



# COACHES CLINIC

## Western Michigan

Presented by USA Swimming in conjunction with Michigan Swimming

**October 16-18, 2009**

East Grand Rapids High School  
2211 Lake Dr SE  
Grand Rapids, MI 49506

ASCA level 2 School (optional class)

Fri. 9:00 AM – 4:00 PM

\$59.00 payable to ASCA

Contact Matt Hooper @ ASCA 800-356-2722

### PRESENTER

**Scott Colby** USA Swimming Sport Performance Consultant  
**Matt Hooper** American Swimming Coaches Association  
**Randy Julian** USA Swimming Sport Development Consultant

Site Contact: Brandon Converse 616-460-5630

[Click here to register for the clinic](#) or see the info with the link to register on the COACHES tab of the USA Swimming website. For registration questions; Helen Uchiyama, 719-866-3529, [huchiyama@usaswimming.org](mailto:huchiyama@usaswimming.org)

USA Swimming's goal is to raise the level of coaching and swimming through educational training programs. The Regional coaching clinic program brings affordable clinics directly to teams in their own LSC's. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

## SCHEDULE OF EVENTS

### Friday, October 16

<b>Welcome, Clinic Overview, Introduction</b>	5:00 - 5:15 pm
<b>Does Your Club Do This?</b> Learn what the best clubs of America have in common and how to apply these ideas to your program	5:15 - 6:30 pm
<b>USA Swimming Programs &amp; Services</b> What we can do for you – find out the “best kept unintentional secrets” of USA Swimming.	6:45 – 7:30 pm
<b>Coaches Social</b>	7:30 pm

### Saturday, October 17

<b>Gold Medal Starts</b> See the latest techniques used by USA National Team members	8:00 – 9:00 am
<b>Making Your Team Known for the Best Turns on the Planet</b> Learn drills and methods for teaching turns from novice to age group	9:15 – 10:15 am
<b>Age Group Season Planning: Forget everything you think you know!</b> A simple system to plan a season and put that plan into action daily at practice.	10:30 – 12:00 pm
Lunch (on your own)	12:00 - 1:30 pm
<b>The Backstroke Revolution</b> What's being done by all the world record holders isn't what you were taught. Find out what's new!	1:30 – 2:30 pm
<b>Teaching Butterfly by Breaking All the Rules of Swimming Mechanics</b> Teach butterfly with ease and comfort to “rookies” of all ages	2:45 – 3:45 pm
<b>Different Strokes for Different Folks:</b> What do all world class breaststrokers do, that you can teach your age group swimmers today?	4:00 – 5:00 pm
<b>“I've been meaning to ask...”</b> Ask any question to our panel of experts	5:15 – 6:00 pm

### Sunday, October 18

<b>The 'Holy Grail': Race Analysis Every Coach Can Use</b> Learn how to make your swimmers efficient in practice and races everyday without high tech gadgets.	8:00 – 9:00 am
<b>How to Improve Your Stay-ability</b> Make the parental critics your ally and motivate the apathetic ones to action.	9:15 – 10:30 am
<b>Become a Nutritional 'Expert' in 60 minutes!</b> Learn the essentials certified nutritionists say all swim coaches should teach their athletes including correct cool-down techniques.	10:45 – 12:00 pm

**CLINIC REGISTRATION FEE \$50.00 for one coach or \$100 for an entire coaching staff.**