

SPMS Coaches Chair: Christine D. Maki

ZOOM Meeting Recap

Thank you to the coaches, swimmers and SPMS & USMS committee members joining in on the call. WH2O, Irvine NOVA, Long Beach Grunions, Competitive Tri-Swim Masters, South Bay Silver Peak Performance, Conejo Valley Multisport Masters

Our group was able to share and discuss how each team has been able to restart, although some minimal with space and time, availability with pools.

A lot was shared amongst the group in the team building of our groups during the COVID-19 pandemic. Each team has been a beacon of hope and camaraderie to it's members. SPP shared how their team created meal boxes for their members and families, since their area neighborhoods have been hit hard with COVID cases. Despite the tough times, good fortune has provided SPP with additional pools and they are seeking assistants for coaching.

Irvine NOVA has helped to create the OC Seals, an open water group, which is open to any club / any swimmer.

“**OC Seals** is a local, community-driven **Open Water Swim** Training for Triathletes and **Swimmers** that want to improve their **open water swim** abilities, knowledge, skills and conditioning to prepare for triathlon and **open water** races.”

The program runs from April to November. If you have any questions please see OCSeals.com or you can review their program on the OC Seals Facebook page.

*** COACHES, JUST A FEW REMINDERS ***

USMS Coach Certification for Level 4 will be opening up soon for applications. Application will be due before July 1, 2021.

Level 4

“This designation is for professional coaches who have contributed to the greater Masters Swimming community. Candidates for Level 4 must [register](#) and submit the [Level 4 application](#), with supporting documentation. A review panel will score your body of work on a point system based on criteria set forth by the USMS Coaches Committee. Areas scored are leadership, contributions, education, achievement, and growth and retention.”

SPMS: Club Swimmer of the Month

The purpose of this award is to give coaches the opportunity on a monthly basis to recognize SPMS swimmers on their team based on the criteria list on the webpage (please see link below). This is purely a tool that coaches may choose to take advantage of if they feel it would benefit their club and/or swimmers. No coach is obligated to take advantage of this opportunity.

<https://www.spmastersswim.org/club-swimmer-of-the-month-award/>

USMS Publications

All U.S. Masters Swimming coaches are encouraged to write articles for the various sources USMS and its LMSCs provide. If you have an idea for a paragraph or all the way to an article, please reach out to Terry Heggy. The USMS Coaches subcommittee supports and encourages coaches to share their knowledge and experience by submitting unique articles (it could be your favorite set or drills...). The subcommittee will assist with editing, as needed.

Terry Heggy can be reached through the USMS Coaches Committee Chair,
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