

Sask Synch News New for Coaches

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Special points of interest:

- Famous quotes from Athletes, coaches, leaders and writers
- Ways to better communication.

Synchronized Swimming has a rich and full history in Saskatchewan. Since the intro of synchro by Sadie Calder Knight synchro and synchro coaches have developed with great success. Synchro Sask felt it was time for Saskatchewan coaches to have a newsletter all of their own. Thus the advent of Sask Synch News. This new newsletter is meant to open the lines of communication between coaches and to give coaches another resource to help their coaching

skills grow. The newsletter will feature different coach-



Sadie Calder Knight

ing tips, new resources, Saskatchewan coaching achievements, and articles sent in by, you guessed it, Saskatchewan Coaches.

As this is the first newsletter in the series please feel free to put in your feedback or to submit articles for future publications. To submit comments or articles, tips or ideas please contact Interim Technical Director Amy Smith in the Saskatoon Synchro Office. The more Saskatchewan coaches work together to succeed the stronger Saskatchewan is going to grow!! As such allow us to thank all you wonderful coaches for your great input in advance.

Coaching Resources on the Web!

Synchro Saskatchewan is proud to announce that we have a newly revamped website. The website features all kinds of great information for parents, athletes and coaches. Coaches can log on for coaching tips, information on effective practices and resources. There is even a coaches corner. When visiting the site be sure to check out the Synchro Saskatchewan Resource

Catalog. The catalog offers information on routine development, figure development, flexibility, strength training, nutrition, lesson planning, mental training and coaching technique. As is stated on the site members can receive any of the great resources on the web by contacting interim technical director Amy Smith. Also remember coaches that Synchro Saskatche-

wan has a plethora of other resources available for loan and purchase. These resources range from videos to manuals to program resources. For a complete listing please log onto the website. Just like the web resources these other resources can be order by making a request to Amy Smith, Interim Technical Director or Kathleen Reynolds, Executive Director.



Excellence is not a singular act but a habit. You are what you do repeatedly
-Shaquille O'Neal

Different Ways to Say Good Job

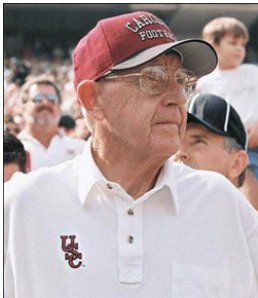
Often times a coach gets stuck in saying good job over and over again. Once good job is said too many times, the athlete starts to tune it out. Here are several different ways to say good job!

- ◆ You're on the right track
- ◆ Awesome
- ◆ Tremendous
- ◆ Right on
- ◆ You're doing beautifully
- ◆ Dynamite!
- ◆ All your work paid off!
- ◆ Super!
- ◆ Wonderful!
- ◆ Fantastic!
- ◆ You did it.
- ◆ You Remembered
- ◆ You're really going to town

Best Yet!!

For a complete listing please contact Amy Smith.

Coach Tip #1 ***Call Each Athlete by Name***



Life is ten percent what happens to you and ninety percent how you respond to it.
-Lou Holtz

Selecting Music and Creating a Theme

As you are likely already aware, selecting the music you swim to is a very challenging and important task! Although there is generally a lot of creative freedom in choosing music and themes, there are still some general guidelines to follow. Try to pick a fresh new interesting theme that you have not seen or heard before. The theme can come from the music or you can select music around a theme. Also try to incorporate your athletes in the music choices, if

the athletes like the music they are swimming to, they are bound to try much harder and of course have more fun! While it is great to get the input of your swimmers remember as a coach you have the final say, so don't feel bad about leading a swimmer away from an inappropriate selection. They'll thank you in the long run! (and so will the judges!) When picking your music make sure that it fits the age, and skill level of your swimmers. Try to take your-

self out of context and envision whether or not you think spectators and judges would enjoy a routine to music you have selected. Now once you have your music and theme picked sit down and ensure that the music flows well. Does the theme make sense throughout? Does it seem choppy or are the transitions smooth? Make sure the swimmers are passionate and your bound to have a great routine.

Coaching Do's and Don'ts

Do's

- * Consider the individual
- *Be aware of needs
- *Be tactful and considerate
- *Be flexible and enthusiastic
- *Develop a sense of humor
- *Offer variety, learning, fun and achievement
- *Praise

*Stop the activity before interest dies down

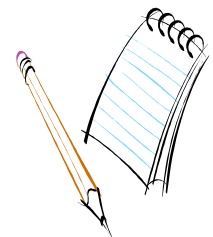
- *Be prepared for practice
- *Listen
- *Be a role model
- *Lead by example

*Be unfair

- *Play favorites
- *Be boring

Don'ts

- *Be stiff or informal
- *Be indifferent
- *Be sarcastic



What's the best way to handle a misbehaving or disruptive player on your sports team?

You're in the first season of your coaching career. You have a great group of kids, but there is one that is a **constant disruption to your practices**. They don't listen to you, they're trying to get constant attention, but worse, they are preventing the other players from learning and enjoying the game. What can you do about disruptive players.

