between consciously pulling the knees in close when changing direction
- Or not paying close attention



Knees
consciously
tucked in
during turn.



Greater knee
angle when
changing
direction.



Difference in time between touch and feet leaving wall 1.41 to 1.43

Aloha and thanks very much!

Contact Information

jprins@hawaii.edu

COUNSIMAN LECTURE

DON HEIDARY ASCA PRESIDENT opens



WHO WAS “DOC” COUNSILMAN?

- America's first Scientist-Coach
- WWII Bomber Pilot
- PhD
- Always looking outside swimming for insights



THEME OF COUNSILMAN TALKS

- “Things that are like swimming.”
- Things that can help us understand our sport better.



THEME OF COUNSILMAN TALKS

- “Things that are like swimming.”
- Things that can help us understand our sport better.



AND

YOU ARE ACTUALLY GOING TO DELIVER THE LECTURE

You're going to tell me:

1. How it is "like swimming," or
2. How it helped you understand our sport better, or
3. How it could help you master our craft of coaching.



THE RULES

Only two of them

1. I explain the "Behavior" and
2. You JUMP to the mike and tell me
 1. How it is "like swimming," or
 2. How it helped you understand our sport better, or
 3. How it could help you master our craft of coaching.



WHAT IS “UNSTOPPABLE?”

- Good
- Elite
- Unstoppable



WHAT IS “UNSTOPPABLE?”

- The “Unstoppables” are in their own world.
- They don’t compete with anybody but themselves.



#1: DON'T THINK. KNOW AND ACT. (SOUNDS LIKE YODA)

- *Tim Grover* – Don't think. You already know what you have to do and you know how to do it.
- *Oprah* – Every right decision I ever made has come from my gut. Every wrong decision was the result of me not listening to the greater voice of myself.
- *Bill Thomas* – “Coach, whenever you try to outsmart yourself, you succeed.”



#2: ALWAYS BE PREPARED

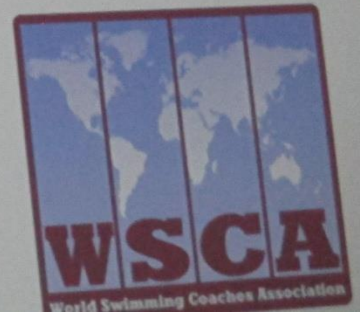
“Creative leaps are grounded in a technical foundation.” *Josh Waitzkin*

Become a master of your craft. While everyone else is relaxing, you are practicing and perfecting.

With enhanced consciousness, time will slow down for you.



#3: DON'T BE MOTIVATED
BY ANYTHING EXTERNAL.



#4: NEVER BE SATISFIED.

"The drive to close the gap between near-perfect and perfect is the difference between great and unstoppable." *Tim Grover*

For you, it's not even about the goal. It's about the climb to see how far you can push yourself.

"The way to enjoy life best is to wrap up one goal and start right on the next one. Don't linger too long at the table of success. The only way to enjoy another meal is to get hungry again." *Jim Rohn (and Mark Schubert)*



#5: ALWAYS BE IN CONTROL

You are in control of what you put in your body, how you spend your time, and how long you stay in the zone.

Act on the basis of instinct, not impulse. Just because you could, doesn't mean you do.



#6: BE TRUE TO YOURSELF.

Relentless and unstoppable people **purge** everything from their life they hate.

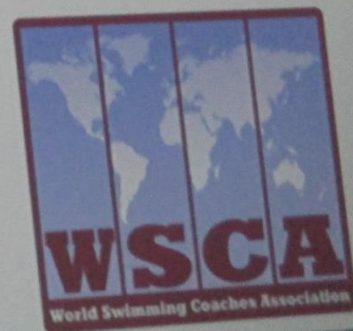
Have the self-respect and confidence to live life on your terms. When something isn't right in your life, change it. **Immediately.**



#7: NEVER LET OFF THE PRESSURE.

You never take the pressure off yourself. Instead, you continuously turn up the pressure. It's what keeps you alert and active.

"Pressure can burst pipes, but it can also make diamonds."
Robert Horry, San Antonio Spurs (etc.)



#8: DON'T BE AFRAID OF FAILURE.

If something goes wrong – if you “fail” – you adjust and keep going.



#9: DON'T COMPETE WITH OTHERS. MAKE THEM COMPETE WITH YOU.

Q: What keeps you awake at night?

A: Nothing. I keep other people awake at night.

Secretary of Defense Gen. "Mad Dog" Jim Mattis



#10: NEVER STOP LEARNING.

Ordinary people seek entertainment. Extraordinary people seek education and learning.

You never stop improving and honing your skills and knowledge.

Your unparalleled preparation is what gives you power.



#11: SUCCESS ISN'T ENOUGH. IT ONLY INCREASES THE PRESSURE.

Immediately following the achievement of a goal, you're focused on your next challenge.
(A lot like #4...but not identical.)



#12: DON'T GET CRUSHED BY SUCCESS

Most people can't handle success. It makes them lazy. When they get what they want, they stop doing the very things that got them there. For you, no external noise can push harder than your own internal pressure. It's not about this achievement, but the one after and the one after that. *(Are you starting to see a pattern?)*

"Success can become a catalyst for failure." *Greg McKeown*



#13: OWN IT WHEN YOU SCREW UP.

“Extreme ownership requires checking your ego and operating with a high degree of humility.” *Jocko Willink*

No blame. No deception or illusion. Just the cold, hard truth. Own it.

Ownership creates it's own power.



#14: LET YOUR WORK SPEAK FOR ITSELF.

3 SLIDE

“Well done is well said.” *Anthony Liccione*



#14: LET YOUR WORK SPEAK FOR ITSELF.

Talking is shallow.

Anyone can do it.

It's easily replicated.

It's low value.



#15: ALWAYS WORK ON YOUR MENTAL STRENGTH.

"Mental resilience is the most critical trait of a world-class performer, and it should be nurtured continuously." *Josh Waitzkin*

The better you operate under pressure, the further than anyone else you will go.

The best training you will ever do is mental training. Wherever your mind goes, your body follows. Wherever your thoughts go, your life follows.



#16: CONFIDENCE IS YOUR GREATEST ASSET.

2 SLIDES

A person's ability to do anything hard is more a reflection of his or her level of confidence than actual ability.

If you're not confident, you will never put yourself out there in the first place.



#17: SURROUND YOURSELF WITH PEOPLE WHO REMIND YOU OF THE FUTURE.

Surround yourself with people who you want to be like.
The expectations of those around you in large measure
determine how well you perform. (*The Pygmalion
Effect*)



#18: FORGIVE AND REMEMBER

Being unstoppable requires carrying no unnecessary mental or emotional baggage.

Forgiveness doesn't mean you forget. You don't do any further business with those who have wronged you.

Forgiveness improves both your emotional and physical health.



#19: HAVE CLEAR GOALS

(GOALS, AGAIN) 2 SLIDES

Goals can either be focused on behaviors or outcomes.

