

What if !

Swimmers told me: what they like and don't like about their coaches?

All swimmers' boys, girls, men and women in different ages, and different levels must like some stuff in their coaches, or they wish that their coaches have it.

On the other hand, swimmers also don't like some stuff in their coaches or in the coaches in general.

Let's exploring together some of the likes and dislikes about the coaches:

I had short interview with many swimmers young and older, youth and masters, men and women.

I ASKED THEM IN GENERAL

**WHAT YOU LIKE AND DISLIKE ABOUT THE SWIMMING COACH-NOT SPECIFIC ONE-
but in general.**



NO. 1

Jasmin Eissa -18 years old –

A member of the Egyptian National Swim Team:

What I like about my coach is that he encouraged me and motivates me always and that he is driver and passionate about what he does so he puts in his best efforts to help us improve, he's been my coach for many years now so he understands and helps me best fit my training for what I need as well as tries to listen when we need it and is open to conversation

what I don't like is that sometimes he's hard to talk to or might get annoyed at some and things the wrong way and sometimes not too flexible when we need it.

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**NO. 2 Abdelrahman Adnan – Manno- 26 years old
National Team of Egypt**

I like when he motivates me when he helps me fix my strokes and encourages me to do my best ways and tactics to perform at my best I can, prior to competitions and meanwhile we talk about out plan, effort and have flexible timetables to mend my training to my busy lifestyle

What I dislike is when he shouts at me or makes excuses to skip practice

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**Group No.3 three Olympian Swimmers –
National Team of Austria-**



That was their answer about my question:

- Good Coach has to be funny guy.
- Be Nice during the practice. Has short talk while coaching.
- Good coach must talk to the swimmers, ask how do you feel? What they want to do? What swimmers talk, say some jokes, make the practice time is easy and in fun way for all of us.
- We like when the coach is young, and we like to have friendship out of the pool or coaching.
- Listen to us if swimmer has some problem or have bad time or bad experience, as an older friend. - Good coach must know what he can do.

Be honest with himself and swimmers, say the truth NOT BIG PROMISSES.



With Coach Richard Komaromi- 33 years old, one of head swim coaches for National Team of Austria and his two best swimmers in this swim camp.

What they don't like:

- Sometimes coach get angry for no reason!
- Not listening to swimmers. -Shouting too much.
- Too much or more motivated or pushing too much. -Promiss to much but not happened. -When we have some new ideas, and he refuses to it or to listen.
- If we want change somethings and he refuses.

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Group No.4 Beginners Females German Masters Swimmers

We read your article and really enjoyed reading it. It's very supportive and motivated so here the Information's about us

Martina - she swims since 2019, so 6 years of swimming, she started swimming at the age of 43 and now she is 48 years old. She started with freestyle course and came in the swimming group that trains two times a week and for herself additional one to two times per week and also running and cycling. Her goals/focus are being competitive in triathlon and swimming in open water

Tabea - has been swimming since 2021, so 4 years. She started swimming at the age of 41 and is now 45 years old. Just like Martina, she first did a freestyle course and then

came into the same group as Martina. Also, additional she swims 1-2 times per week with Martina and me. She is still figuring out what her focus is and where to go next.

Michelle -I have been swimming since 2023, so for 2 years. I started at the age of 25 and am now 27 years old. Just like the other two, I took a freestyle course and joined the group that has 2 times per week training. In addition, I also train with the other two 1-2 times a week. I also have to find out what kind of goal I have, but I think rather medium distance.

We are looking forward to training with you*

Good morning Magdy

So now we want to answer your questions:

1- what we like about coaches:

Appreciation and communication at eye level, honesty, Balance between lovingly supportive and strict/motivating, Recognizing strengths and weaknesses and working with them, working as team not as trainer and athletic as different people -> being a team

2- what we don't like about coaches:

Disrespect, exaggerated authoritarian, shouting, taking down, Listlessness, No focus, not flexible to adapt to the group

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No.5 Mr. Mohamed Ali, High level Swimmer, and Masters.



أ. محمد علي (بيمبو)
مرشح عضوية مجلس إدارة
الاتحاد المصري للكروكية

المؤهلات العلمية:
- بكالوريوس تجارة. - دبلومة في إدارة الأعمال.

الأنشطة الرياضية:
- الكروكيه:
- لاعب كروكيه من عام 1994 حتى 2020. باندية (القاهرة / الزمالك / الترسانة / وادي دجلة)
- حصل على العديد من البطولات (الدوري والكأس)
- لاعب دولي في الكروكيه
- عضو مجلس إدارة الاتحاد المصري للكروكيه منذ عام 2022 وحتى الآن.

