



**SWIM  
ONTARIO**

CONFERENCE 2024  
NAVIGATING THE START OF SEASON



# Onboarding New Coaches & Parent Communication

Kristin B & Kristyn S



KRISTIN BUCHANAN



SWIM  
ONTARIO



KRISTYN STEINKE



# START OF THE SEASON

HELLO  
MY NAME IS



# On-boarding New Coaches

# Finding Coaches



# OAK Buddy Day







# SWIM ONTARIO

# Coach Development Programs



## COACH DEVELOPMENT PROGRAM



### Exciting Opportunity!

Uxbridge Swim Club is launching their Coach Development Program for internal candidates wishing to pursue a career in competitive swimming.

Beginning: January 2024

#### Requirements

- Minimum Age of 14
- Completion of pursuit of NL & SFA Qualification

#### Benefits for participants:

- Participants will be given job specific training and support
- USC will be paying for the coaching certification Swimming 101 for all successful candidates.
- Upon completion of the program, participants will be offered a position with USC as a development coach.



#### Interested?

Send an email with your cover letter and resume to:  
[kristynmsteinke@gmail.com](mailto:kristynmsteinke@gmail.com)



**SWIM  
ONTARIO**

# Training Considerations

- What are your clubs values
- Improve employee experience & connection to culture
- Increasing confidence in their abilities
- Addressing skill gaps
- Standardize training/delivery of program



# Contagious Enthusiasm



# Training & Team Building

# In service day 1

## Acorns & Mini Oaks in-service day 1

Time	Activity	Details
5:45-6:00pm	facility orientation	<ul style="list-style-type: none"> <li>• Walk around</li> <li>• Lane Ropes</li> <li>• storage room</li> <li>• pool tests</li> <li>• first aid</li> <li>• Group picture</li> <li>• Names (gotta know everyone!)</li> </ul>
6-6:45pm	skills & drills	<ul style="list-style-type: none"> <li>• drop down push offs                             <ul style="list-style-type: none"> <li>◦ Start pushing forward / Progress to side</li> <li>◦ Feetstacked</li> <li>◦ back of your head hits the water first</li> </ul> </li> <li>flutter kick (front/back/board)                             <ul style="list-style-type: none"> <li>◦ Wall kick</li> <li>◦ scooter drill</li> </ul> </li> <li>• breast kick                             <ul style="list-style-type: none"> <li>◦ IVO</li> <li>◦ physical manipulation</li> <li>◦ kick in pos 11</li> <li>◦ kick short</li> </ul> </li> </ul>
6:45-7pm	Dive progressions	<ul style="list-style-type: none"> <li>• <b>Safety first</b></li> <li>• sitting dives</li> <li>• kneeling dives</li> <li>• jumping off the block                             <ul style="list-style-type: none"> <li>◦ stand tall</li> </ul> </li> <li>• Tea pot dive</li> <li>• review ready position                             <ul style="list-style-type: none"> <li>◦ toes over the edge</li> <li>◦ hips higher than head</li> </ul> </li> </ul>



7-7:15pm	Turn progressions	<ul style="list-style-type: none"> <li>• somersault drills                             <ul style="list-style-type: none"> <li>◦ over noodle</li> <li>◦ with kickboards</li> <li>◦ flip turn game</li> <li>◦ float to flip</li> <li>◦ float to flip, land with feet on the wall (looking up at the sky)</li> <li>◦ repeat with push off</li> <li>◦ try with approach</li> </ul> </li> <li>• Discuss circle swimming and performing turns at the T not in the corner (avoid collisions!)</li> </ul>
7:15-7:30pm	Games	<ul style="list-style-type: none"> <li>• kick battle</li> <li>• Relays</li> <li>• dive &amp; glide competition</li> </ul>
7:30-7:45pm	Wrap up	<ul style="list-style-type: none"> <li>• reminder of Thursday zoom (4:30-6pm)</li> </ul>