- Behaviorally focused goals are the better and more motivating option.
- When you crave the results so much that the work is irrelevant, your aim should be directed straight at the outcomes you want.
- **When your WHY is strong enough, the HOW will take care of itself.**

ASCA



#20: RESPOND IMMEDIATELY

2 SLIDES

You'll figure out what to do after you've taken action.
Once you act, it becomes practical.

"Do it now." *Me*



#21: CHOOSE SIMPLICITY

"If you can't explain it simply, you don't understand it well enough." *Albert Einstein*

"Simplicity is the ultimate sophistication." *Leonardo da Vinci*
Wisdom is timeless and simple. Choose wisdom.



#22: NEVER BE JEALOUS OR ENVIOUS

Unstoppable people want what is best for everyone.

Jealousy and envy are from the ego, which operates out of fear.

There is no one who can do exactly what you do. You have your own superpower with your own unique ability to contribute.

Jealousy and Envy vs. **Humility and Gratitude**

ASCA



#23: TAKE THE SHOT EVERY TIME.

"If I fail more than you, I win." *Seth Godin*

"You miss every shot you don't take." *Wayne Gretzky*

Take the shot and make whatever adjustments you need to immediately after.



#24: DON'T GET CAUGHT UP IN YOUR SUCCESS. FOCUS ON WHAT GOT YOU THERE - THE WORK.

When you start doing noteworthy stuff, there are benefits that can become distractions.

It can get easy to “ride the wave” of your previous work. Never forget what got you there.



#25: THINK AND ACT 10X 2 SLIDES

Are you willing to question your own thought processes and open yourself to believing an entirely different set of possibilities?

Are you willing to undertake goals that seem lunatic, to you and everyone else?

“The universe will conspire to make it happen!” *Paulo Coelho*



#26: SET GOALS THAT FAR EXCEED YOUR CURRENT CAPACITIES (GOALS AGAIN!)

Aim beyond what you are capable of. Develop a complete disregard for where your abilities end.

Being unstoppable means your goals challenge you to be someone more than you currently are.

"Don't wish it was easier. Wish you were better." *Jim Rohn*



#27: MAKE TIME FOR RECOVERY.

Your ability to work at a high level is like fitness. If you never take a break between sets, you won't be able to build strength, stamina and endurance.

When you focus on results, you are 100% on when you are working and 100% off when you're not.



#28: START BEFORE YOU'RE READY.

"The best time to plant a tree was 20 years ago. The second best time is now." *Chinese proverb*

Most people wait until they feel secure. Unstoppable people started last year.

They started before they had all the answers. They started when no one else believed in them.



#29: "IF YOU NEED PERMISSION, YOU PROBABLY SHOULDN'T DO IT." *MULTIPLE ATTRIBUTIONS*

"Those who are going to succeed will do so regardless of what I say."

Many people chase whatever worked for other people. They stop digging just a few feet from the gold after deciding the spot was barren.

No one will ever give you permission to live your dreams.



#30: DON'T MAKE EXCEPTIONS. 2 SLIDES

"I realized that resisting the temptation of 'just this once' has proved to be one of the most important decisions in my life, because life is just one unending stream of extenuating circumstances. Had I crossed the line that one time, I would have done it over and over in the years that followed. It's easier to hold your principles 100% of the time than it is to hold them 98% of the time. The boundary – your personal moral code – is powerful because you don't cross it; if you have justified doing it once, there's nothing to stop you from doing it again. Decide what you stand for and then stand for it all the time." *Clayton Christensen*



WHAT DO UNSTOPPABLE PEOPLE DO?

"From this point on, your strategy is to make everyone else get on your level; you're not going down to theirs. You're not competing with anyone else ever again. They're going to have to compete with you." *Tim Grover*

"A good coach will make his players see what they can be, rather than what they are." *Ara Parseghian*