السياسة:
- سباح زعانف (خامس عالم في سباحة الزعانف لأساتذة)
- بطل الجمهورية للسباحة (فئة الأساتذة) منذ عام 2019.
- ممثل أندية: الأهلي، الصيد، القاهرة في رياضة السباحة.

عضو أندية: الأهلي - القاهرة الرياضي - وادي دجلة

الخبرات الإدارية:
- شغل منصب نائب رئيس مجلس إدارة نادي القاهرة خلال الفترة من 2014 إلى 2017.

المناصب القيادية:
- رئيس مجلس إدارة مجموعة التوفيقية للتجارة والصناعات الكهربائية.

بأحب المدرب التي يبقي قريب من السباح ويوجه ويحمسه!

I like the coach who is closed to his swimmers, directed them, and encouraged them.

وبكره المدرب بتاع السبوية!

I don't like the coach who looking only for making some money.

الذي لا يعطي المعلومة الا اذا كانت برايفت (بفلوس)!

And never give any information except for his clints and only for money.



No.6

نادي راس غارب للسباحة 14 years old اسر عمرو عبدالخالق

منطقة الصعيد Champion of his age group in

things that I like in the coach: الصفات التي بحبها في المدرب

1- انه يكون حماسي في التمرين-1 be very active in his practice.

2- انه يركز مع اي حد بيمرنه-2 concentrate with any swimmer he coach him.

3- انه يحفزني قبل كل سبق اجي انزله-3 encourage me before my race.

things that I don't like in the coach: والصفات التي مش بحبها في المدرب

1- انه يقلنا التمرين و يفضل قاعد-1 tell us the practice and keep setting on a chair.

2- انه ما يركزش في تكنيك السباح وهو بيعوم-2 not concentrate in my swimming technique

3- قبل السابق لما اجي اسأله اعوم السابق ازاي ما يركزش معايا و يقولي عومه زي ما كنت بتعومه قبل كذا

When I asked him before my race: how am I supposed to swim the race today? and he answered: like what you did last time!!!

الاسم: زياد علي حسين شركس No.7

16 years old السن: ١٦ سنه



good things about the coach: صفات حلوه فالكابتن من نظري

1- be like my big brother and I wish to make him proud of me, I will do my best for him. ان الكابتن يكون زي اخويا الكبير واحس عايز ارفع راسه وادوس عل نفسي-

2- concentrate on his swimmer and do everything to make swimmer better. الكبتن يكون بيركز مع السباح وبيراعي ف التمرين كل حاجه-

3- put me in a challenge with myself all times. ان الكبتن يحطني فتحدي بسيني وبين نفسي طول الوقت-

things that I don't like in a coach: صفات مش حلوه للكابتن

1- not concentrate in practice or leave us without coaching. ان الكبتن ما يركزش ف التمرين ويسيب التمرين-

2- cancel many practices and / or change schedules. مش بحب يلغي تمارين كثير وتغيير المواعيد-

3- I really don't like switching coaches, I need coach stay with us, understand us, and do care about us. مش بحب ان الكبتن ال بتمرن معاه يتغير وييجي حد بداله-

No.8

22/10/2007 نادى رأس غارب الرياضى إسلام عمرو عبد الخالق

مرحلة العمومي



things I like in swim coach: صفات بحبهم في المدرب

take care about technique. اول حاجه يكون بيهتم بل تكنك

encourage me in practice تاني حاجه يكون بيحسني و يشجعني في التمرين حتي لو انا even if I am not in a good shape.

be calm and not out of mind in practice. مش احسن حاجه

تالت حاجه يكون مش عصبي في التمرين و هادي

Things that I don't like in my swim coach: صفات مش بحبهم في المدرب

اول حاجه لما بيتعصب عليا و يشتمني لو غلظت في حاجه في التمرين سواء تكنك او مجموعه في when he gets nervous on me, or insults me, if I did something wrong in technique or I missed up the order of a swim set!!

تاني حاجه لو المدرب مش من النوع الحماسي في التمرين و محبط و سايبني في التمرين مش مركز if a coach not care or disappointed and not concentrate with me.

تالت حاجه لما يبقي عارف اني بعوم تكنك غلط في اي عومه و سايبني مش بيصلحي حاجه

Also, if I do wrong technique and he doesn't fix it and ignoring me at all.

No. 9 Professor Doctor: Mo Marouf:

Coach Mohamed one of the worlds' best open water swimmer and used to be champion of all Egyptian 400/800/1500-meter event in swimming pools.

