



**National Interscholastic  
Swimming Coaches  
Association of America**

**MISSION STATEMENT**

These articles constitute a step of an evolutionary process for NISCA to help you as a swim coach with basic information that will make coaching easier and more fulfilling for you thereby making the high school swimming and diving experience fun and enjoyable for your student athletes. Because learning is an ongoing process, we have chosen a loose leaf format so information can be added, updated, or changed with ease.

We address five general areas (Organizing Your Team, Preparing for Competition, Swim Meet Management, Communication, and Related Responsibilities) that we feel reflect the basic needs of a coach. In time, additional issues will be addressed, from the most basic to the more sophisticated.

It is such an honorable undertaking to coach high school swimming. One has the opportunity to guide young student athletes during a most formative period, and is able to help student athletes develop behaviors and attitudes based on principles which will serve them all their lives.

Contact any member of the elected letterhead, found at our website: [www.nisca.net](http://www.nisca.net) in the Letterhead section, with your questions, comments, and suggestions in this project. We have a tremendous amount of expertise within NISCA just waiting to be tapped for the benefit of our nation's high school coaches and athletes

**Swimming & Diving Manual**