"A great player makes everyone around him better." *Greg Popovich*



THANK YOU

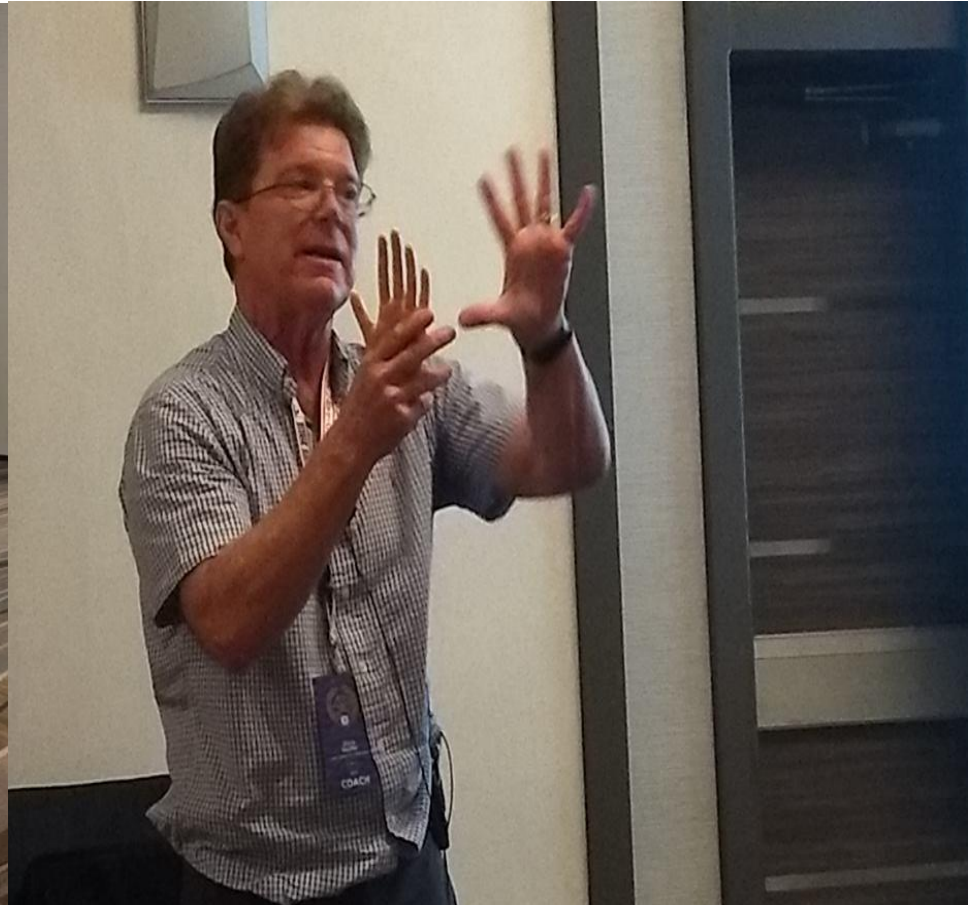
George Block

georgeblock511@yahoo.com

210-912-3535



STEVE HAUFER



EXIT

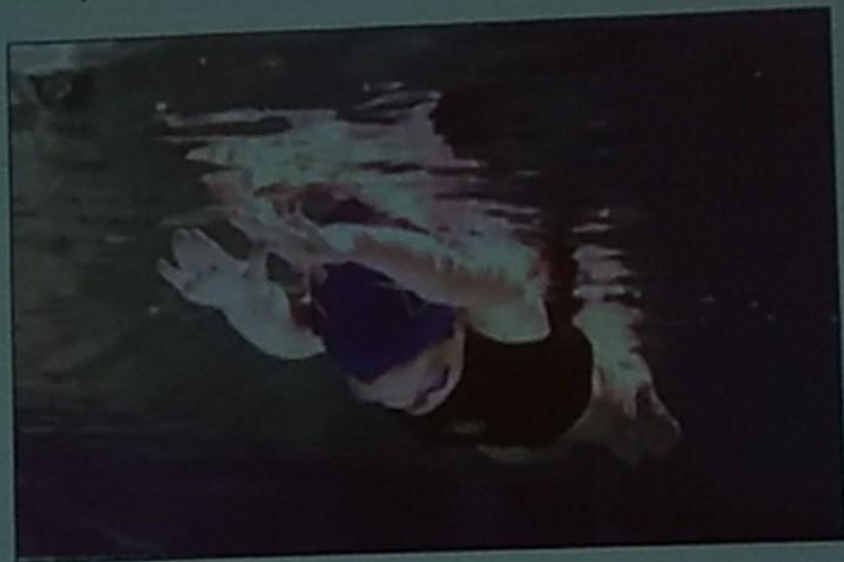
BUTTERFLY

Beginning Progression

1. Body Position-Butterfly Float (landing position)
2. Arms-Recovery and Pull
3. Body Dolphin- Head lead and Hand lead
4. Timing (Pull-Swing-Body Dolphin)
5. Breathing

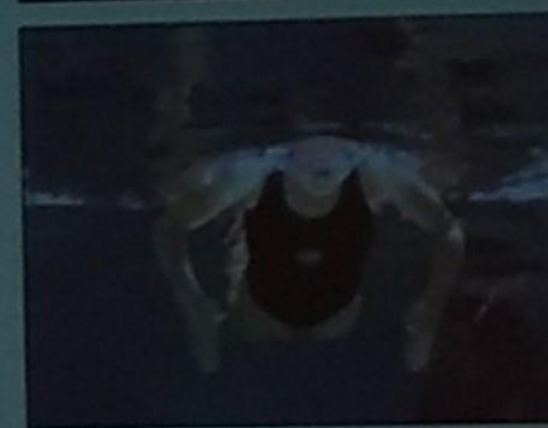
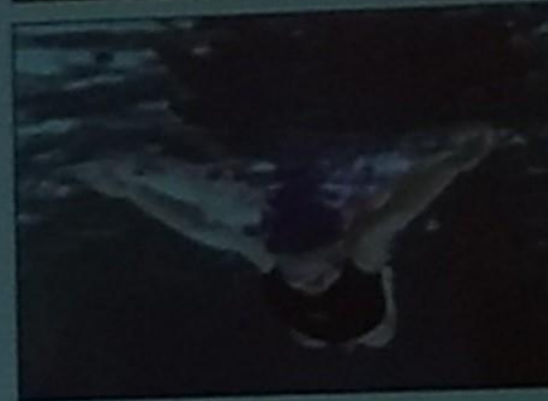
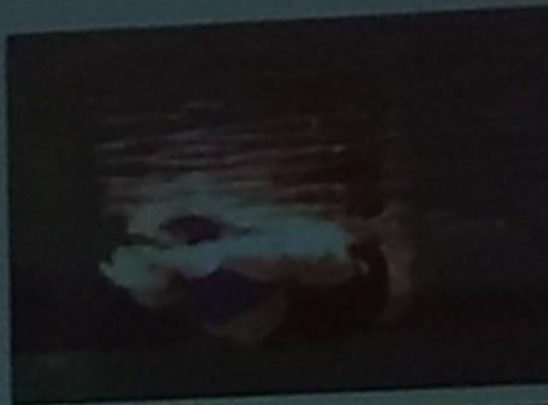
Body Position

- Learn missile position on land
- Take it to the water
- Thumb lock, ear squeeze, chest press, toes touch



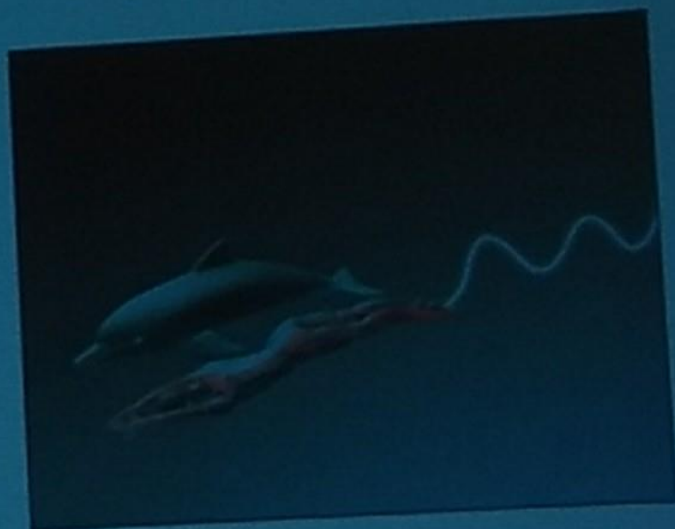
Pull (head in water)

- Start in missile glide position
- Guide pull without breathing
- Ideally over a mirror
- Try pausing at the "Y"
- Scoop from the "Y"



Body Dolphin (head lead)

- Press lungs deeper into water and let the hips rise
- Keep toenails underwater-creates a smooth and splash free movement
- Do not tuck and/or extend the chin
- Neutral head position

