



Ozark LMSC Delegate Report – National Coaches Clinic (day-1 classes) and the Volunteer Relay (day-2 classes) submitted by Patrick Sullivan

I had a great time at the National Coaches Clinic (day-1 classes) and the Relay (day-2 classes) along with the other two Ozark LMSC delegates, Ashley Turpin & Maryanne Barkley. I think the most impactful benefit was talking to other coaches and learning about other LMSC and clubs around the country.

The diversity of other LMSCs and clubs was something that stood out to me, in that there were representatives from very tiny clubs with just a few swimmers to massive clubs and programs with 10,000 swimmers. I felt that SLAM and Ozark's member-size fit us right in the middle, if not on the slightly smaller side, of USMS. The bigger the size of the club, the more resources and practices are offered, for which some of the coaches were able to get paid enough to make it their full time job.

One thing that was heavily discussed was what changes when you go from a small workout group or club to a large one, and how there are positives and negatives to having a smaller and larger workout group. Personally, I got a lot out of the discussion about protecting a coach's energy. Burnout is common and no one wants to experience it, and it's important to plan for the possibility. I can certainly relate with my role as President of SLAM and the need to step back now.

I also got a lot out of the discussion of writing workouts, especially for different ability levels of swimmers. In my South City YMCA Storm Masters workout group, we have every type of swimmer from triathletes that are just learning how to train in the pool to USMS national champions, and having that discussion about meeting each type of swimmer's needs was important to my development as a Masters Swimming coach.

Lastly, I thought it was very important to meet and get to know the new leadership at MOVY (Kansas City area). One of the classes at Relay Day 2 that Ashley and I participated in with new MOVY leader, Michael, was about working together to build an event we'd actually host, and it worked out perfectly for us to work together to plan on co-hosting a meet at the Mizzou pool, which I think we all were and are very excited about.

I learned a lot during this weekend, met a lot of other great coaches and leaders, and am very appreciative of the opportunity to take part in the NCC/Relay event this year.