

J F D COACHES TRAINING TOPICS

1. PHILOSOPHY OF COACHING
 - 1 Developing a mission statement
 - 2 Developing a coaching philosophy

Encouragement	Relationships	Awards
The Value of Winning	Self -image	
 - 3 For the Love of Children
 - 5 If A Child Lives With Criticism
 - 7 All I Ever Really Needed to Know
 - 9 Role models needed
2. CHARACTERISTICS OF COACHES

1 Leadership Qualities	2 Starting practice on time
3 A Good Summer Coach	4 Coaches self evaluation
5 Daily, Practical Steps	6 The Coaches' Motivation
3. PLOTTING YOUR CAREER

1 Coaches' ladder	2 Mentor's check off sheet
3 Staff Policies	
4. THE SWIMMERS HANDBOOK
5. SAFETY

1 Emergency Action Plan	2 Your responsibility
3 Typical Rules / Policies	
6. TEAM BUILDING

1 A Large Team is a Good Team	2 Fun
3 Swimmers Leadership Council	4 Human Relations
5 A Short Story About Everybody	6 Are Your Kids Fighting?
8. STROKE MECHANICS

1 Progression Principals	2 Lessons
3 Free 4 Back	5 Breast 6 Fly
7 Starts and Turns	8 Written Test
9. PRE-TEAM / LESSONS

1 Advancement Goals	2 For advanced swimmers
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10. TRAINING

1 Organization	2 Physiology
3 Dry land	4 Stretching
5 Coaches Report	6 Alcohol
7 Nutrition	
11. PARENTS

1 The Art of Getting Along	2 Leading Qualities
3 Suggestions on raising an athlete	4 Working with Family Schedules
5 Goals and Expectations	6 Communicate Progress and Care
12. ORGANIZATION

1 Calendar	2 Policies
3 Team Handbook	4 Sample week of duties
5 Signs Eliminate Repeated Questions	
13. MEETS

1 Stroke Evaluation check off	2 Assigning Coaches duties
3 At the meet	4 A and B Meets