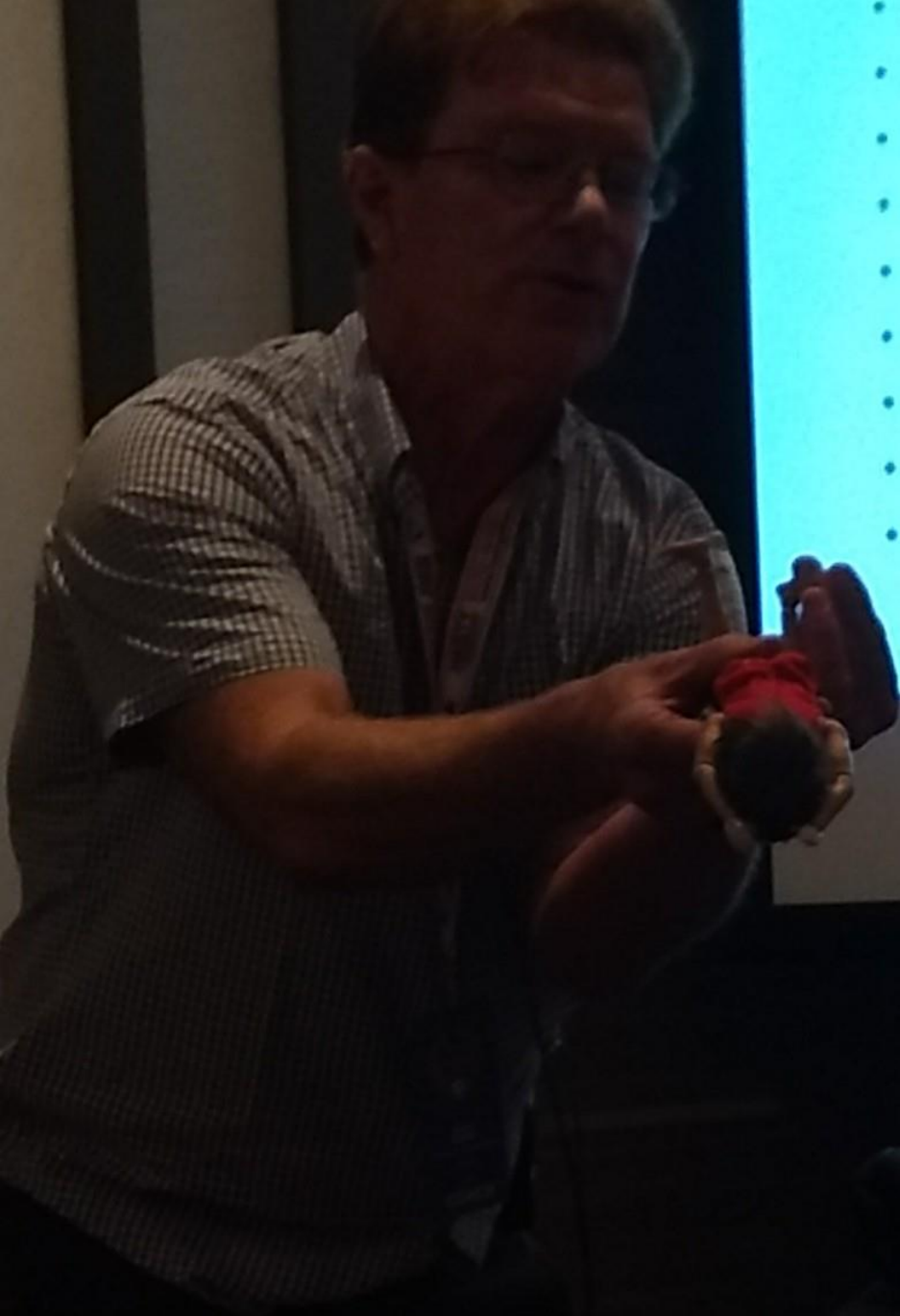


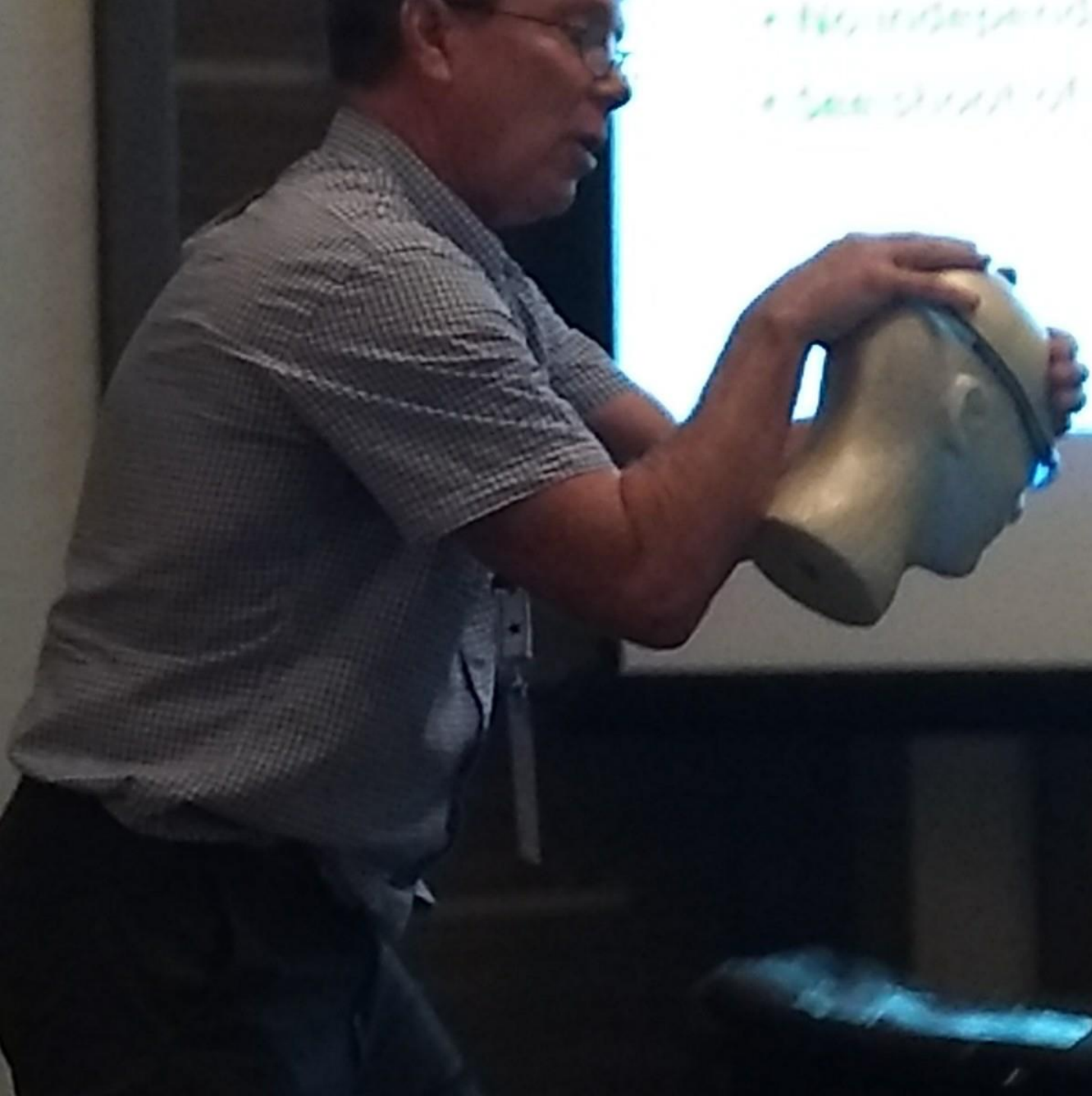
Body Position

- On land standing-butterfly float (shoulders in line with the ears)
- Fingers forward, hands flat, arms straight
- On Kick boards
- In water-find position and fall to a float



- Ankle exercises
- Edge of pool on back
- In water, with and without board on back
- On front-head lead
- On front-missile position
- Review on land-Suit, Flex, Circle (or back) and
- In water with kick board face out and face in,
- Positioning techniques
- 3 kick for distance





BREASTSTROKE

Beginning Progression

1. Breath Control and Air Exchange Drills/Rhythmic Breathing
2. Body Position (Floating in Missile Glide)
3. Kicking
4. Pull
5. Timing
6. Breathing and full stroke

