

USMS Coaching Certification Clinic – Why You Should Attend

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Vice-Chair, LMSC for NC

Recognized USMS Coach, Level 3

Planning, planning, planning...it never stops. Just ask any Masters swim coach, or any coach of any sport at all, "So, what's on your plan today? Tomorrow? Next week? Next year?" and you're likely to hear a long-winded answer of plans he/she has been strategically working on lately. I know that, speaking for myself, I've been planning a new Masters workout group in the Triangle area for the past few months. I find myself planning all the time, even when I am not meaning to. Even last night, as I was swimming the 1-Hour Postal with a friend, I found myself thinking about all the plans I have for building team camaraderie, what length for practice time is best, and overall weekly/monthly/seasonal workout structure!

I have been a Masters swim coach since 2005, when I began coaching for the DAMA Masters team in Durham. Prior to becoming a Masters coach, I had been coaching all levels of kids for 6 years. I knew how to coach effectively, but I had no idea how to take that knowledge and apply it to coaching adults of all ages. The learning curve is steep, thankfully! Within 6 months, I felt confident coaching every day and was on my way to (re)building DAMA to the team size it once had been.

Fast forward to the year 2012, when I heard about the USMS Coaching Certification Clinic. In March 2012, I attended the Level 1 & 2 clinic in Charlotte, and then in September, I attended the Level 3 clinic in Greensboro. I cannot tell you in this short newsletter article how valuable these clinics were. I learned so much from the course instructors that I wanted to give them a hug after the class was over. I had a renewed spirit for coaching and I could see myself continuing to coach Masters for a long, long time. So now that you've heard my story, why don't you plan to attend the next USMS Coaching Certification Clinic?

The Palmetto Masters Swimming Club is hosting a USMS Masters Coach Level 1 & 2 Certification Clinic on Monday, February 24 in Charleston, South Carolina. You are invited and urged to attend this certification clinic if you are a current Masters swim coach, or if you are thinking about becoming a Masters swim coach in the near future. In addition, if you are a volunteer or you support Masters swimming in any way, this would be a great course to further your support.

Please visit this link for all the details and to enroll in the clinic.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=59133>

Location: R.L. Jones Center,
391 Egypt Road, Mt. Pleasant, SC 29464

Reimbursement policy:

The North Carolina Board would like to encourage as many of our coaches as possible to attend this clinic. In this spirit, the NCMS board is offering full tuition reimbursement (\$180 for both classes or \$100 for Level 1 or Level 2 only) and partial travel expense reimbursement to the first twelve (12) NC member applicants. This reimbursement offer is open to all North Carolina US Masters Swimming coaches and swimmers.

Reimbursement agreement:

As a reciprocal gesture, we are requiring each NC coach who accepts this offer to host a Masters stroke/swim clinic in your area at your convenience, but we ask that you plan to hold this clinic sometime within a 16 month window of receiving your

reimbursement. NCMS would publicize your new certification and your clinic in the regular monthly newsletter.

We also are requiring that you author 2 "Coaches' Corner" newsletter articles for NCMS within a year from attending the certification class. The Coaches' Corner articles are the most popular articles in our newsletters!

The travel reimbursement is as follows:

0-100 miles roundtrip = \$20

101-225 roundtrip = \$40

226-350 roundtrip = \$60

351+ roundtrip = \$100

One half of a hotel night will be reimbursed for those who need to stay a night at the location.

Register first, then email Marty Gaal, Coaches Chair, (marty@osbmultiposport.com) if you would like reimbursement. Offer is first-come, first-served.

Certification Process: Upon successful completion of the classroom coursework, including successfully completed tests, each person will be awarded USMS Level 1 or 2 Certified Masters Coach certification. Coaches desiring optional ASCA Masters coach certification must submit all required membership, applications and completed tests directly to ASCA.

For questions about the certification process, please contact Bill Brenner, USMS Club & Coach Services Director at bill.brenner@usms.org