



Coaching as a Training Model

Jeff Seckendorf



Dive Training Does Not Have to Be About Certification

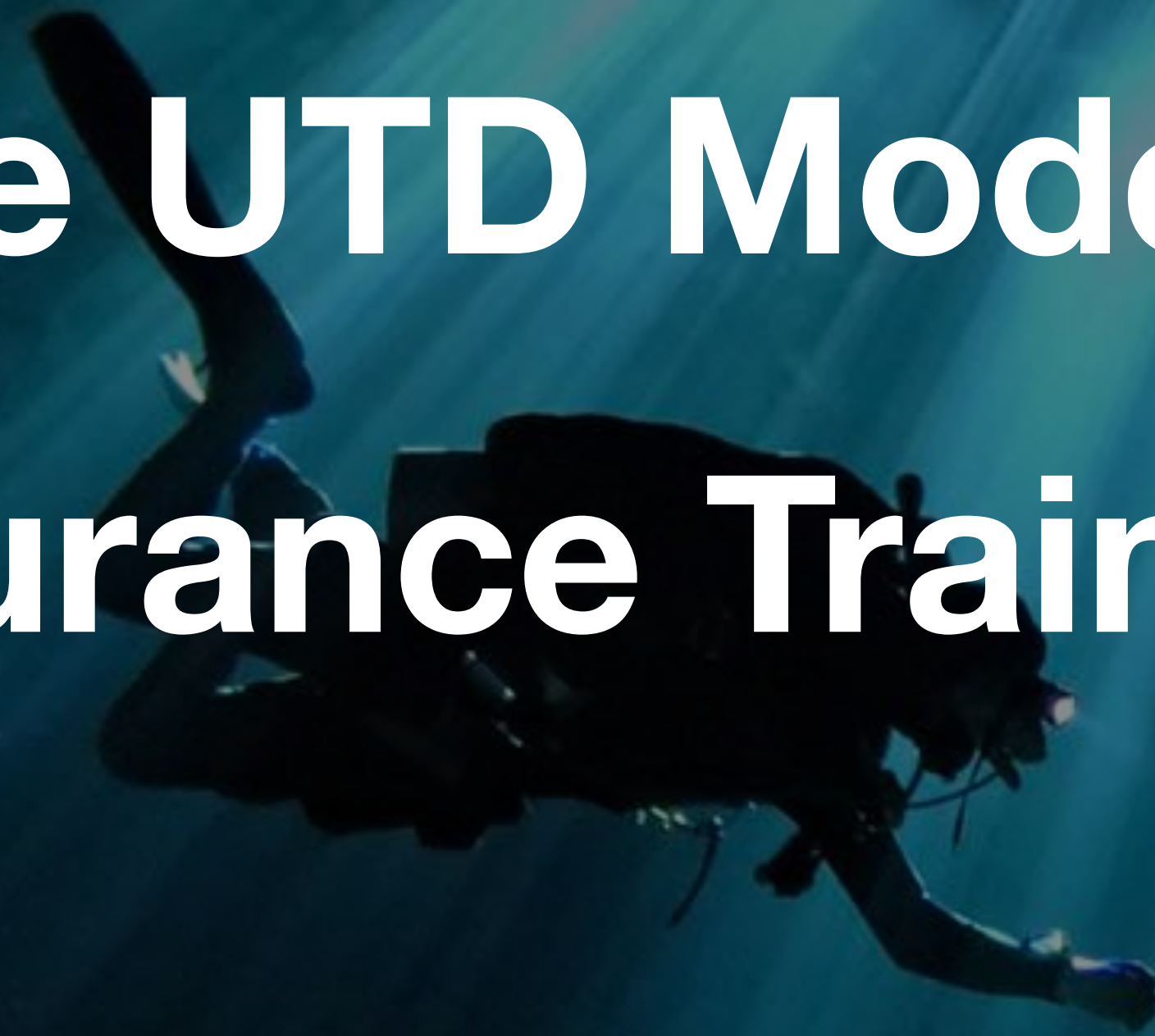
Students are clients.

UTD instructors are coaches.

The goal of coaching is the process,
not the outcome.



The UTD Model: Endurance Training





Me on a Bike

Faster: Yes

Better: YES!!





Baseball is 90%
mental and the other
half is physical.