The first thing you need to do is realize that kids of all ages are **still growing and learning**. They haven't formed the social skills that adults have developed. Understanding this will allow you to work at their level, and it reduces the impatience you may feel.

And that's the next think you'll need to understand. You **shouldn't react with anger towards the kids**. You're there to ensure they have fun learning and playing the sport. If you show any visible anger they're apt to associate it with the sport and the experience of playing on your team.

With those understandings in place congratulate yourself. Yes, you deserve the hearty congratulations that comes from moving from a volunteer to a coach.

There are a series of **progressive steps to take to deal with a disruptive player**.

Talk to the player **using a sandwich**. Not Philly cheese steak, but praise, then criticize, then praise. Pull the player aside and explain to her that you appreciate her enthusiasm for the sport. Explain that her behavior isn't acceptable by giving concrete examples. Make sure to compliment her on the excitement she's bringing to the practice and end the conversation by asking if she understands.

If the behavior continues ask the **player publicly to stop**. Sometimes being asked to stop in front of the rest of the team draws the attention to the player and forces them to reconsider their actions.

Separate the player from the team. The effect of this is to allow you to focus your attention on the other players. Before you do this make sure the player knows why they are being separated, for how long and where to go. When you ask them to step out make sure the area they are supposed to go to is safe and within your line of sight. In a gym you may ask them to sit on the bleachers, and on a

field you can ask them to stand on the sideline. Don't forget that you can also have them practice by themselves with ball skills, etc.

This step involves a punitive action on your part and should only be considered for players you feel are old enough to understand and deal with it. The best action you can take is to ask the **player to run laps**. Laps allow your player to get rid of excessive energy, and helps with their cardiovascular development. Make sure the laps you ask them to run are within your sight, aren't too long and that they understand why they are running them.

If these four graduated steps fail to achieve the results you need, it's time to talk to the parents.

Copied from:
<http://www.beacoach.com/handle-disruptive-bad-behaving-player>



Practice doesn't make perfect. Perfect practice makes perfect.

-Vince Lombardi.

Coach Tip #2

Make sure that every athlete experiences some feeling of achievement.

Goal Setting

At the beginning of the year setting goals is very important to ensure that practices are effective, and that the time spent at the pool is meaningful. It also helps in bringing your team together. There are a few guidelines to follow when setting goals for your team. First of all what is a goal? "A goal is a specific accomplishment to be achieved within a specific time." It is very important that the goals you set are

"measurable." Setting goals that include the words "better, higher, or sharper," is not always the best idea. For example if you would like to set a goal that your team's eggbeater gets better it would be best to set a goal such as by the end of December our eggbeater will be at bathing suit line for the entire routine. Rather than: our eggbeater will be better at the end of December. Setting a time limit is also very benefi-

cial, it helps get athletes motivated, no procrastination! Ensure that the goals you write are positive and they are something the whole team agrees on! Goal-setting will ensure your practices are organized and efficient and it will help establish goals for the year!! Good luck with your goals for the year!

Excerpts from Paul Christenbury



Both tears and sweat are salty, but they render a different result. Tears will get you sympathy, sweat will get you change
-Jesse Jackson



Deserve Victory.

Rick Pitino.

Coach Tip #3

**Praise Good Effort,
Good Behavior,
Good Performance—
all the “Goods”**



***If it doesn't bother
you, it won't bother
them.***
- Pat Summit.

A Coach of Coaches

Upon being hired as the Interim Technical Director the first order of business was figuring out exactly what the job entailed. One of the first things that the job description details is that the Technical Director is to act as “a coach of coaches who provides opportunities for the development of Provincial Stream and Recreational coaches”. I quoted this section because it stood out in my mind. Coaches, it is my job to try the best I can to help you become better coaches. As such I would like to take this opportunity to let all of you know the ways I have brainstormed to achieve this portion of the job. Firstly it is my responsibility to know the rules package and technical package inside and out, this is

my job. Therefore if ever anyone has any questions about rules or figures just let me know and I will either answer you right away or if I do not know I will find out. Secondly as a coach of coaches it is my job to source out opportunities for coaches to do some professional development. With your help I will be committed to finding and posting on the website these opportunities. Next as a coach of coaches it is my job to provide friendly advice upon request. However if coaches never seek out help it can't be provided. So if ever any of you coaches would like some advice give me an email or call. If I can't provide you with the best advice or helpful hints I will find you someone who can or

we can source out the answers together. Lastly as a coach of coaches I am here to help you provide the best possible coaching to your athletes. I will do this by providing resources, keeping the website coaches section up to date and new, creating helpful hints emails, communicating new technical information and providing two technical visits per affiliated club. Synchro Saskatchewan as an organization is here to help our members. I have detailed for you the ways I intend to perform my duties. All I ask of you coaches is that you use the services I intend to offer and let me know what else I can do. Sincerely yours in coaching,
Amy Smith
Interim Tech Director.

