



**Coaches Meeting**  
**27<sup>th</sup> April 2020**  
**6.45pm - 7.30pm**

**Agenda**

<b>1</b>	<b>General Club Update - re COVID-19, current plans and how we move forward</b>
<b>2</b>	<b>Club Captains Opening Discussion and Club Championships</b>
<b>3</b>	<b>Squad Movements - Analysis of Swimmers</b>
<b>4</b>	<b>Coach Education</b>
<b>5</b>	<b>Any Other Business</b>



## Club Update - How we move forward

### keeping kids engaged as best as possible

- ◆ important if we want a club to return to
- ◆ weekly challenges for swimmers
- ◆ home pooling for younger kids with maths and english tasks based on the club
- ◆ weekly zoom meeting with a and b squad
- ◆ goal setting sheets for a and b squad
- ◆ ultimate priority is to keep swimmers as engaged as possible - to retain as many members
- ◆ welcome to any and all suggestions on ideas to keep kids engaged, ideas for Zoom Meetings, ideas for challenges - maintain the close knit family feel we have at the Club.

### things to be aware of:

- ◆ swimmers may not return - families spending time together 7 days a week e.g. dinner at reasonable time as a family - many members may not wish to return to some sports
- ◆ injured swimmers may finally feel rested and may not want to return
- ◆ realistically we won't return to training until after summer, I am preparing for our first week back to be **Tuesday 1<sup>st</sup> September**

### how we move forward

- ◆ once we return my ultimate priority will not be the season
- ◆ main focus for all of us should be to spend first 2/3 weeks letting the kids have fun and interact with each other
- ◆ maybe need to re-evaluate squads if social distancing measures stay in place after we return e.g. maybe less children per lane or swimmer starting at opposite ends of the pool
- ◆ we have to be there for our swimmers now more than ever, it's been a very stressful time for them all

### general club update

- ◆ i have spent time updating club documents, including rewriting the constitution and other policies - would appreciate feedback
- ◆ using this time to create athlete profiles for all swimmers to include: goal setting, attendance, personal bests, target competitions and future development
- ◆ will also be carrying out a review/analysis of how the club has developed over the last 5-6 years, looking at: membership numbers, competitions, gender splits, number of personal bests per season etc



## Club Captains - opening discussion and discussion

it's that time again, to discuss who should take over from brandon and kirsty

### review:

- ◆ brandon and kirsty have been fantastic as club captains
- ◆ much greater connection with younger swimmers and club as a whole than previous captains
- ◆ particularly helpful with our younger swimmers in c and d squad - kirsty especially
- ◆ it's a shame that they haven't got to fulfil their role to the fullest - **any suggestions on how to make use of their status?** ideas: a short video with advice for our younger kids, a short video of them demonstrating some exercises etc - open to ideas

### nominees:

- ◆ time to throw some names in the hat for possible contenders to take over from brandon and kirsty
- ◆ we can throw in as many candidates as we like but we ultimately have to decide on two
- ◆ once we have whittled it down to 2-3 names we will put it forward to brandon and kirsty no later than **end of july**

## Club Championships + Other Meets

- ◆ Club Championships have been scheduled for **26<sup>th</sup> Sept** or **3<sup>rd</sup> October** - but I will monitor this closely and move the date accordingly
- ◆ Introducing skins event - to make it more exciting
- ◆ Maybe also introduce relays for fun

### Summer Camp

- ◆ Most likely **not** happening this year however we have several options
- ◆ **Option 1:** have a camp in October (if permitted by ScotGov guidelines)
- ◆ **Option 2:** we have a winter camp - over the three days that the pool is open between Christmas and New Year
- ◆ **Option 3:** two camps next year - one in easter and one in summer
- ◆ Open to suggestions

### Highland Schools:

- ◆ This will **not** be a target for me this year - mainly because we normally have the season to prepare for it but it may be unlikely we get times for it
- ◆ Not saying I won't enter a team but if we only get a small team it won't be an issue
- ◆ Also a chance that it might not happen - worst case scenario



## Squad Movements - Analysis of Swimmers

- ◆ We will be losing 6 swimmers when we return: Rona, Kirsty, Laura, Aeryn, Meg and Blythe so will be space in A Squad - not that we have to move anyone quickly into this space
- ◆ **ALL Squad movements have been temporarily postponed** - I will be re-examining these in the coming days and would appreciate your feedback on these new movements
- ◆ Will be carrying out an analysis of swimmers over the last 6 years - creating a new database for coaches to look at and use as a resource when planning sessions/meets/team selections

## Coach Education

- ◆ All coaches have access to Scottish Swimming through the Azolve Membership system, there are a number of CPDs and courses available for free
- ◆ I am booked onto: Child Protection Workshop, Coaching Backstroke and Coaching Breaststroke for Youth Swimmers
- ◆ Highly recommend that we use this time to make ourselves better coaches and to better serve the Club and it's swimmers
- ◆ Anything you would like to read up on or get more information on please let me know and I will do my best to source this for you
- ◆ I have spoken with the Committee about any courses they want the coaches to undertake - will feedback with this once I get more information