Yogi Berra





**Replacing a weekend class with a
six month program.**



The Weekly Calendar

- Academic classes
- Live sessions
- Videos
- Podcasts
- Equipment
- Confined water
- Open water
- Dive video review
- Fitness
- Nutrition/Hydration



UTD Unified Team Diving							
Dashboard Calendar Inbox Content Athletics							
America/Chicago - Sunday							
JAY GARDNER							
WEEK 45							
Scheduled Completed TScore 267 267 Duration 6h 30m 6h 30m	31 Oct 2021	1 Nov	2 Nov	3 Nov	4 Nov	5 Nov	6 Nov
		Dive gear and service log Create and/or update your dive gear and service log. Any local or online spreadsheet will do. See attached image as an example. 1h 40 T	Technical Equipment Configuration BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/topic/technical-equipment-configuration 30m 20 T	Live Session Jeff Bookendorf is inviting you to a scheduled Zoom meeting. Topic: Jeff Bookendorf's Zoom Meeting Time: Nov 3, 2021 40m 27 T	ESM - In-water skills BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/topic/esm-in-water-skills 20m 13 T	ESM - Min Deco and Reek Bottom BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/topic/esm-min-deco-and-reek-bottom 20m 13 T	Core Activation Sequence 10-minute core activation sequence: https://www.fourperformancemethod.com/core 10m 8 T
			ESM - Buoyancy and Trim BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/topic/esm-buoyancy-and-trim 20m 13 T		Adjusting a DIR Harness BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/topic/adjusting-a-dir-harness 30m 20 T		Swim/Bike/Run Your choice...30 minutes easy to moderate. 30m 25 T
			Core Activation Sequence 10-minute core activation sequence: https://www.fourperformancemethod.com/core 10m 8 T				
			Open Water Dive 1 2h 00 T				
WEEK 46							
Scheduled Completed TScore 401 393 Duration 9h 52m 9h 42m	7 Nov	8 Nov	9 Nov	10 Nov	11 Nov	12 Nov	13 Nov
	Scuba Skills Promo https://player.vimeo.com/video/385732503 2m 1 T	Dry Suit Diver - Part 1 BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS. Complete part 1 of the Dry Suit online course. 20m 13 T	Dry Suit Diver - Part 2 BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS. Complete part 2 of the Dry Suit online course. 20m 13 T	Radio Deco - Introduction BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS. CLICK HERE FOR RADIO DECO 8.0 30m 20 T	First Aid / CPR / etc 2h 00 T	Rescue - Introduction BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/courses/rescue 20m 13 T	Core Activation Sequence 10-minute core activation sequence: https://www.fourperformancemethod.com/core 10m 8 T
			Core Activation Sequence 10-minute core activation sequence: https://www.fourperformancemethod.com/core 10m 8 T	First Aid / CPR / etc 2h 00 T		Class 8 - Underwater Communications BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/courses/class-8-underwater-communications 30m 20 T	Swim/Bike/Run Your choice...30 minutes easy to moderate. 30m 25 T
			Open Water Dive 1 Please do a camera check and send me a short clip. 2h 00 T				UTD Podcast #6 - The Most Obsolete https://podcasts.apple.com/us/podcast/utd-podcast-6-the-most-obsolete-questions-in-scuba/id1505659865? 1h 40 T
WEEK 47							
Scheduled Completed TScore 527 13 Duration 13h 10m 20m	14 Nov	15 Nov	Today	17 Nov	18 Nov	19 Nov	20 Nov
		Rescue - Theory and Skills Part 1 BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS. Complete the first three topics in this chapter. 20m 13 T	Rescue - Theory and Skills Part 2 BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS. Complete the last three topics in this chapter. 20m 13 T	Rescue - Essential Rescue Skills BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: https://utdsclubdiving.com/courses/rescue-essential-rescue-skills 20m 13 T		PADI rescue course PADI rescue course	PADI rescue course PADI rescue course
			Core Activation Sequence 10-minute core activation sequence: https://www.fourperformancemethod.com/core 10m 8 T				
			Open Water Dive 1				



OTHER - 25/10/21 - Jay Gardner

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30m - 20T - Simulated wing failure with 7mm wet suit

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Summary

Load

↑

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▼ Description

This is what happens when your wing fails at depth in a thick wetsuit. There is one thing they could have done better during the weight check...can you figure that out?

<https://www.youtube.com/watch?v=LVUT59e6XAA>

▼ Notes

Add comment...

NOWDIVE TV

Balanced rig on film



ESM – Buoyancy and Trim

BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAM.

Adjusting a DIR Harness

BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAM.

OTHER - 10/11/21 7:00 am - Jay Gardner6.621317.6% -14.4

RPE: ?TQR: ?LQS: ?30m - 20T - Ratio Deco – Introduction -

SummaryLoad

	Scheduled	Completed	
Training time	30m	30m	
TScore	20	20	
Distance (mi)			

Description

BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAM.
[CLICK HERE FOR RATIO DECO 3.0 INTRODUCTION](#)

Notes (1)

Add comment...

Jay Gardner10-11-2021 11:13

Really looking forward to learning Ratio Deco. For me, this is where your tagline of "Thinking Divers" is really coming out. We learned in PADI to let the computer "control" your dive. To do what the computer tells you to do. I am really looking forward to being my own computer and understanding how to be in control of my dive.

Jay Gardner10-11-2021 11:13

Btw, the image of the bottom timer plus the brain is spot on!