Mohamed last 6 years is responsible of long distances in the international swimming federation, and head swim coach in national team of Canada.

One of my best Egyptian friends from long time.



What I LIKE on a Coach:

- 1. – A coach who understands stroke mechanics, race strategy, and training science.**
- 2. Provides constructive feedback while celebrating progress, even small wins.**
- 3. Explains drills, sets, and goals in a way that makes sense.**
- 4. Adjusts training to suit different swimmers' strengths, weaknesses, and goals.**
- 5. Pushes us to improve without being harsh or demeaning.**
- 6. Listens to concerns and helps with mental preparation, not just physical training.**
- 7. Practices are well-structured with a purpose (not just random sets).**
- 8. Makes workouts challenging yet fun, keeping the team's energy high.**

What I DISLIKE in a Coach:

- 1. Negative or Demeaning – Yelling insults, shaming mistakes, or using fear as motivation.**
- 2. Ignoring some swimmers while only focusing on a select few.**
- 3. Not adjusting workouts for different skill levels or goals.**
- 4. Not explaining what swimmers are doing wrong or how to improve.**
- 5. Prioritizing endless laps over proper form, leading to bad habits or injuries.**
- 6. his Practices feel disorganized or without clear goals.**
- 7. Dismissing burnout, anxiety, or personal struggles outside the pool.**
- 8. Refusing to adjust training when swimmers are tired, injured, or need variation.**

No. 10 Hala Amr - Former National Team of Egypt- Gezira Sporting Club.

-Masters Swimmer Now-



What I like about my swimming coach?

To rephrase the question; my ideal coach is one! Captain Magdy Shokry who has been more than a big brother and friend to me all these past years. Since 1985, Captain Magdy has been an inspirational Trainer. Always helping you improve your swim style, your swimming goals, and most of all worked very hard to reach our target speed. He's always believed in us and has been our biggest motivation with his special whistle during swim meets.

Some coaches after recurrent success of their swimmers tend to turn into arrogant ones who start to neglect the wellbeing of their team. Some young coaches nowadays may also use abusive language & favoritism among swimmers.

No.11

GRETCHEN WALSH...USA SUPER STAR, WORLD RECORDS HOLDER, AMERICAN RECORDS, MY FRIEND ON THE FACEBOOK.

HERE IS HER ANSWERING ON MY QUESTION:



Gretchen Walsh

Article Talk



Gretchen Claire Walsh (born January 29, 2003) is an American competitive [swimmer](#), [swimsuit model](#), and the [world record holder](#) in the 100 meter butterfly, 4×100 medley relay, mixed gender 4×100 medley relay, 50 meter butterfly (short course), 100 meter butterfly (short course), and 100 meter IM (short course). She won the silver medal in the 100 meter butterfly at the [2024 Summer Olympics](#) in Paris, where she also set the Olympic record in the 100 meter butterfly in the semifinals with a time of 55.38. ^[4]^[5] She additionally holds one [world junior record](#) in the mixed gender 4×100 medley relay event, as well as [American records](#) in the 50 meter butterfly, 4×100 meter freestyle relay, 4×100 meter medley relay, 50 meter freestyle (short course), 50 meter backstroke (short course), 50 yard freestyle, 100 yard freestyle, 100 yard butterfly, 100 yard backstroke, 4×50 yard freestyle relay, 4×50 yard medley relay, 4×100 yard freestyle relay, and 4×100 yard medley relay.



10:37



VoLTE 4G+ 95%

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Phone



Gretchen Claire Wal...

Active 7 minutes ago



Hey, so my swim coach, Todd, is pretty awesome. I love how he's always pushing me to be my best self in the pool. He's super knowledgeable about technique and can break it down in a way that makes sense to me. I also appreciate how he takes the time to give me personalized feedback and video analysis - it's really helped me improve my strokes.

One thing I don't love is when Todd gets too intense about meeting our practice schedule. Sometimes I feel like he's more focused on the clock than on helping us develop as swimmers. And occasionally, he can be a bit harsh with his critiques, but I know it's all in the name of helping me improve.



Message



20

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Phone



Gretchen Claire Wal...

Active 7 minutes ago

helping me improve.

Overall, though, I really enjoy working with Todd. He's helped me grow so much as a swimmer, and I feel like I'm learning and improving with every practice.

Coaches in general can be intense and controlling, inconsistent expectations and negative criticisms

10:27

Love your answers, your achievement, your character, and all of you, you are the best. Keep going Champ. We love you

How are you celebrating your Easter?



Message