# In service day 2

## Acorns & Mini Oaks day 2: Thursday September 12th 4:30-6pm

Time	Activity	Details
4:30-4:45pm	coach registration	<ul style="list-style-type: none"> <li>check email (spam folder too) <ul style="list-style-type: none"> <li>fill out swim Canada &amp; swim ON forms + VSC if 18&amp;over</li> </ul> </li> </ul>
4:45pm-5pm	Timesheets	<ul style="list-style-type: none"> <li>Due by the 4th of the month for the previous month</li> <li>Login &amp; tracking</li> </ul>
5-5:15pm	Coverage	<ul style="list-style-type: none"> <li>It is your responsibility to find coverage <ul style="list-style-type: none"> <li>ideally 2 weeks ahead</li> <li>Use coach contact sheet to find coverage &amp; confirm via email with Brett &amp; Kristin</li> <li>Set reminder to check in with your coverage buddy a day before</li> <li>If you are the one covering set a reminder for yourself</li> </ul> </li> <li>Any shift coverage needed right now?</li> </ul>
5:15-5:30pm	Expectations	<ul style="list-style-type: none"> <li>activity: put into chat box a characteristic of a good coach</li> <li>Arrive 15 minutes prior to your scheduled shift</li> <li>Lead activation &amp; engage with your athletes</li> <li>Know all your swimmers names</li> <li>Come prepared to each practice <ul style="list-style-type: none"> <li>OAK shirt</li> <li>Practice printed</li> <li>On time</li> <li>Water Bottle</li> </ul> </li> </ul>



5:30-5:45pm	Teaching a drill exercise	<ul style="list-style-type: none"> <li>Activity - Breakout rooms <ul style="list-style-type: none"> <li>Go through 2-3 skills and everyone needs to think of a challenge they will face coaching it and how they will overcome it.</li> <li>Breast Kick</li> <li>Freestyle arms</li> <li>Dives</li> </ul> </li> </ul>
5:45-5:55pm	Important dates	<ul style="list-style-type: none"> <li>Attend all scheduled meets <ul style="list-style-type: none"> <li>Sat Nov 30th (MO)</li> <li>Sat Feb 22nd (MO)</li> <li>Saturday June 21st &amp; Sunday June 22nd (MO &amp; AC)</li> </ul> </li> <li>No practices Dec 22-Jan 5</li> <li>Detailed Acorns schedule provided</li> </ul>
5:55-6:00pm	Wrap-up	<ul style="list-style-type: none"> <li>Questions</li> <li>Let's have a great year</li> <li>Everyone work as a team</li> </ul>