Me10-11-2021 17:07

All good. Absorb this information VERY slowly. In about two months we'll do a live Ratio Deco class via Zoom.

Jay Gardner has seen this message.

Jay Gardner10-11-2021 19:46

Understood.

Reply

Session rating

Duration rating

Intensity rating

Is Part 1

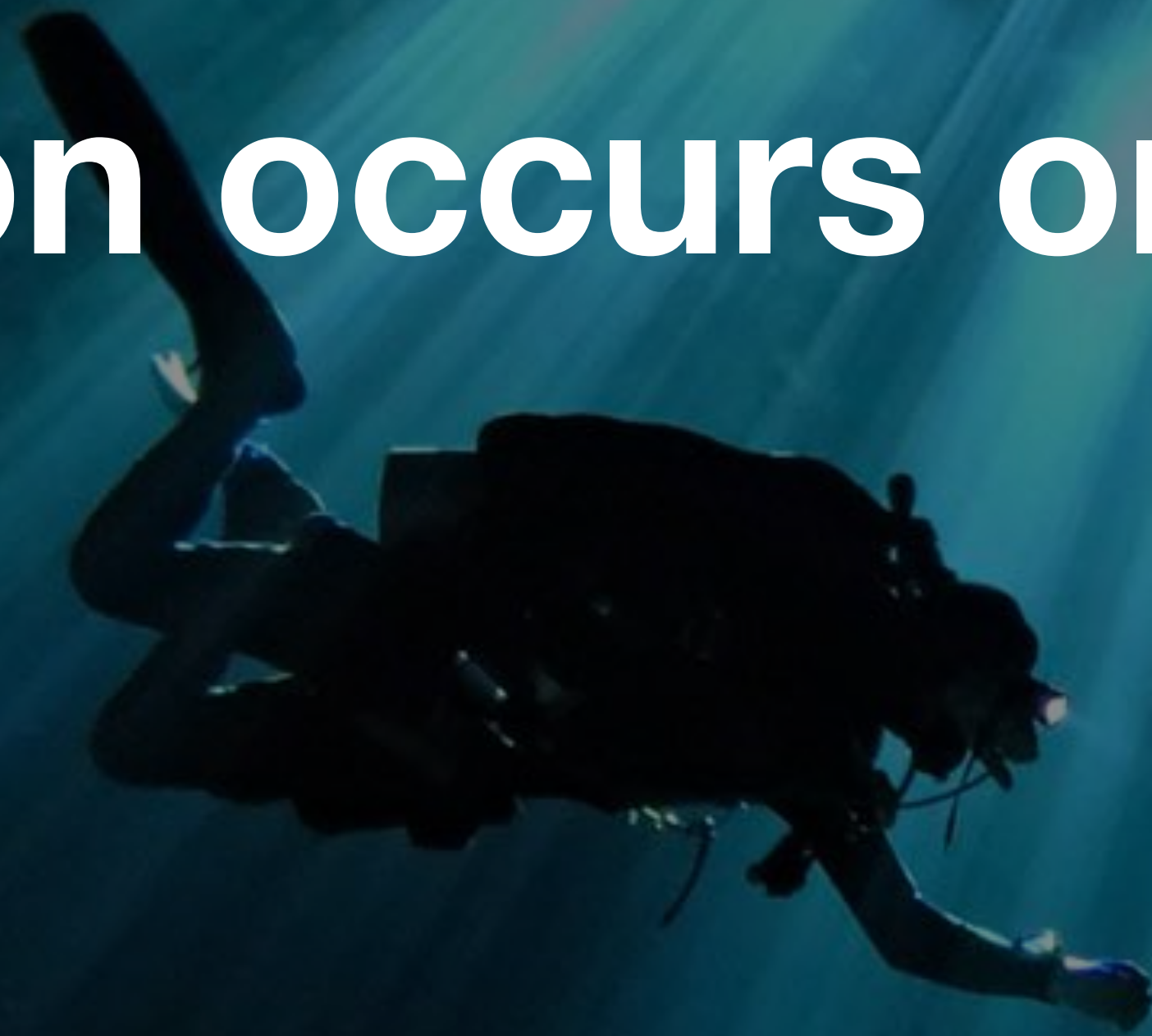
NTO THE UTD
GRAMS: Com-
this chapter: Div-

BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS: Com-
plete the last three topics in this chapter:

BE SURE YOU ARE LOGGED INTO THE UTD WEBSITE TO VIEW THE PROGRAMS:
<https://utdscubadiving.com/courses/rescue->



Certification occurs organically.





**We are taking scuba training and
making it about a lifestyle.**





The Mechanics

- Subscription starts
- Intake form completed
- Today's Plan account created
- UTD online courses opened
- Coach is assigned
- Coach/client interview
- Calendar is populated
- Client gets better (not just faster)



Current Pricing

- Recreational Coaching
\$99/month
- Technical Coaching
\$139/month
- Plus in-water sessions



Questions?

