



# COACHES CLINIC

## South Carolina

Presented by USA Swimming in conjunction with South Carolina Swimming

**November 6-8, 2009**

Bay Watch Resort  
2701 S Ocean Blvd.  
North Myrtle Beach, SC 29582  
1 BR suite \$64 plus tax, 2 BR suite \$109 plus tax, 843-272-4600

ASCA level 2 School – Matt Hooper  
Friday 9:00 AM – 4:00 PM  
\$59.00 payable to ASCA  
Contact Matt @ ASCA 800-356-2722

### PRESENTERS

**Rick Bishop** USA Swimming Sport Performance Consultant  
**Matt Hooper** American Swimming Coaches Association  
**Dave Thomas** USA Swimming Sport Development Consultant

[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

Site Contact: Jim Smith 843-222-7105

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 6

<b>Welcome, Clinic Overview, Introduction</b>	5:00 - 5:15 pm
<b>Traits of Highly Successful Programs</b> Learn what the most successful USA Swimming teams have in common and how to apply these ideas to your program.	5:15 - 6:15 pm
<b>USA Swimming Programs &amp; Services</b> What we can do for you – find out the “best kept unintentional secrets” of USA Swimming.	6:30 - 7:30 pm
<b>Coaches Social</b>	7:30 pm

#### Saturday, November 7

<b>Gold Medal Starts</b> See the latest techniques used by USA National Team members, video analysis, and hear about what big change is coming down the road.	8:00 - 8:45 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.	9:00 - 9:45 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.	10:00 - 10:45 pm
<b>Aerobic &amp; Anaerobic Conditioning</b> White, Pink, Red, EN1, EN2, SP1...Making Sense of the Energy Zones - Find the optimum balance at the correct developmental level. Understand how to use test sets and what they mean. Learn the physiology behind the training.	11:00 - 11:45 am
<b>Lunch (on your own)</b>	11:45 - 1:00 pm
<b>How to Write a Great Practice</b> - Exciting, effective and fun for all!	1:00 - 1:45 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!	2:00 - 2:45 pm
<b>How to Grow Your Program</b> - Ideas on effective program management and successful growth	3:00 - 3:45 am

#### Sunday, November 8

<b>Considerations for Training and Competing in a Post-Technological Suit Era</b> – Have we been relying on suit technology for performance? Now what? Do we need to change training?	8:00 - 9:00 am
<b>Teaching Progressions for Butterfly</b> - Developing great butterfly technique from age group to senior	9:15 - 10:00 pm
<b>Dryland Strength &amp; Conditioning from Age Group to Senior</b> Effective Robust Dryland for Robust Athletes. Learn the ins and outs of long term strength, power, and physical conditioning. Getting it Right - developmentally appropriate Dryland. Does your Dryland program train the swimmer for swimming? Harder is not always better.	10:15 - 11:15 am
<b>Lights, Camera, Action!</b> Quick, Easy and Inexpensive Ways to Use Video in Your Program - USA Swimming Video Practicum – Coaches will get hands on experience in using CoachCam, DVR / TiVo, Dartfish, fixed underwater cameras.	Pool
<b>USA Swimming Club Leadership and Business Management</b> – Required for all new clubs. Needed for club recognition program. Highly recommended for coaches and board members	2:00 - 8:00 pm

**CLINIC REGISTRATION FEE \$50.00 FOR ONE COACH • \$100 FOR ENTIRE COACHING STAFF**