

# Getting Your Fitness Swimmers On and Off the Blocks

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# Coaching Philosophy

- All about you- how you approach coaching and your experience-What is your definition of a fitness swimmer?
- Why are fitness swimmers important to you?
- Swimmer needs- look around the pool- What needs do you see for each of your swimmers or groups of swimmers?



# Team, Club, Program, Workout Group or ?

- What is your identity?
- How do you define it?
- How do you create a healthy team culture?



# Including Fitness Swimmers & Triathletes

- How to engage these groups at each workout and make them want to come back for more?
- How to incorporate them into your team/club/program/workout group identity?



# Managing versus Coaching

- You manage a person or a problem but you coach athletes
- All swimmers are athletes
- All athletes have goals
- Differentiation



# Homogeny versus Variety

- Diversity is good- A lot of it and we are not talking swimming speed.
- Time and space (and money)- How much do you have and where do you spend it?



# Leadership is service to others

- Redefining swim coaching for masters
- Help and resources
- Examples of good fitness programs
- Sharing and networking



# Discussion



~Thanks for coming