# Skills Grid

## USC Pre-Competative Evaluation Criteria

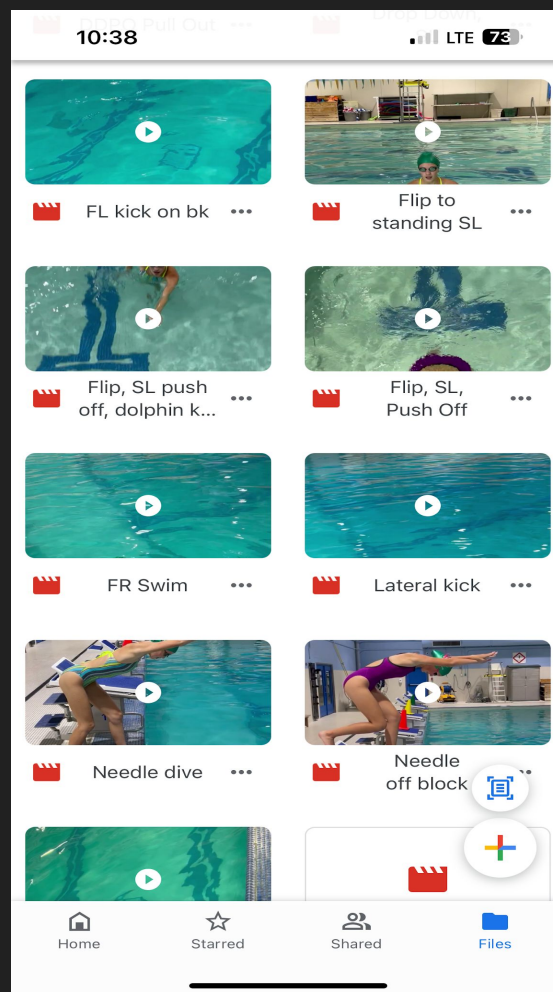
<b>1.Streamline on Deck</b> Hand over hand, Ears squeezed between arms, Posture, Legs together.	<b>2.Streamline on back, while kicking.</b> Hold perfect streamline: Neutral head squeezed between arms, hand over hand, posture, while continuously kicking 25m minimum.	<b>3.Streamline: Push off, streamline, kick</b> Arms are in streamline before push off and held through transition into 25m back kicking.	<b>4.FlipTurn: Sommersault to SL</b> Sommersault remains forward throughout. SL is achieved as swimmers reach a standing position.	<b>5.Flip Turn: Flip &amp; land on back.</b> Sommersault in initiated arms length from wall, finishing with feet on the wall on black T, eyes facing up. Hold for 5s before standing.	<b>6.FlipTurn: Flip to back push off.</b> Sommersault to foot touch, streamline is initiated before push off. Push off on back and hold SL glide until surfaced.	<b>7. Open Turn: Drop Down, Push off</b> Sink down until head is in line with hips and feet. Hand meet in SL before push off is initiated.	<b>8. Open Turn: DDPO to SL</b> SD, hand meet in strealine before push off. SL glide for 5s or until surface.
<b>9. Open Turn: DDPO &amp; Pull Out</b> As previous* breaststroke pull past hips, kick into streamline position. each phase should be held for 2s.	<b>10.Starts: Needle from deck in SL</b> With toes on the edge, swimmers are in SL then aim at water with a flat back. Eyes remain down throughout.	<b>11. Starts: Needle from block w. SL</b> *as previous*	<b>12.Starts: Track start from block to SL</b> *as previous* swimmers use both feet to push and meet again in streamline before entry.	<b>13.Freestyle: Side Kick</b> Swimmers remain on their side throughout 25m face in breathing position throughout. Emphasizing kicking in both directions.	<b>14.Freestyle: 6 beat switch</b> 6 kicks into a full rotation to alternate side, body rotating in unison, maintaining a neutral head, then finding breathing position.	<b>15. Freestyle: Timing Swim</b> Swimmers maintain three cycle breathing with a 6 beat kick. Head remains neutral and body rotates in unison.	<b>16.Backstroke: Body kick w. rotation</b> Arms remain at sides as the body rotates in unison around head with 6 bt kick.
<b>17. Backstroke: 6 beat switch</b> Head remains neutral as swimmers add a pull every 6 kicks through their rotation. Body rotates in unison. Pull remains in front of body line.	<b>18. Backstroke: Timing Swim</b> Swimming full stroke, maintaining 6 beat kick at surface with a neutral head and body rotation remaining in unison. Ensure pull remains in front of body line.	<b>19.Breaststroke: Kick</b> On back or with a board, swimmers utilize a narrow recovery phase, flex and externally rotate feet, into a quick acceleration phase, pushing straight back and snapping together into a glide phase.	<b>20. Breaststroke: KKP</b> Emphasizing the glide phase, swimmers add a second kick before initiating a "mini pull". Pull should remain in front of the shoulders.	<b>21. Breaststroke: Timing Swim</b> Full stroke breaststroke, swimmers maintain a neutral head position through the pull, breath, glide into kick phase. Pull remains in front of body and kick remains narrow.	<b>22.Butterfly: Body Kick</b> On front or on back, swimmers have arms at sides and maintain a neutral head position and kick from the sternum for 25m.	<b>23. Butterfly: Skate Drill w. Underwater recovery</b> maintaining a neutral head position, swimmers focus on catch and acceleration phase, finishing passed the hips before recovering underwater into streamline close to the body. Use as many kicks as needed to recover.	<b>24.Butterfly:Skate drill w. Fly recovery</b> In two phases, swimmers initiate the acceleration phase of butterfly, then initiate a relaxed recovery, focusing on skimming the surfact and relaxing the shoulders to a fingertip entry into a glide phase.
<b>25.Clock Kick</b> Swimmers use pace clock to initiate and time a 25m kick with board.	<b>26. Clock 4x25swim</b> Swimmers initiate and time multiple 25s in a row.	<b>27. IM: IMO Kick</b> Swimmers understand the four strokes and ordering of IM and can follow IMO for 4x25 kick without reminder.					

