

Coaches Guidelines for Trips

Home Coach Suggestions

1. Prepare your athlete for the trip or camp situation.
2. Listen to your athlete.
3. If you are at the event be supportive and not intrusive.
4. Teach them that they will be fine without you.
5. Prepare them to be independent.
6. Keep doors open.
7. Keep your mind open.
8. Have faith in the coaches on the trip.
 - a. Tell your athletes about your faith in the coaching staff.
 - b. Sell the staff to your athlete.
9. Teach your athletes not to second guess themselves.
10. Fill the athletes in on what is going to happen, and what will be expected of them.
11. Inform trip coaches about how your athlete handles stress. How they should respond to them.
12. Keep calm and mild manner as trip nears.
 - a. Keep athlete(s) at ease.
13. Keep High Performance Director + trip coaches updated.
14. Give trip coaches tips to best performances.
15. Give Guidelines vs. specifics for workouts.
 - a. This way they can work with a group of athletes.
 - b. Make sure athlete and trip coaches understand intensity wanted/needed and the over all plan for the athlete.
16. Teach your swimmer to be a critical thinker.
 - a. How to receive feedback
 - b. Understand Video, Race Analysis, Lactate etc.
17. Exchange Phone numbers and emails and do not be afraid to communicate with the High Performance Director.
18. Enjoy the experience.

Trip Coach Suggestions

1. Listen to the athlete. What are they used to?
2. Don't over coach.
3. Make sure the athletes are prepared.
4. Every athlete is important.
5. Doors open.
6. Minds open.
7. Not your place to make major changes.
8. Build a comfort zone.
9. Create an atmosphere of fast swimming.
10. Give athletes time to adapt to you and your style and the situation.
11. Be mindful of your humor and approach.
12. Don't coach too much with those that are not your athletes.
13. Don't coach too much with those that are your athletes.
14. Treat all athletes the same especially if they are yours.
15. Don't smother athletes or the team.
16. Don't ignore your athletes.
17. Don't second guess yourself.
18. Keep calm and mild mannered as trip progresses.
 - a. Keep athletes at ease.
19. Keep Home coach updated.
20. Don't sprint them out of the meet.
21. Be aware that it is a highly competitive environment in camp/trip.
 - a. It is the athletes' performances that are MOST important (not coach results or recognition).
22. Exchange phone numbers and emails with home coaches.
23. Don't train them...Coach them...
 - a. i.e. This is what I see....what does you coach want?
24. Enjoy the experience!