Timing

- Excellent timing=Decreased resistance=Streamline Timing
- Don't start arms until kick finished
- Have the front part of the body streamlined before the kick fires
- Propulsive phase of kick begins just as the arms reach extension
- Separation Drill (next slide)

Full Breaststroke

- Review missile glide position
- Review Kick
- Review pull without breathing
- Review pull with breathing
- Put it all together for a complete Breaststroke

A CEREJA DO BOLO

GREG TROY

- US Olympic head coach em 2012
- Assistant coach em 2008 e 1996
- Treinou 75 nadadores olímpicos
- Seus atletas bateram 155 recordes
- Ganharam 23 medalhas olímpicas
- Sendo 11 de ouro olímpico
- Head coach da U.da Florida há 23 anos



Caleb Dressel Starts and Turns

GREGG TROY


8 SEPTEMBER 2018

Background and Contributors

- ▶ Dale Porter – St. John's Country Day
- ▶ Jason Calonog – Bolles (high school)
- ▶ Steve Jungbluth – Florida (Freshman)
- ▶ Martyn Wilby/Antony Nesty – Florida


- ▶ 30-41 – Hard Work

Key Focus Points in Sprinting




- ▶ Dead spots - momentum
- ▶ Start Development
- ▶ Present Form
- ▶ Caleb's Thoughts
- ▶ Turns and Progression
- ▶ Breakouts
- ▶ Measurements, Thoughts and Exercises

Dead spots - Momentum



- ▶ On the block
- ▶ On the wall
- ▶ At the breakout
- ▶ In the stoke

Start Development



▶ Before 2002

- ▶ Basic grab start
- ▶ Quickness and Reaction
- ▶ Track start questions

▶ 2002-2008

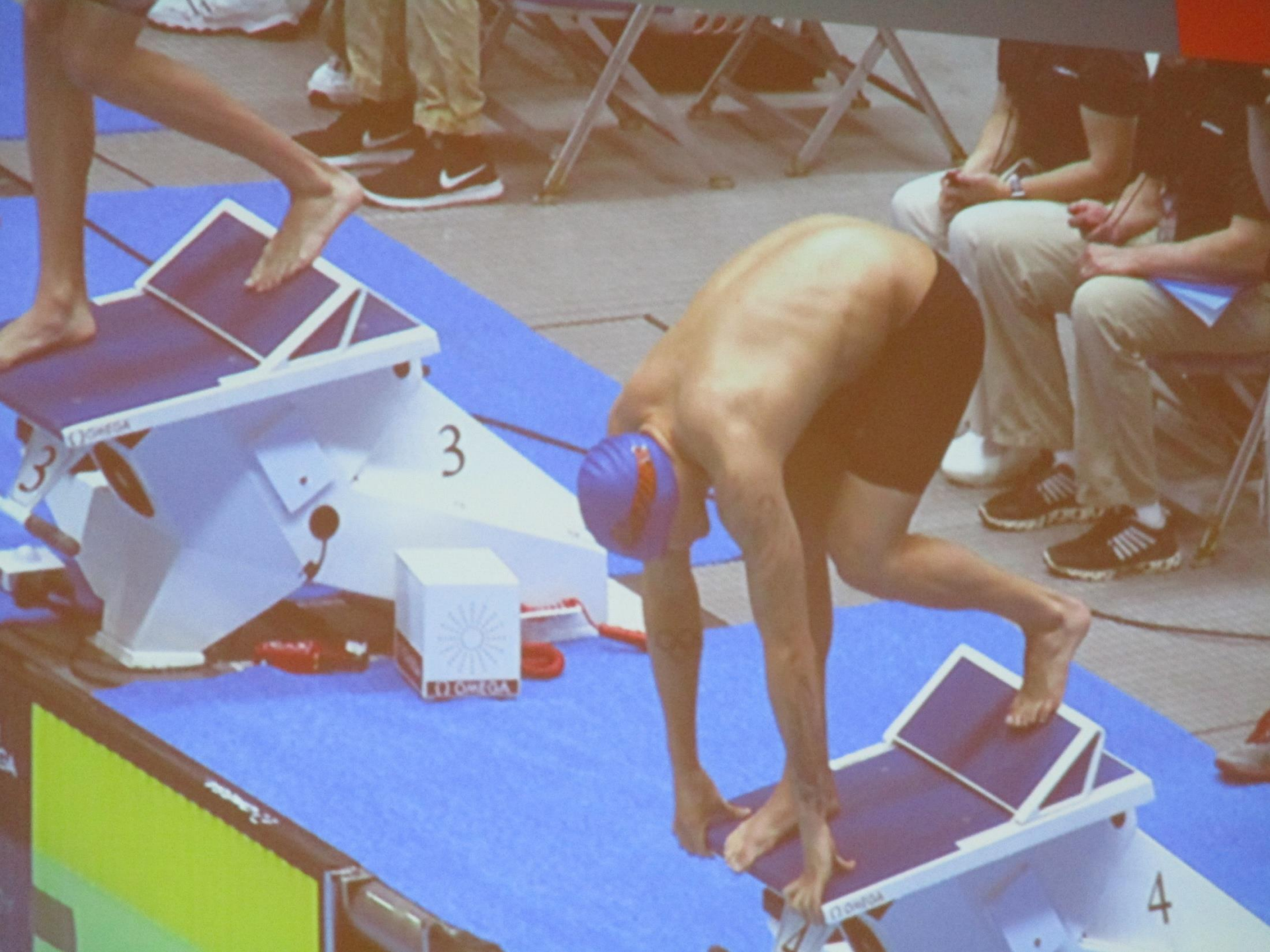
- ▶ Front-loaded and weighted
- ▶ Most powerful foot or comfort
- ▶ Maintain high hip and good line
- ▶ Pete Malone: "Get deep quick"

Present Form

1. Front-loaded (positioning)
2. Wedge closer?
3. Pull elbows in
4. Pull down
5. Head down (watch toes)
6. Toes pointed
7. Clean entry

Caleb's Thoughts

- ▶ Head down
- ▶ Toes pointed
- ▶ Arms pull as much as legs push
- ▶ Aim for a hole in the water
 - ▶ "To skip through the hole"
- ▶ Its about how clean, not how far



Turns and Progression

- ▶ Somersaults
- ▶ Squared shoulders
- ▶ Attack the wall
- ▶ Feet off the wall
- ▶ "Back – Side – Stomach"
- ▶ Tight before leaving the wall
- ▶ Soft walls
- ▶ Speed-aided (Tubing)

Breakouts

- ▶ Angle off the wall (stay tight)
- ▶ Number of dolphin kicks
- ▶ Transition to flutter
 - ▶ Dolphin through the first stroke
- ▶ Double streamline
- ▶ Swim to the surface
- ▶ Clean entry off the start

Measurements, Thoughts and Exercises

- ▶ 15 meters
 - ▶ 4.6 start: sub-6.0
 - ▶ 6.6 turns: sub-8.0
- ▶ 25 yards
 - ▶ 8.2-8.4 fly: 9.0 low
 - ▶ 8.4-8.7 free: 9.0 low
- ▶ Speed Checks
 - ▶ 9.2-9.4



