

# Novice Coaching 101

The following points outline advice on the creation and training of Novice routines, and represent a number of suggestions from both experienced Novice coaches and CUASL.

1. Show lots of routines on youtube etc. so swimmers get an idea of how things should come together.
2. Give them a list of expectations and requirements at the beginning of the season so swimmers are familiar with what to expect.
3. Find the right balance of introducing synchro to new swimmers while also making the routine mature enough for their age.
4. Encourage swimmers to sign up if they have a background in swimming or other swimming sports.
5. Don't be afraid to push your swimmers limits but also make sure you highlight their best skills.
6. Don't underestimate the importance of a good toe point or smiling.
7. Start teaching egg-beater right away
8. Start teaching support skull right away
9. A large portion of time for the first few months should be spent on drills, positions, and transitions.
10. Focus on drilling the elements as much as you can since those are a main factor in judge's scoring
11. Basics are important. Make sure you go over the basics before learning any complex positions
12. Choose music that is 1) easy to count and 2) has a theme. It will be way easier to choreograph a routine that has simple beat and has a general theme
13. Practice counting the music with your team before you start landrilling
14. Getting in the water with the swimmers to demonstrate various figures, skills, techniques (Please note that close proximity between individuals is not permitted due to COVID-19. Social distancing is required during demonstrations. No physical manipulation is permitted.)
15. \*\* "It is strongly recommended, for clarity of judgement, that all required elements are separated by other contents."