Tips to Successful Coaching By Laurie Wachs

- Be a great leader. Have a vision that inspires you and each of your athletes to be passionate about coming to the pool for every practice.
- Sell yourself— Always look for ways to increase your credibility to parents and swimmers.
- Visionary leaders understand that athletes who feel they are valued team members of an exciting team will go the extra mile and give their best. If you practice rewarding routinely and recognizing relentlessly they will invest their spirits in your program.
- Focus on leaving a footprint and making a difference in the lives of the kids you coach. Leadership greatness comes by beginning something that does not end with you.

Top 7 Ways to Motivate your Team

By: Kelly Robertson.

This list was written for business but replace employee with athlete and list proves very helpful.

1. Involve them. Many employees want to be involved with the ongoing development and progress of their company. Plus, they often have insightful ideas and can make a significant difference in the company.
2. Communicate. A frequent axiom in business is no news is good news. However, employees want regular updates on the progress of business and their personal performance. Use memos, email, telephone, one on one and group meetings to keep your team [informed].
3. Celebrate individual and team performance. Catch people doing something right and focus on recognizing excellent performance. Provide positive reinforcement, issue awards, use a corporate newsletter to highlight

specific achievements. Send thank you cards, and congratulatory notes, make phone calls and send emails.

4. Set Challenging Goals. My experience has taught me that people strive to achieve what is expected of them. If you set challenging goals your team will work hard to accomplish them, provided of course, they are realistically attainable.
5. Give them the tools to succeed. No team will stay motivated if they do not have the necessary tools to do their job.
6. Manage poor performance. Your team expects you to manage individuals who do not perform to standard. However, many managers ignore these situations because they are afraid to deal with them, hoping instead the situation will resolve itself. It never does and this "blind" approach affects profitability, causes high turnover, and generates

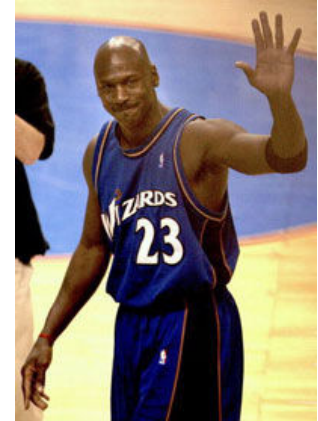
low morale.

7. Believe in your people. The majority of people want to do well—very few people will approach a job with the intent of screwing up.

Kelly Robertson, President of the Robertson Training Group, works with businesses to help them increase their sales and motivate their employees.

Found at:

<http://top7business.com/?Top-7-Ways-to-Motivate-Your-Team&id=1507>



I've missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.
-Michael Jordan

Ways to Better Communication

***Correct positioning:** when working with children get down to their level. Standing can often be intimidating for children. Looking them in the eye can help you identify that they are listening and understand what you are saying.

***Projection of voice:** It is important to speak in a clear loud voice so that

your athletes can hear what you are telling them.

***Use short clear verbal instructions and visual images:** Children learn in different ways so it is important to provide them with knowledge in many different ways. Some kids need to be told others need to be shown.

***Keep it simple:** It is im-

portant to keep in mind the age range of your swimmers, use vocabulary they can understand and metaphors they can relate to.

***Keep it concise:** Remember swimmers are there to swim. Keep explanations short and corrections to the point. Over talking can lead to boredom and ultimately lack of attentiveness.

Coach Tip #4

**Talk an Ounce,
Practice a Ton.**

**A Saskatchewan Coaches Newsletter
provided by Synchro Sask**

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Synchro Sask Resource Available for Loan

Desperate Measures: A manual on Eating Disorders
Athlete's Grocery Shopping Guide
Feeding Athletes
Power and Ethics in Coaching
Eliminating Racism from Sport and Recreation
Mental Training Manual
Strength Training Manual
Introduction to Synchronized Swimming
The components of Synchronized Swimming
Power Training for Sport
Straight Talk about Children and Sport

Synchro Sask Videos Available for Loan

Synchro Canada Star 1-4 2004	M054
Flexibility & Strength Training – Leslie Sproule	M017
2004 Nationals Seniors Events	0401
Psyching Techniques	M012
Basic Routine Skills Video	M016
Sask Sport Science Program Strength & Flex	M043
Nutrition– Patricia Craven/ Psychology–Kevin Spinks	M015

Please Contact Kathleen at 780-9227 for Complete list of Resources!!

The time is near for fall Technical Visits!

Fall technical visits are a great chance for coaches to get some assistance from Synchro Sask before the season gets fully underway. Each affiliated club has available to them the opportunity to book two technical visits with this year's Interim Technical Director Amy Smith. One visit is to occur in the fall and the other in the winter. To book a visit all a head coach or club contact must do is

get in touch with the technical director. Remember these visits are at no charge!! So please



take advantage of the chance to have another coaching perspective for your athletes. Of course coaches can choose whatever skills they would like Amy to work on with their athletes. However here are some

suggestions for the start of the year technical visits.

- *The Basics– no matter what level of athletes you have September and October are a great time to work on basics.*
- *Conditioning*
- *Music selection and creating a vision.*

If you have not yet booked your visit please do so today by contacting Amy!!