JOB SERVICE

Recent Postings

MARQUIS BALLROOM



ASSISTANT COACH

UNIVERSITY

LSC Level Jobs

Rated Head Coach

Rated Head Coach
ILLINOIS, QUINCY
Sheridan Swim Team
Listed August 24, 2018

Position Evaluation Results

(a self-scoring survey of what the club is offering)

Score	Area
1.3	Compensation (5 points possible)
2.0	Stability (5 points possible)
4.0	Authority and Responsibility (5 points possible)
7.3	Total (15 points possible)

The Sheridan Swim Team (SST) is a year-round competitive swim team located in Quincy, Illinois. The team currently has 70 members. SST was founded 50+ years ago. The Team has strong community support and a great parent board. Our outdoor facility boasts a 10 lane 50 meter championship pool as well as 3 pools for recreational swimming. The indoor facility has a 6 lane 25 yard heated pool and quality fitness room. Further information on the team or the facility can be found by visiting our website at www.sheridanswimteam.com and www.sheridanswimclub.com respectively.

Primary Responsibilities: Our head coach, with the aid of the parents and a solid coaching staff, will be responsible for the entire competitive swimming program including operations, administration, growth, and success.

Specific Responsibilities:

- Pool and dry land coaching for all levels of swimmers.
- Coordinate the efforts of assistant coaches.
- Communicate and work with parents.
- Attend competitions and the meet entry administration to attend those competitions.
- Develop season plans for all swimmers.
- Direct the developmental summer league team.
- Direct the swim lessons program.
- Direct the Masters program in conjunction with seniors morning practice
- Recruitment of future swimmers.
- Planning and executing projects and activities for team development and morale.
- Assist in our 2 swim meet fundraisers as well as other fundraisers.

- Assist in development and administration of the team budget.
- Maintain the team website and social media presence.

Qualifications:

- Passion for development of young athletes.
- Excellent communication skills with swimmers, parents, club staff, and the community.
- Excellent organizational skills.
- Excellent administrative skills. Knowledge of Team Unify and Hy-tek is a positive.
- Certified in CPR, First Aid, and Coach's training.
- USA Swimming background check and coaching certified (USA Swimming or ASCA Level 1).

Compensation and Benefits:

Salary is commensurate with experience. There is no cap on the Head Coach's compensation as it is open to earnings through growth of the programs. Average annual earnings of \$40,000+. Position includes incentives for team growth, dividends from the swim lessons programs, and Masters swimming program. The coach will also receive family membership access to the Sheridan Swim and Fitness Club.

Method to Apply:

Please email a letter of application, a resume, and at least 3 professional references to Tom Strieker, Sheridan Swim Team Board President, at tstriek72@gmail.com. Would like to fill by September 24th, but will remain open until filled.

ASSISTANT COACH

Assistant Age Group Coach
NORTH CAROLINA, CHARLOTTE
MECKLENBURG SWIM ASSOCIATION
Listed August 31, 2018

Mecklenburg Swim Association (MSA Swim) in the Charlotte, NC area is looking for a coach to assist in our Age Group and Developmental Programs coaching primarily 12 and Under swimmers.

MSA current has 600+ year-round swimmers on the team ranging from 6-18 years old, with novice swimmers to Senior National qualifiers. MSA has 4 sites in the Charlotte area and is hiring new Assistant Age Group Coaches at 2 of these locations.

Responsibilities of this position include coaching, assisting in dryland, as well as administrative duties related to the group and overall team operations. The ideal candidate will have a bachelor's degree, experience with swimming as a coach or athlete, excellent organization and communication skills, and a desire to study and progress as a coach and a professional.

Candidate should have ASCA level two coaching certification, or ability to obtain quickly. This is a great opportunity with a competitive salary (\$30k-\$32k) with bonus opportunity, paid vacations, and retirement plan. Position to begin immediately.

Please send resume with cover letter, to headcoach@msaswim.com.

Full Time Assistant Coach
GEORGIA, ATLANTA EASTERN AREA
Gwinnett Aquatics (Ga-Ga)
Listed August 21, 2018

Rated Head Coach
KENTUCKY, BOWLING GREEN
RACE Aquatics
Listed August 24, 2018

Position Evaluation Results -- PENDING EMPLOYERS SUBMISSION

(a self-scoring survey of what the club is offering)

Score	Area
0	Compensation (5 points possible)
0	Stability (5 points possible)
0	Authority and Responsibility (5 points possible)
0	Total (15 points possible)

Full Copy of Position Evaluation will be posted when submitted.

RACE Aquatics is seeking a qualified applicants for a full-time salaried Head Coach for USA Swimming Club Team and High School programs. RACE is a USA Swim Club founded in 2007 and is part of Kentucky Swimming LSC. RACE is a 501c3 non-profit organization overseen by an elected Board of Directors.

RACE Aquatics currently has over 120 swimmers throughout the year and offers 8 different training levels. RACE operates a year round program out of a new 8 lane 25 yard pool and has access to a 50 meter facility for summer long course season. The ideal candidate would be able to start on or before October 1, 2018.

Bowling Green, Kentucky is located approximately an hour north of Nashville, Tennessee and less than two hours south of Louisville, Kentucky.

Job Responsibilities Include:

- Serve as primary on-deck coach of senior level training groups and high school programs.
- Develop seasonal training plans for individuals and groups.
- Hire (with board approval), manage and support assistant coaching staff including
 - Manage staffing as approved through budget
 - Coordinate stroke and training principles throughout all levels
 - Oversee group placement and group advancement of athletes
 - Serve as on-deck coach of lower level training groups as needed
 - Work cooperatively with the Board of Directors as an Ex-officio member to
 - Develop and Administer the team budget
 - Create and execute a shared vision for RACE growth and success
 - Communicate professionally and regular with coaches, athletes, and parents
- Manage Swim Lesson program

Qualifications:

- Prefer 5 yrs. + experience as a Head Coach
- ASCA Certified, Level 3 preferred
- Experience leading and mentoring assistant coaching staff
- All certifications current and in good standing with USA Swimming
- Strong coaching acumen, including solid knowledge of stroke technique and training physiology
- Experience in writing and implementing weight training and dryland programs
- Proven success coaching, motivating and inspiring swimmers at all levels
- Bachelor's degree preferred
- Strong organizational skills and attention to detail
- Clear, cooperative and tactful communication style
- Strong personal values including honesty, respect and integrity
- Passion and enthusiasm for competitive swimming and youth mentoring
- Personal desire to succeed professionally and advance the team as a whole
- Experience with HyTek and Team Unity
- Legal authority to work in the United States and able to pass background checks.
- RACE offers a competitive compensation package.
- RACE Aquatics is an equal opportunity employer.
- Salary range is \$35,000-50,000 depending on experience and benefits

To apply:

Please email cover letter, resume and three professional references to Chuck Wolfram at chuck@raceaquatics.org