# Supporting Drills

Pre-Comp Progressive Drills							
<b>1. Streamline on Deck</b> -Standing in Posture against the wall -SL arms while lying on the ground maintaining posture -Standing SL trying to maintain posture	<b>2. Streamline on back, while kicking.</b> -Body/ posture kick -SL on back glide from wall -SL kick on back, posture focus -Alternating focus by 25, kick, squeeze ears, posture.	<b>3. Streamline: Push off, streamline, kick</b> -Body/Posture Kick focus on head position (5-10m) -SL glide with perfect posture -SL Blast Offs	<b>4. Flip Turn: Sommersault to SL</b> -Forward dive to bottom touch (use sinking object if needed) -Sommersaults, tight ball focused -sommersault to standing	<b>5. Flip Turn: Flip &amp; land on back.</b> -Sommersault to back float -Sommersault arms length from wall to standing -Sommersault to toe touch and freeze -Aided Sommersault to toe touch	<b>6. Flip Turn: Flip to back push off.</b> -SL Blast off -Sommersault to SL & toe touch -Aided sommersault to toe touch & SL	<b>7. Open Turn: Drop Down, Push off</b> -Broken Turn - 1. Elbow back, eyes up, freeze 2. elbow back, eyes up, sink down, freeze 3. elbow back, eyes up, sink down, push -Arm movements practiced on land against a wall	<b>8. Open Turn: DDPO to SL</b> -Broken Turn: SD find SL, freeze. Then add push off -DDPO under lane
<b>9. Open Turn: DDPO &amp; Pull Out</b> -Phases of pull out on land -Broken Pull Outs from a push: 1. push to arms accelerating past hips 2. push to arm acceleration and recovery 3. push to arm acceleration, and whip kick to recovery. -Timed pull outs: 2 seconds per phase	<b>10. Starts: Needle from deck in SL</b> -On deck, finding SL needle position with flat back -Needle dive focus on keeping eyes down -Needle dive focus on maintaining SL position. -Needle dive focus on forward momentum -Needle dive focus on glide	<b>11. Starts: Needle from block w. SL</b> -Long jump from block -Alternating focus "same as off side"	<b>12. Starts: Track start from block to SL</b> -Track start position established on deck -Track start feet established on block -Long jump from track position -Alternating focus "as previous"	<b>13. Freestyle: Side Kick</b> -breathing head position while holding onto wall - add kick -Breathing head position with kick & board	<b>14. Freestyle: 6 beat switch</b> -6bt counting kick w board -6bt switch on wall w coach ques -6 kick switch with board -relaxed recovery focus through transition -Head position focus through transition (eyes straight down, into breathing position)	<b>15. Freestyle: Timing Swim</b> -Three cycle breathing established on deck -Three cycle breathing with board -focus on body rotation -FR swim focus on head position -Swim, focus on relaxed recovery	<b>16. Backstroke: Body kick w. rotation</b> -25 Body kick -10 kick rotating side to side "belly button facing wall" -6 kick rotation body kick -6bt kick with body rotation -25 10bt focused on head pos. -6bt focused on posture
<b>17. Backstroke: 6 beat switch</b> -6/10 kick switch with arm pull -BK 6bt kick focused swim -discuss pull on deck (pull in front of body line) -BK swim focus on pinky entry -Bk swim focus on head position & Posture	<b>18. Backstroke: Timing Swim</b> -6/10 kick switch with arm pull -BK 6bt kick focused swim -discuss pull on deck (pull in front of body line) -BK swim focus on pinky entry -Bk swim focus on head position & Posture	<b>19. Breaststroke: Kick</b> -Demo & Teach on wall -Broken kick on wall (recover - flex & rotate - press backwards - SL glide) -Vertical jumps to teach width -Kick on back, knees stay at the surface -Kick with board w face in (for bd pos)	<b>20. Breaststroke: KKP</b> -Two kick breath on wall -pull demo & swimmers call out "pull-breath-glide-kick" during demo -extended glide drill-hold for three seconds -"mini pull" focus swim -narrow kick focus swim	<b>21. Breaststroke: Timing Swim</b> -Timing demo & Teach from deck -student coaching: swimmers call out "pull-breath-glide-kick" during demo -extended glide drill-hold for three seconds -"mini pull" focus swim -narrow kick focus swim	<b>22. Butterfly: Body Kick</b> -On deck, teach undulation from sternum -dolphin kick on wall -body dolphin kick on back -dolphin kick on front with board "head position focus"	<b>23. Butterfly: Underwater recovery</b> -Pull taught on land -Max distance single acceleration from a float -skate with flutterkick during recovery -Skate w head position focus	<b>24. Butterfly: Skate drill w. Fly recovery</b> -Recovery taught & demp on deck -Standing recovery, fingers dragging on surface -Half pool sets - recovery focus- with flutter kick
<b>25. Clock Kick</b> -Clock use taught on deck -clap game (timed intervals) on deck -Kick intervals (10s fast, 10sec slow) with clock	<b>26. Clock 4x25swim</b> -25m team timed -25m assisted self timing	<b>27. IM: IMO Kick</b> -IMO taught on deck -shout it out, before each 25 -IM transitions (how to finish each 25)					



