

## October 2022 - Charles McPeak, Coach's Chair

The USMS National Coach's Clinic in Las Vegas was incredible and I was honored to be part of this delegation for SPMS. Highlights included the pool session with Dr. Genadijus Sokolovas and, of course, getting to see Rowdy Gaines in person (not to mention incredible bonding time with Kenny, Bill Brenner, Nancy, and all the other coaches).

Some of the testimonials from our coaches in attendance include:

*I'm writing these lines still riding on the high from the National Coaches Convention in Las Vegas. What a great experience! The book-ends of this weekend were a very personal and intimate conversation with Olympic Medalist and broadcaster Rowdy Gaines, where he not only talked about his experiences but also led a great discussion about philosophy of coaching, and ended with a great in-the-pool session on drills by the incredible Dr. G! In between those two great moments we listened to wonderful talks about technique and about injury prevention, discussed about the purpose of what we do, and had the chance to network, meet and get to know great people who are taking Masters swimming well beyond the pool.*

**—Coach Diego**

*Dean Hutchinson's presentation about drills and allowing swimmers the opportunity to change their stroke, based on their experiences and reflections of their video analysis confirmed my thoughts about how to teach, correct and coach swimmers. Every swimmer is different, and as such, each swimmer should feel their own way through the water, with some standard protocol and individual adjustments to prevent injury, rehab injury, and maximize stroke efficiency. I appreciated him sharing his background and his experiences as a college swimmer.*

**—Coach Teresa**

Much more to come in the next newsletter!

### **Some things I'm looking forward to in the weeks to come...**

The rebooted SPMS Annual Meeting on November 12th

Short Course Meters Championships in December

I'll be hosting a Coach's Call sometime after the Annual Meeting