

# The Art of Coaching- A 10 and Under Coach Perspective

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First Colony Swim Team

# The Art of Coaching

Introduction

Dry Side of Coaching

Wet Side of Coaching

Conclusion

# **INTRODUCTION**

# Responsibility





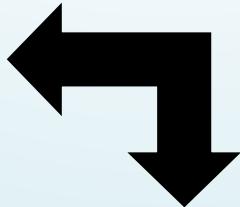
## 100/0 Principle

A mindset to be practiced

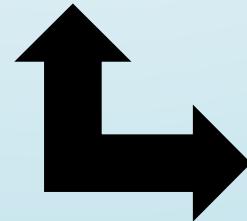
# **INTRODUCTION OF MY STORY**

# Journey as a Swimmer

10 and Under



High school



Division 3

Multi sport athlete growing up

# Journey as a Coach

- 2002- Pacific Swimming
- 2006- Gulf Swimming
- Starting 14<sup>th</sup> year with First Colony Swim Team  
(under 3 head coaches)
- Started as a 10 & under coach
- Coached every level (key to success)

# Journey Through the Sport

- Left the sport twice
  - Once as a swimmer
  - Once as a coach
- Coaching is now my career
- Recently became a sport parent

# My Current Role

Took time and acceptance:

- Little recognition for 10 & unders
- Transition from needing recognition
- Forced to see positives
- Develop internal motivation

# My Current Role

9-10 Coach (BB to State Level):

Strength- Introduce children to a love of the sport and starting to believe in themselves

Head Developmental Coach (12 & Under novice):

Strength- Mentoring coaches and instilling the importance of 10 and under swimming

# **My Responsibility**

**Live the 100/0 Principle**

**Mentor other coaches**

**Share my journey as a sport parent**

# What is at Risk?

- Understanding the importance of developing young coaches
- Progression of ourselves as coaches and people
- Remembering our role in working with children
- Stronger future of the sport

# **DRY SIDE**

## **THE ART OF COACHING**

# Coach/Life Balance

- Left coaching because of no balance
- What I learned about myself
- Promises I made when returning

“We are often tired and imbalanced not because we are doing too much, but because we are doing too little of what is most real and meaningful.”

- Marianne Williamson

# Our Responsibility

**Do we teach young coaches  
about balance?**

**Do we share our stories?**

# Education

- Become part of my life and now my career
- Found new strengths through education
- Found my voice through education
- The biggest factor in my success...

# My Curiosity

# Education

My curiosity is limitless:

- Ryan
- Books
- Podcasts

“I don’t know who I am yet, but I am curious enough to find out.”- Elizabeth Gilbert

# Education

Best forms of education at this point:

- Active listening
  - Parents, children, coaches, volunteers...
- Networking
  - My role this summer

# Our Responsibility

**Creating life long learners in  
young coaches**

**Show young coaches  
opportunities they didn't know  
existed**

# Leadership

- Head Developmental Coach (by title)
  - Everyone is a leader of the team
- Monthly meetings- Then to now

# Leadership

Goals of monthly meetings:

- Clarity
- Staff culture
- Delegate
- Everyone is a leader mindset

# Our Responsibility

## Develop Young Coaches:

- Find out their goals
- Share my experience and knowledge
- What are you doing as an LSC to get young coaches involved?
- They are key to my livelihood and my team success
- They are key to the future of the sport  
(whether we develop them or not)!

Biggest changes to how  
I coach...

(What I have learned along the way)

# What I Have Learned

Importance of Reflection

# What I Have Learned

Process vs. Results Driven

# What I Have Learned

Becoming a parent

Becoming a sport parent

# What I Have Learned

## Building a career

# Our Responsibility

**Take time to reflect and learn through  
our successes and failures**

**Taking ownership of our career**

# **WET SIDE**

## **THE ART OF COACHING**

# Working with Children

“Do what you do so well that they want to come back and bring a friend.”

- Walt Disney

How...



# Patience

- Emotions
- Talkers
- “Bad kid”- Jessica Stephens

“There is no such thing as a ‘bad kid’- just an angry, hurt, tired, scared, confused, impulsive, ones expressing their feelings and needs the only way they know how. We owe it to every single one of them to always remember that.”

- Jessica Stephens

# Our Responsibility

**To not shame anyone for living a life  
they are not biologically equipped to  
handle yet**

# Commitment

- Swimmers are not little adults
- Most have never dealt with this [new emotions, new training level, new commitments...] before.
- Don't understand how actions correlate to results
- Must allow time to develop



“We see ourselves by our intention and  
others by their actions”

- John C. Maxwell

# Our Responsibility

**Take time to develop commitment**

**Help the children make connections  
between actions and results**

# Develop the Whole Person

- Identity outside the pool
- Identity they can control
- Develop gratitude (thank you cards)
- Remember we don't know what happens at home

# Our Responsibility

**Let the children know they have value  
regardless of how they perform**

**We are not and should not be  
their life**

# Love of the Sport

- Know what is fun for them  
(games vs. challenge sets)
- Why do they swim
- Developing ownership helps build the love
- Can't develop love if they leave the sport

# Our Responsibility

**10 and unders do not have to love the sport yet, but they do need exposure to someone that loves the sport**

# Constructive Environment

- Cultivate coachable children
- It's ok to fail
- Understanding of a team/being a teammate
- Big key- Vulnerability

# Constructive Environment

What destroys vulnerability:

- Invalidating someone's vulnerability
- Judging when they share
- Minimizing their vulnerability
- Never sharing your vulnerability
- Using it against them

# Our Responsibility

**Provide an environment that supports  
and develops children, possibly at the  
expense of our comfort**

# Highlight Their Shine

- Learn to lead (or sometimes follow)
- Achievements have to be theirs
- What makes them special-besides swimming

“Every child is one caring adult away from being a success story” -Josh Shipp

# Highlight Their Shine

Be the light from behind  
(Rod Murrow)

# Our Responsibility

**Mindset of “they need me...I have failed”**

**“Our job is not to prepare [children] for something. Our job is to help [children] prepare themselves for anything.” -A.J. Juliani**

# CONCLUSION

# Review What is at Risk

Responsibility to teach young coaches:

- Teach them balance
- Help them buy in to the value of education
- Help them develop their leadership

# Review What is at Risk

Responsibility to develop ourselves:

- Build our career
- Educate ourselves
- Learn from our successes and failures

# Review What is at Risk

Responsibility to remember:

- SIMPLY- we are working with children
- Children deserve an excited adult  
(Todd Nesloney & Adam Welcome)

# Thank you for the opportunity!

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