Mental Requirements:

- Must possess communication skills
- Excellent written and verbal communication skills
- Strong interpersonal skills
- Acts as a role model for employees
- Inspires and motivates employees
- Understands the needs of employees

Rated Head Coach
NEW MEXICO, TAOS
Taos Swim Club (TSC)
Listed September 2, 2018

Position Evaluation Results
(a self-scoring survey of what the club is offering)

Score	Area
2.0	Compensation (5 points possible)
4.3	Stability (5 points possible)
3.5	Authority and Responsibility (5 points possible)
9.8	Total (15 points possible)

[pdf_attachment file="1" name="Click here for a copy of the Position Evaluation for Taos Swim Club"]

The Taos Swim Club (TSC), a non-profit USA Swim Club in northern New Mexico with Learn-to-Swim classes, and competitive youth and adult masters' teams, is looking for a Head Coach with technical expertise, excellent communication skills and team building experience to coach, administer, and build our diverse, year-round club of approximately 50 swimmers and 60 learners. TSC is a coach-run team overseen by a parent board of directors. We have abundant pool-time in a beautiful facility with an 8 lane, 25 yard indoor pool.

We would like to fill the position as soon as possible.

Qualifications

Current USA Swimming Coaching Certification
ASCA Level 2 or above coaching certification
Familiarity with Team Unify and Hy-tec preferred
Significant experience coaching swimmers at all ages, abilities, and levels
Experience in the development, implementation and execution of a swim program
Experience with administration of a swim program, including sponsoring meets

Responsibilities and Authority

Training and Competition

Set workout groups, schedules and criteria for advancement
Design or oversee season training plans & daily workout plans for all groups
Manage, run, and/or delegate all workouts
Plan team's meet schedules (including travel, lodging, and meet entries) & attend meets
Hire, train, supervise, evaluate and discharge assistant coaches as necessary
Teach and follow the TSC Code of Conduct
Foster solid relationships and open communication with athletes and families

Daily operations and administration

Ensure attendance records are kept and team fees are recorded
Implement and manage expenditures in accordance with approved budget
Plan and organize home meets and assist in other fundraising activities
Solicit business sponsorships and other donations
Recruit new swimmers and handle registrations
Plan and execute activities for team development and morale
Maintain posted calendars of events and update team website
Assist in the development and of team budgets
Attend monthly meetings of the Board of Directors

Compensation

Head Coach is an independent contractor. Salary range is \$40,000-\$50,000, including incentives for team growth and two weeks paid vacation.

Application

Interested applicants should submit a letter of interest, coaching philosophy statement, resume and contact information for 3 professional references to katduff13@gmail.com

This position is available as of September 1, 2018 and will remain open until filled.

Assistant Swim Coach
TEXAS, SUGARLAND/KATY AREA
Blue Legend
Listed July 9, 2018

Job Type: Part-Time/ Full-Time

Job Locations:

1. 9920 Hwy 90, Ste A Sugarland, TX, 77478
2. 17750 Katy Fwy, Houston, TX, 77094

Job Description:

Starting from 2014, Blue Legend has more than 500 students in both Sugarland and Katy area. Our proven swim curriculum has been carefully developed to increase a student's swim technical skills, encourage a love of learning, and promote self-esteem. Now Blue Legend Swimming Academy is seeking a part-time/full-time swim coach to work with our group swim program consisting of our Basic, Elementary, Intermediate, Advanced and Pro program. This entails working with age group swimmers ages 4-15 years with a wide range of abilities. The assistant swim coach will oversee training activities of assigned group. Instruct groups lessons focusing on technique, endurance, stroke development and drills, etc.

Lessons are from 5:15 pm-8:15 pm on Tuesday, Wednesday, Friday and 5:30 pm-8:30 pm on Monday, Thursday. On Sat and Sun, the group lessons are from 14:00 pm-19:00 pm. Right now, the locations are at Dynamic Fitness of Dairy Ashford Rd and Alt 90 on Tuesday, Wednesday, Friday, Sun on Sugarland; Dynamic Fitness at I-10 and Baker Cypress Exit on Monday, Thursday and Saturday on Katy. We practice all year except some of the FBISD and Katy ISD holidays.

Job Responsibilities:

1. The position is responsible for the safety of the participants in the class.
2. Work hours as scheduled which includes beginning and ending class on time; remaining after class to answer parent questions as needed, and clean up equipment and supplies.
3. Instructs and evaluate students participating in swim lessons.
4. Coach students in groups, demonstrating proper swimming technique and observing students detect and correct mistakes.
5. Submits completed report cards, skill sheets on time.
6. Attends mandatory meetings and training sessions as scheduled.
7. All new team members must complete the training, regardless of experience.
8. Act immediately and appropriately to secure safety of patrons in the event of emergency.
9. Presents professional appearance and attitude at all times, and maintains a high stars of customer emergency.
10. All other duties as assigned and appropriate.

Job Requirement:

1. Consistent attendance and performance is a must
2. Energetic with main focus on stroke development.
3. Experience working with children in large groups
4. Must have a background of 3 or 4 years of competitive swimming or minimum of one year experience as a swim instructor
5. High school diploma, GED or equivalent required
6. Certification of CPR, AED and First Aid (Preferred)
7. ASCA Level 1-3 Certification or higher (Preferred)

Salary:

Part-time \$18 to \$20 /hour

Full time: Salary will commensurate with experience and yearly certifications

Contact Information

Michael Yang
Phone: (202)-251-6630

To Apply:

Please send a resume to Michael Yang at bluelegendswim@gmail.com
For more information about Blue Legend Swimming Academy, please visit our website at <https://bluelegendswim.com>

Age Group
CALIFORNIA
Palo Alto S
Listed July 5

Palo Alto Stanford
assistant coaching
team utilize multi
Campus. Please c
specific training gr
To find out more a

Job Responsibility:

Lead Coach position
(level coaches) of on
month. Practices run
are also available.

Job Responsibility -

Coaches will be respon
may attend 1 weekend
availability.

Desired Qualification

- Desire & passion f
- Coaching and man
- at the club or collegiate
- Strong communicat
- xpertise with curren
- Enthusiastic and hig
- Minimum of ASCA Le

Compensation:

PASA - Cardinal offers com
time commitment.

Please send a resume & refe

Head Age Group Coach
WASHINGTON, BELLINGHAM
Bellingham Bay Swim Team
Listed June 21, 2018

Bellingham Bay Swim Team has an immediate opening for an experienced, dynamic, highly skilled and energetic **Head Age Group Coach**.

Title: BBST Head Age Group Coach
Reports to: BBST Head Coach
Position Status: Full-time – Exempt

About Bellingham:

Located on Bellingham Bay with Mount Baker as its backdrop, Bellingham (population 85,000) is the last major city before the Washington coastline meets the Canadian border. It's 85 miles north of Seattle and 50 miles south of Vancouver, B.C.

