



## 2025 USA Swimming Annual Summit

### **Coach Track- Presented by Fitter & Faster Swim Camps**

The Coaches Track will provide educational content that empowers coaches on both the dry side and wet side of our sport. From exploring the role of coaches' representative and its ability to positively influence an LSC Board to building a blueprint for skill development across your athletes and staff and much more, coaches will address important topics, collaborate with other stakeholders, and learn to hone their professional and technical skills.

Friday, September 26		
Track Sessions		
7-8:15 a.m.	<b>Breakfast Buffet</b>	Rocky Mountain Event Center
8 a.m.-6 p.m.	<b>Ready Room</b>	Atrium
8:30-10 a.m.	<b>Bridging the Gap- Coaches Advisory Council Meeting</b> <i>Moderator: Mark Hesse</i>  <i>Audience: Coach Track- Presented by Fitter &amp; Faster Swim Camps</i>	Evergreen C
10:30 a.m.-12 p.m.	<b>"Get Real with Coaching" Panel Discussion</b> <i>Moderators: Mike Novell, Nate Chessey</i>  <i>Audience: Coach Track- Presented by Fitter &amp; Faster Swim Camps</i>	Evergreen C
12:30-1:30 p.m.	<b>USA Swimming Foundation Awards Luncheon</b> <i>Presenter: USA Swimming Foundation</i>  <i>Audience: All RSVP'd Attendees</i>	Rocky Mountain Event Center
2-3:30 p.m.	<b>Breaking Barriers Together: Coaches and General Chairs Collaborate for Growth</b> <i>Presenters: Jane Grosser, Beth Winkowski</i>  <i>Audience: Coach and General Chair Track- Presented by Fitter &amp; Faster Swim Camps</i>	Evergreen C & D
4-5:30 p.m.	<b>Progressions for Development</b> <i>Presenters: Dana Skelton, Terry Jones</i>  <i>Audience: Coach Track- Presented by Fitter &amp; Faster Swim Camps</i>	Evergreen C
<i>Dinner on your own.</i>		
8-9:30 p.m.	<b>Movie Viewing – When Everyone Swims</b>  <i>Audience: All Attendees</i>	Evergreen C



## Session 1

### Exploring the Role of a Coaches' Rep: What it Entails and How it Comes to Life!

Recent feedback shows that coaches feel disconnected from USA Swimming and/or their LSC. As a vital link between coaches at all levels and these governing organizations, Coach Reps and other coach leaders have the opportunity and responsibility to bridge this gap ensuring coaches' voices are heard and valued. This session will explore both the vision and priorities of the National Team and Sport Development Division, as well as opportunities for coaches to collaborate with USA Swimming staff to grow and improve the sport through the home Olympic quad and beyond.

This session will be held in conjunction with the September meeting of the Coaches Advisory Council.

## Session 2

**Get Real with Coaching: Embracing Chaos** – A Panel Discussion on Effective Coaching Under Pressure. Every coach has faced those moments when plans go awry —unexpected weather, facility issues, or even realizing your practice isn't meeting your athletes' needs that day. Join a panel of experienced coaches as they share their best advice for pivoting and creating successful plan B, C, or D strategies. Discover how effective coaches adapt, adjust, and thrive in less-than-ideal conditions while still delivering meaningful results.

## Session 3

**Breaking Barriers Together: Coaches & GCs Collaborate for Growth** - This session brings together General Chairs and Coaches for a solution-driven conversation on the biggest challenges facing athlete and coach growth, retention, and performance. Using feedback collected via a pre-session prompt, we'll identify key themes. Together in breakout groups, GCs and coaches will explore how LSC and club structures help—or hinder—progress. Come ready to work as one team toward real, actionable solutions.

## Session 4

**Blueprints for Skill Development** Discover how effective programs attack skill development by creating long-term, team-wide plans for technical development *and* coach development. What do the highest priority skills look like at different stages?

