

JFD COACHES KICK OFF MEETING & REMAINING TRAINING FOR ALL COACHES

Updated September 1, 2010

To further educate, organize, motivate and prepare coaches to earn substantial revenue or to balance their bill for swimming with JFD this winter

This is part of the training program that earned JFD the Small Business Award from the Montgomery County Workforce Development Board And the creative Coaching Award at the World's Coaches Convention

100 level Progressions

You will become comfortable with the clear, progressive steps that JFD coaches use for teaching the 4 strokes starts, and how to keep swimmers moving in an organized effective manner. There will be discussion and in water practical work, so bring your suit.

You will be prepared for lessons and introductory level clinic.

200 level Drills

Drills for all 4 strokes, turns, finishes

You will be prepared for all clinic levels and introductory team.

300 level Advanced

Gain an introductory understanding of physiology and set design, seasonal planning, dryland, stretching, nutrition, and the JFD Fraternity. Study videos of world's class swimmers

You will be prepared for taking top swimmers to the next level.

Location	Day	Dates	Times	Course	Course
Any sessions at MCF are for MCF members only					
___ JFD / QO	Mon	30	6:30-8:00 PM	101	201 Free,
___ JFD / QO	Wed	1	6:30-8:00 PM	102	202 Back
___ JFD / QO	Thu	2	6:30-8:00 PM	103	203 Breast
___ JFD / QO	Fri	3	6:30-8:00 PM	104	204 Fly
___ JFD / QO	Sat	4	6:00-8:00 PM	301	Free Physiology
___ JFD / QO	Sat	11	6:00-8:00 PM	302	Back Dryland
___ JFD / QO	Sat	18	6:00-8:00 PM	303	Brst Seasonal planning
___ JFD / QO	Sat	25	6:00-8:00 PM	303	Fly JFD Fraternity

Cost \$50 per coach. We will hold your check and if you are working satisfactorily for JFD, we will return your check at the coaches meeting the Thanksgiving weekend. If you paid this year, you are entitled to all our training this year.
If you are currently employed by JFD, your training is free!!!

To Register Call Joe Flaherty at 916-1852, or send a check to Joe Flaherty's Dolphins, LLC. 16512 Roundabout Dr. Gaithersburg, MD 20878, or by email at joeadolfin@aol.com. Include your name, coaching experience, phone number, and email. Courses will be consolidated based upon registered coaches

Swimmers: Lesson, pre-team & team members who want to improve their swimming can register to attend a week by filling out the registration form at jfdolphins.com.

COACHES KICK – OFF

All meetings will have the same format - Please RSVP by ranking your preference as 1, 2, 3, for the ones that are most convenient for you or "NA" for the any that you are not available to attend.

Our intention is to offer two dates, so vote ASAP

<i>Option 1</i>	<i>Friday</i>	<i>Sept 17</i>	<i>Noon – 2:00</i>	
<i>Option 2</i>	<i>Saturday</i>	<i>Sept 18</i>	<i>10:00-Noon</i>	
<i>Option 3</i>	<i>Saturday</i>	<i>Sept 18</i>	<i>2:30-4:30</i>	
<i>Option 4</i>	<i>Sunday</i>	<i>Sept 19</i>	<i>6:00-8:00</i>	<i>Includes Open House</i>

Where JFD is now

- Largest private swimming enterprise program in the county
- Larger than all others at QO combined
- Finishing our largest winter season ever
- Finishing our largest summer ever

Where JFD is headed

- 1 Expand as ASCA certified Site Supers perform excellently without SE or JF on site
- 2 Train more team coaches and Site supervisors to take the several summer pools that are begging for JFD to take their lesson / swim team next summer
- 3 Raise you awareness that if ambitious enough, you can make more money in a couple hours of lessons than you can in a whole day of guarding
- 2 Emphasize bonuses for those whose swimmers stay with / join JFD

IMPORTANT COACHES' CLINIC

These clinics are not for lesson level coaches, and by sheer logistics may be un-doable for most of you, but perhaps this will help stimulate interest and get things on your calendar.

Eastern States Swim Clinic

Thu, Fri, Sat, & Sun Oct 14th - 17th

The most valuable convention Coach Flaherty has ever been to.

The cost for this clinic is \$160 per coach, but only \$150 per swimmer.

Hotel approx \$25 – 100 per night, depending on 1,2,3, or 4 in a room

Transportation is up to each individual, or JFD will pay for a van if we get enough registrants. Logistics and cost are much better for this clinic than for the World Clinic, but our challenge is that this is the same weekend as a PVS meet.

If you cannot make the convention, please consider working extra that weekend at practices or the meet.

Follow this link for more info

http://www.swimclinic.com/eastern_details.html

Who should attend? Any coach / swimmer may attend.

I greatly desire coaches such as Shannon, Shannon, Jenni and I to go, while Boris and ??? covers the October Open.

Site Supers such as could choose to cover practices or attend the convention.

Coaches seeking to attain upper level knowledge should talk to me about attending.

Coaches Training Costs

The JFD policy is to reimburse coaches for attending these types of clinics

If approved PRIOR to registering, JFD will reimburse the coach a rate of \$50 per month for costs including Clinic registration, hotel, and transportation

To be considered for reimbursement the following conditions need to have been met:

- 1) The training is approved for you by JFD prior to registration
- 2) You turn in neatly typed or hand written notes to the office
- 3) Make a presentation of what you learned at a coaches meeting or “Think Tank”

There will likely be a raise for the coach, but this will be discussed case by case, mostly determined by noticeable advancement in the quality of your coaching.