



COACHES CLINIC

Niagara, New York

Presented by USA Swimming in conjunction with Niagara Swimming

November 13 - 15, 2009

Ithaca High School
1401 N Cayuga St.
Ithaca, NY 14850

ASCA Level 2 School - Guy Edson

Fri. 9:00 AM – 4:00 PM

\$59.00 payable to ASCA

Contact Guy Edson @ ASCA 800-356-2722

PRESENTERS

Scott Colby USA Swimming Sport Performance Consultant
Guy Edson American Swimming Coaches Association
Peter Clark USA Swimming Sport Development Consultant

Site Contact: Roy Staley ph. 607- 279-1039

[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

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, November 13

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

Saturday, November 14

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| Gold Medal Starts See the latest techniques used by USA National Team members | 8:00 – 9:00 am |
| Making Your Team Known for the Best Turns on the Planet Learn drills and methods for teaching turns from novice to age group | 9:15 – 10:15 am |
| Age Group Season Planning: Forget everything you think you know! 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 |
| The Backstroke Revolution 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 |
| Teaching Butterfly by Breaking All the Rules of Swimming Mechanics Teach butterfly with ease and comfort to “rookies” of all ages | 2:45 – 3:45 pm |
| Different Strokes for Different Folks: What do all world class breaststrokers do, that you can teach your age group swimmers today? | 4:00 – 5:00 pm |
| “I've been meaning to ask...” Ask any question to our panel of experts | 5:15 – 6:00 pm |

Sunday, November 15

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| The ‘Holy Grail’: Race Analysis Every Coach Can Use Learn how to make your swimmers efficient in practice and races everyday without high tech gadgets. | 8:00 – 9:00 am |
| How to Improve Your Stay-ability Make the parental critics your ally and motivate the apathetic ones to action. | 9:15 – 10:30 am |
| Become a Nutritional ‘Expert’ in 60 minutes! 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 • \$100 FOR ENTIRE COACHING STAFF