# Drill Video Collection



# Creating Valued Staff





# Continuous Communication



# Ongoing Learning Opportunities



Central Region & Swim Ontario

Present:

## Grassroots Coach Development Days

### What?

An immersive day of training led by experienced coaches/facilitators, emphasizing practical, hands-on learning

### 6 Hours ~ 6 Topics

- Safe Sport
- Best Practices for Coaching 12 & Under Athletes
- Coaching Para Swimmers 101
- Working with Parents as Partners
- Importance of Belonging, Having Fun & Group Culture
- Roles & Responsibilities at Swim Meets

### Who?

15 yrs and over registered Swim Ontario coaches, new to coaching. NCCP 101 not required but a PD point will be issued for all attendees.

### When & Where?

**October 6** 8850 McLaughlin Rd S #1, Brampton 9:30-4:30

**November 24** 1 Parkside Drive, Uxbridge 9:30-4:30

**REGISTRATION COMING SOON**

**EMPOWERING YOUNG COACHES TO BE LEADERS OF THE LANES**

# Communicating with New Parents



# The Parent Meeting

# Agenda



- Program overview
- Coaching staff & contact information
- Navigating the website
- Code of conduct
- Equipment
- Practice protocols
- Swim meet protocols
  - Withdrawing from a meet
- Important dates
- OAK development pathway
- Volunteer incentive program



Oakville Aquatic Club





# The Buddy System & Welcome Events

A yellow event poster with a white central box. The box is decorated with a blue megaphone on the left and a croissant on the right. The text inside the box is as follows:

**PARENTS & PASTRIES**

**SATURDAY  
FEBRUARY 10!**  
**6:30-8:30AM**

Bring a swim suit and come participate in your child passion by hopping into this parent & swimmer practice!

YES! Parents will be swimming!  
Yes! We will have food after!

**HOP ON!**



# Open House Day!



Point of Contact

# Setting Boundaries



Questions?