Bellingham is an acclaimed outdoor recreation haven and known for its subdued, healthy and authentic vibe. It's been named "Best Place to Play Year Round," "Adventure Town USA," and "Best Place to Retire and Live," by various media. While many come here to play hard and sweat, others take in the scenery, laid-back vibe and relax.

Please check out these links for additional information on Bellingham:

<https://vimeo.com/195260295>

<https://www.youtube.com/watch?v=du3lWTmevZU>

<https://www.bellingham.org/communities/bellingham/>

<https://admissions.wvu.edu/bellingham>

Info on Bellingham Schools:

<https://www.greatschools.org/washington/bellingham/schools/>

About BBST:

The Bellingham Bay Swim Team (BBST-PN), (www.bellinghambayswimteam.org) of Bellingham, Washington (USA) is seeking a dynamic, motivated, highly skilled Head Age Group Coach for its year-round competitive swim program.

We are seeking an ASCA level 3 or higher Head Age Group Coach for our competitive swim team, but may consider the right candidate with a lower ranking. BBST is a USA Swimming affiliated team with a 23-year history. We currently have 110 swimmers in five progressive training groups: Bronze, Silver, Gold, & Senior A/B that train year-round with a staff of 4 certified coaches. These groups are designed to provide athletes with a fun team atmosphere where swimmers of similar ability and commitment practice together and TEAM is emphasized in a competitive setting.

BBST has developed swimmers from beginning age group up through nationally-ranked athletes and relays that have competed at junior national, Olympic Trials, and national team levels.

Many of our BBST alumni have gone on to swim collegiately at top-ranked universities, including Texas A&M University, the University of Pacific, Loyola Marymount University, Kenyon College and the University of Vermont. BBST is a nonprofit 501c3 organization under the direction of a volunteer parent run Board of Directors elected annually by the membership.

Our current BBST coaching staff is exceptional. Members of our staff include an ASCA certified level 5 lifetime member, the 2016 Developmental Coach of the Year for Pacific Northwest Swimming, and a strength coach that is a nationally-ranked All American USMS swimmer, personal trainer, and certified coach in kettlebell training and Advanced Rolifing.

The mission of the Bellingham Bay Swim Team is to provide an environment for swimmers to develop exceptional character through discipline and commitment to our shared values in the pursuit of excellence in competitive swimming.

Position Responsibilities:

Coaching:

- Establish an environment that fosters positive team attitudes and encourages self-discipline, sportsmanship and responsibility.
- Develop and maintain seasonal and quadrennial plans for the progression of our age group program and develops innovative techniques that show success and measurement. (This includes yardage and technique progressions, as well as how the measurement is used to improve performance.)

Coaching:

- Establish an environment that fosters *positive* team attitudes and *encourages* self-discipline, sportsmanship and responsibility.
- Develop and maintain seasonal and quadrennial plans for the progression of our age group program and develops innovative techniques that show success and improvement. (This includes yardage *and* technique progressions, as well as how the groups are being challenged through competition and differentiated for movement up the team roster groups).
- Develop and implement team and individual goals with the swimmers and the head coach, and monitor the progression of the athletes and team in reaching these goals.
- Design swimming and dryland curriculums for all BBST roster levels to promote stroke development and physical conditioning appropriate for the athletes' current level of fitness and physical/emotional development, while maintaining an appropriate level of challenge necessary to produce improvement in speed, fitness, and progression to the next team roster level.
- Provide social/emotional support for athletes and differentiated programming to meet each athlete's needs.

Administration:

- Demonstrate a cooperative, responsive and respectful communication style with swimmers, parents, community members, members of the staff, and board.
- Effectively supervise and delegate responsibilities for assistant age group coaches. This includes practices as well as meets.
- Practice continuous improvement and professional development for self under the direction of the head coach; work to achieve next level of certification.
- Support all aspects of daily club operation in support of the swimmers, membership, and team mission and values. Strong organizational skills are a must.
- Communicate with other teams and/or PNS regarding meet participation and entries.
- Maintain and update website information regarding practice schedules, meet entries, news, etc.
- Various administrative functions such as pool scheduling.
- Work with the head coach to ensure club mission, vision and values are achieved.

- Act as a team representative while attending LSC meetings.
- Maintain accurate records of individuals and relay performances, meet participation, practice attendance and more.
- Develop, and implement BBST Board policies and procedures under direction of head coach.
- Maintain professional standard of safety, appearance and readiness.
- Facilitate and participate in club fundraisers.

Minimum Qualifications:

- Must be CPR/AED certified and maintain current coaching certification.
- ASCA level 3 but may consider the right candidate with a lower ranking.
- Strong track record as an outstanding technical swim coach with demonstrated leadership and communication skills.
- Advanced experience coaching various ages and skill levels in a competitive environment.
- High-level swimming experience at the club and/or collegiate level.
- Experienced with TeamUnify and HyTek
- Ability to set and achieve individual and team goals and encourage others to do the same.

SALARY

This is a year round, salaried position with opportunity for performance and fundraising based incentives. Salary will be commensurate with qualifications and experience within a range of \$30,000 and \$35,000 annually.

APPLICATION PROCEDURES & DUE DATE

Position is open until filled. For priority consideration, submit application materials by July 15, 2018. All application materials should be sent to BBST Head Coach Wes Sinclair at bbstheadswimcoach@gmail.com.

A complete application consists of:

- Letter of application detailing relevant experience and how the applicant is prepared to fulfill the responsibilities of the position
- Statement describing the applicant's coaching philosophy
- Current resume
- List of three current references with contact information
- Salary expectations

Links about the Bellingham Bay Swim Team:

<https://www.youtube.com/watch?v=eZJ2jMPQ108&feature=youtu.be>
<https://www.swimmingworldmagazine.com/news/5-ways-kettlebells-are-a-fantastic-dryland-training-tool/>
<https://www.swimmingworldmagazine.com/news/scapular-stability-for-swimmers-the-importance-of-developing-iron-scaps/>

SALARIOS DOS TREINADORES AMERICANOS

- **TEXAS** de US \$40 A \$ 80mil /ano= * R\$144mil a R\$294 mil
- até USD \$ 6,6mil mês= R\$ 24.5 mil/mês
- **CALIFORNIA** de \$45 a \$85mil /ano = R\$162mil a R\$ 306 mil
- até USD\$ 7mil mês = R\$ 25.5 mil/mês
- **ESTADOS MENORES**
- de USD \$18mil /ano = \$1,8 mil /mês = R\$ 6.5 mil/mês
- a \$60mil /ano = \$5 mil /mês = R\$ 17.5 mil/mês
- **UNIVERSIDADES TOP 10** de \$100mil /ano =R\$360 mil
- de USD\$ 8,3mil mês = R\$ 30 mil/mês
- ao **MÁXIMO** de USD\$ 380 mil/ano = R\$1.368 milhões/ano
- USD\$ 31.6 mil mês= R\$114 mil/ mês de:
- **JACK BAUERLE- UNIVERSITY OF GEORGIA**
- *1 dolar = R\$ 3.6



MUITO OBRIGADO!!!

E amanhã tem **LEVEL 1**

AQUI MESMO

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