

# OPEN WATER SWIMMING

SOEE OWS 3

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## Rules

### *Wetsuits*

In events where divisioning is determined by a qualifying pool swim, a separate “wetsuit division” shall be designated and divisioning rules shall be applied separately to that category.

In events where athletes are divisioned together in an open water qualifying swim, a separate “wetsuit division” shall not be designed. Athletes who wear a wetsuit during the qualifying swim must wear a wetsuit during the finals. Athletes who do not wear a wetsuit during the qualifying swim may not wear a wetsuit during the finals.

If a race is to be conducted in weather conditions that allow or require wetsuit use, this information shall be provided in writing to all coaches and competitors in advance of arrival for the competition to provide reasonable opportunity for all athletes and coaches to obtain and train with appropriate equipment.

A link for the last rules;

<http://media.specialolympics.org/resources/sports-essentials/sport-rules/Open-Water-Swimming-Sports-Rules.pdf>



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*“Have fun,  
because that’s  
what life is all  
about.”*

*– Ryan Lochte*

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### In this newsletter

- Competitions
- Coaching

## Coaching

In this newsletter we will share some coaching ideas on how to be a positive coach.

What is a great coach?

- \* Someone who is a great leader and a role model for others
- \* Someone who is caring and compassionate
- \* Someone who has a passion for what they do
- \* Someone whose enthusiasm inspires others
- \* Someone who creates a team environment that causes everyone to want to work for each other and for the coach
- \* Someone who doesn't have all the answers, but who is constantly learning to improve

Want to strengthen the club and guide your athletes more effectively?  
You want them to enjoy what they do and this also do it off the field?

Then alongside your good sport technical skills, coaching positive behaviour and your own positive attitude, this will help you achieve this.

By highlighting athletes' positive performance and behavior, you help them more in themselves and build their confidence. This means that by using positive behaviour management and your own positive attitude you can make a favorable contribution to the personal development of the athlete in many areas like; social behavior, well-being, leadership, perseverance.

This is reflected not only in their sporting results, but will also pay off in situations outside the sport. A win-win situation!

## Contact

### Open water swimming

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## Tips

### • Look at the good points and give praise

Sometimes we all experience tiredness or irritation or forget to have a look at what is going well. It's really important not to take good behavior and good performance for granted - give lots of compliments, be honest and sincere.

5 compliments have the same effect as a negative one.

Be aware of your communication, your words, your tone of voice. Give feedback in a constructive way, try to avoid being critical. Be specific - if you have an example before, during and after training or competition, use it. This is linked to good planning and keeping good records – if you have good records of activities and athletes progress, this will mean that you can give more specific feedback. Instead of feedback, think about “feed-forward” – e.g. “that was really good, next time what would be even better would be...”! Try to put a smile in your voice!

### • Talk about tasks

Break down activities into tasks for athletes. What can they do themselves? Set goals for athletes, emphasizing the best for that athlete and show them how they can do better. Reward effort rather than results. And help them develop their own skills by asking open questions (e.g. how was that, what was good about that)

### • Involve the athletes and parents

Organize a meeting at the beginning of the season about how you train, coach and / or guides.

Explain the practical arrangements related to training or competition to the athletes, team, parents and volunteers.

Be very clear in your explanation and descriptions. It helps to outline how you will work with the team and what you expect from everyone – this will develop mutual understanding and you will avoid misunderstandings and "hassle". Ask open-ended questions so that there is always room for reaction and feedback.

Give parents a job during training / competition. An assignment may be that they have to write a compliment and should discuss.

### \* Be prepared for unexpected events

Despite the best preparation, sometimes things go wrong! When that happens (it will happen!), don't worry! With a positive approach, and a “plan b”, you will successfully bring your activities back on track.

Confidence and enjoyment certainly contribute to the results in the short and long term. All this leads to a positive club culture and will lead to great results and personal achievements for athletes and for you as a coach.

