

April, 2020

SPMS Coaches Chair Report - Christine Maki

Due to the COVID-19 USMS/SPMS/CTSM closure(s) and cancelling of high school swimming I had catch-up coaching & counseling meetings for my varsity swimmers and parents, I apologize that I had to missed the March 19, 2020 SPMS call in.

Meets - Great to see many coaches with their teams in attendance to the SPMS meets.

- February 2020:
 - We had 3 successful SPMS SCY meets with the CTSM Inaugural SCY meet fundraising over \$3,500.00 for the high school team that hosts CTSM Masters Swimming, at the Northview HS pool.
- March 2020:
 - Our last SPMS meet for the season: Cal-Tech Pentathlon, which was held at Tempe City HS. Another successful meet for SPMS and its teams.

USMS National Coaches Committee:

NOTE: COVID-19 Insurance updates made, so coaches could instruct their swimmers in real time, online.

<https://myemail.constantcontact.com/USMS-General-Liability---Participant-Accident-Insurance-Coverage-Update-for-Dryland-Video-Training-Protocol.html?soid=1102294150505&aid=54psQfUsL-Y>

On March 31, 2020 there was a Coaches Peer-To-Peer call, which yielded a lot of positive ways to help coaches stay in touch and engaged with their teams. A few items presented follow below, but the wide variety and details of how to implement some of these great ideas can be found here:

<https://www.usms.org/admin/minutes/ptp-2020-3-31-1.pdf>

How to Stay Connected-

- Online swim college - Kerry O'brien
- E-mail
- Newsletter
- Social Media
- Google Site
- Video of the day
- Workout videos
- Dryland, dryland, dryland
- Mental support
- Funny memes
- Creating online resources - Swim technique, swim video links, swim website links
- Swimming books
- Swimming movies
- Zoom Meeting platform

Monday, April 13, 2020-

SPMS Coaches Chair is hosting its first outreach call for our coaches. Outreach, support, & share USMS P2P info.