

Senior Coach Representative Report from the 2022 USA Swimming Workshop

In my capacity as the Senior Coaches Representative for Pacific Swimming, I attended the USA Swimming Workshop held in Denver 21-24Apr22. I attended the presentations that had “Sr” or “Coach Rep” in the description.

Summary

The Workshop started off with an engaging and enjoyable keynote address which helped break the ice but from which I gleaned no reportable information. I also attended the sessions for the USADA, Coach Certification, and a session each for DEI and Athlete Representative goal setting. The USADA presenter talked about the online resources available at their site and issues with athletes’ use of medications and supplements. The Coach Certification presenters spoke about the upcoming coaching education program being launched this fall in which certification levels and Continuing Education Units can be earned and tracked. The Coach Certification program will consist of sets of courses, themselves composed of modules, can be taken along various pathways to ensure a baseline level of knowledge for beginning coaches and to allow and measure ongoing professional development for all levels of coaches. The specific DEI presentation was more oriented toward athletes although it was a strong reminder that coaches and administrators are in key positions to open doors and foster inclusivity. I played a support role in the joint Athlete/Non-Athlete goal setting session, as the presentation was oriented toward the athletes.

Coach Certification Sessions

USADA Education – Tammy Hanson (United States Anti-Doping Agency)

- Athletes should check all medications and supplements; they have “strict liability” for all things going into their bodies. Check at globaldro.com.
- Coach is responsible for establishing a culture of clean competition, including educating athletes and families.
- Become familiar with USADA website.
- Therapeutic Use Exemptions require documentation to be filed well in advance.
- Dietary supplements can be risky.
 - 1/3 of all violations are from dietary supplements.
 - “Food First” approach is encouraged.
 - Ask:
 - Who’s making the supplement? (Bad actors have been implicated)
 - Where is it made? (Some nations of origin have history of tainted supplements)
 - What’s in it? (Some popular supplements have been laced with illegal drugs for effect)
 - USADA doesn’t approve any supplement.
 - Supplement Connect provides information on specific products.
(<https://www.usada.org/athletes/substances/supplement-connect/>)
 - NSF Certified for Sport is the most trusted testing organization.
- CBD may contain banned THC, even if labeled as “THC Free.”

- USADA has a confidential Play Clean hotline.
- USADA educational services:
 - Active social media presence.
 - USA Swimming webinars available for teams, appropriate for ages 12-14.
 - True Sport lessons, appropriate for ages 10-18.
 - True Sport Coaching Certification.
 - Monthly Newsletter
 - Clean Sport course for teams.
- Resources:
 - Physical materials were available.
 - USADA website: <https://www.usada.org/>
 - Global Drug Reference Online: <https://www.globaldro.com/Home>
 - Coaches Advantage: <https://www.usada.org/resources/coach/>
 - True Sport: <https://truesport.org/>

Coach Certification – MJ Truex, Maggie Vail, Ellery Parrish

- Launching in Fall 2022.
- Years of development.
- Program developed with an adult learning expert, also used focus groups and staff input.
- What is it?
 - Program of measured and tracked professional development.
 - Certification and Continuing Education.
 - Online and in-person learning opportunities.
 - For all coach members.
 - Based on Quality Coaching Framework (QCF).
- What kinds of things will be covered?
 - Stroke technique.
 - Communication tools.
 - Child development.
 - Goal setting.
 - Self-care.
- To replace Fundamentals of Coaching 101 and 201.
- Existing/experienced coaches will have their own certification track.
 - Coaches near the end of their careers may choose Legacy level, still in development.
- New coaches will have to take some required courses.
- After required levels, coaches may choose tracks:
 - Age Group Coach.
 - Senior Coach.
 - Eventually Head Coach.
 - Or go directly Continuing Education Units (CEU).
 - More requirements for higher levels.
- Multiple levels, multiple certifications.
- Each certification is designed to take one year
 - Approximately 5 modules of multiple lessons each.
 - New module released every 2 months.

- Pricing not yet set; intent is to cover costs.
- Why now?
 - Coaches have asked for an updated education program.
 - USAS website is being significantly transformed, including SWIMS 3.0 and merging of several educational platforms; Canvas implemented.
- Example of a CEU module was presented.
 - Technique video.
 - Coach conversation.
 - Scenarios.
 - Interactive activity.
 - Recap and quiz.
- 36 CEUs can be earned over 3 years
 - Other educational experiences, like ASCA clinics, can be counted.
 - Each unit is about 45 minutes.
 - It was not clear to me whether this will be a requirement, recommendation, or voluntary opportunity.
- Quality Coaching Framework
 - Primary guiding document, framework for Coach Certification.
 - Essential coaching knowledge.
 - Athlete Development Model (ADM) progression.
 - Contextual fit.
 - Developed by USOPC and 15 NGBs, meant to be multisport.
 - Detailed information: <https://www.teamusa.org/About-the-USOPC/Coaching-Education/Quality-Coaching-Framework>

Organizational Equity Building: Challenging Policy, Practice, and Preparing for Organizational Change and New Needs – Leland Brown and Schuyler Bailar

- Format was Leland Brown in discussion with LGBTQ+ rights activist and educator Schuyler Bailar.
- More oriented toward athletes, especially those who might be marginalized, although had perspectives and information for all listeners.
- Gave strategies for coping, working on organization change, and for allyship.
- A moving and thought-provoking discussion.
- Mr. Bailar's site for gender literacy education (paid service, some free information): <https://www.lanechanger.com/>

Impactful Athlete Governance

- An exercise in Athlete Rep goal setting, this should be part of their report.
- I was in a supporting role only.
- Our Athlete Reps were impressive.

Conclusion

All of the presentations that I attended were engaging and informative. All presenters projected competence and preparedness. The USADA presentation gave valuable warnings and resources. The Coach Certification presentations convinced me that the program has been given

considerable thought and intelligent planning. Although many coaches may balk at increasing requirements, continuing education is a common expectation in many professional fields and I am of the opinion that a well-designed program will increase the professionalism and competency in swim coaching. I might not have been the direct target audience for the DEI and Athlete Governance presentations, but they were important for me to hear and I gained a lot of perspective from both. I departed the event early when presentations pertaining to my office were over.

I was honored to have been given the opportunity to attend although I was initially uncertain as to what to expect and what was expected of me. It was an educational, eye-opening, and inspiring experience. If circumstances are such that I am offered the opportunity to attend again next year I would be happy to do so.

Regards,
Asher Green
Pacific Swimming Senior Coaches Representative