

**Sport Development Consultant Services**  
**The time will vary based on services requested.**

- \_\_\_\_ 1. Attend AM practice    \_\_\_\_ 2. Attend PM practice.
- \_\_\_\_ 3. Give a Parent Presentation.
- A. Material covered is Structure of USA Swimming, Benefits of swimming, parent skills, responsibilities to the team and their child, nutrition, supplements, Why kids swim, why they stay in it, Why kids quit, Child development primer and much More
  - B. Specific topics can be discussed if notified ahead of time.
  - C. Ideal time is 1 ½ hours. 1 hour class is good anything less makes it tough to teach anything valuable
- \_\_\_\_ 4. Give a Board Presentation.
- A. Club Leadership Business Management Course (6 hours & \$500.00 if I do this privately)
  - B. General Q & A
  - C. Other topics upon notification ahead of time.
- 5. Meet with owner, aquatics director or executive director.
- \_\_\_\_ 6. Meal with the Board.
- A. Mainly Q & A. (They bring the Q I do the A)
- \_\_\_\_ 7. Talk with Staff
- A. Mainly Q & A. (They bring the Q I do the A)
  - B. Point out the programs and services available.
  - C. Talk On ~~Re~~ady, Set, Manage Successfully manage your coaching staff and how to be a great assistant.
  - D. Sleep, Hydration, Nutrition like athletes talk; others talks available.
- \_\_\_\_ 8. Talk with Head Coach.
- A. Informational sharing.
- \_\_\_\_ 9. Meal with Head Coach and /or staff.
- A. Q & A (They bring the Q I do the A)
- \_\_\_\_ 10. Talk to athletes.
- A. The 4 things you can do to be better (Attitude, Sleep, Nutrition and Hydration)
  - B. Goal Setting, Getting back on track.
  - C. Ideal is 30 minutes can do abbreviated program for younger kids that is 15 minutes.
- \_\_\_\_ 11. Meet with local media  
You must set up the visit with Newspaper, radio or TV.
- \_\_\_\_ 12. Help with Club Recognition or any other Program or Service from USA Swimming

**Something other than what is listed?.....please list below.**

Once I receive this back we will talk about how to schedule the services into your day.

Dave Thomas  
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USA Swimming  
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