



LESI Coaches Meeting
8:00pm, Thursday, October 27, 2022

MINUTES

- 1. Call to Order (8:05pm)**
- 2. Roll Call (via Participants List)**
 - a. Jeffrey Armstrong (WEST), Jelani Watkins (LESD), EJ McIlduff (HEAD), Anna Perry, Mike Holtzapfel, Mike Davidson (WHAT)
- 3. Approval of Previous Minutes**
 - a. APPROVED (Posted [HERE](#) under “Coaches”)
- 4. Announcements/Request for Additional Agenda Items**
 - a. [2022 U.S. Paralympics Swimming \(12/16-18/22\)](#)
 - b. HEAT working to get a meet sanctioned for 6th-8th- 12/18/22
- 5. Discussion Items:**
 - a. Wrap-Around Question: What does “better” look like for your team? (30 seconds each)
 - i. Increasing frequency individualized feedback during practices without changing the practice duration, intensity, and length
 - ii. Improving the engagement in the sport
 - iii. Growing in competitiveness (expressed feeling of being “stuck” in developmental swimming)
 - iv. Increase frequency of active and dynamic coaching versus watching practices from the side (static observations)
 - v. IDEA: Coach mentorship ideas (veteran coaches come for a couple of days to observe and collaborate with newer coaches)
 - b. Responses from Coaches Survey
 - c. [LESI Strategic Plan Feedback & Input](#)
 - d. USA Swimming Coaches USA Registration Review
 - i. [Login Troubleshooting](#)
 - ii. [Coaches Education Page](#)
 - e. Talent Development: Coaches are encouraged to look into the [ASCA Mentorship Program](#), especially for newer coaches on your staff. We need more interaction out of the LSC for our coaches!
 - i. Financial assistance may be available for coaches who travel for furthering coach education.
 - ii. Share the contact information of veteran coaches who are available to provide mentorship to coaches with jelaniwatkins5@gmail.com.

- iii. Share resources for coaches to add to their coaching library by sending information to jelaniwatkins5@gmail.com.
 - f. Preferred Methods of Coach Engagement
 - i. Informal gatherings (especially for meets farther out from the metro Cleveland area- SPIRE, Wooster, Akron, Canton, etc.) Volunteers to host are needed.
 - ii. How can we best utilize breaks in meets, when most coaches are present?
 - iii. Senior level coaches used to meet in Independence for food to discuss scheduling, training, and a myriad of other coaches. These can rotate and the same process can be used for Age Group coaches.
- 6. Meeting Adjourned: 8:43pm**
- 7. Next Meeting: TBA (Looking towards December 2022)**