



COACHES CLINIC New Mexico

Presented by USA Swimming in conjunction with New Mexico Swimming

October 16 - 18, 2009

Albuquerque Academy
6400 Wyoming Blvd NE
Albuquerque, NM 87109

ASCA Level 2 School - Guy Edson

Friday 9:00 AM – 3:00 PM

\$59.00 payable to ASCA

Contact Guy @ ASCA 800-356-2722

PRESENTERS

Mariejo Pasion
Guy Edson

USA Swimming Sport Performance Consultant
American Swimming Coaches Association
Technical Programs Director

[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: Tom Cyprus 505-858-8871 (W) 505-205-5540 (C)

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

Welcome, Clinic Overview, Introduction

5:00 - 5:15 pm

Traits of Highly Successful Programs - Does Your Club Do This?

Learn what the most successful USA Swimming teams have in common and how to apply these ideas to your program

5:15 - 6:00 pm

USA Swimming Programs and Services - Overview

6:15 - 7:00 pm

Coaches Social

7:00 pm

Saturday, October 17

Gold Medal Starts

See the latest techniques used by USA National Team members, video analysis, and hear about what big change is coming down the road.

8:30 - 9:15 am

Making Your Team Known for the Best Turns on the Planet

Learn drills and methods for teaching turns from novice to age group

9:30 - 10:30 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

10:45 - 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 - 2:15 pm

How to Write a Great Practice – Exciting, effective and fun for all

2:30 - 3:30 pm

Different Strokes for Different Folks:

What do all world class breaststrokers do, that you can teach your age group swimmers today?

3:45 - 4:45 pm

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.

5:00 - 6:00 pm

Sunday, October 18

Growth & Development of the Age Group Swimmer - Coaching the genetic mutant

What to do with the early maturing athlete and how to keep the late maturing athlete in the sport and other similar topics will be covered in this presentation. Also covered are general psychological and physiological traits of the developing athlete.

8:30 - 9:30 am

How to Improve Your Stay-ability

Make the parental critics your ally and motivate the apathetic ones to action.

9:45 - 10:45 am

Dryland Strength & Conditioning from Age Group to Senior

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.

11:00 - 12:00 pm

Lights, Camera, Action!

Quick, Easy and Inexpensive Ways to Use Video in Your Program - USA Swimming Video Practicum – Coaches will receive instruction and get hands on experience in using CoachCam, DVR / TiVo, Dartfish, fixed underwater cameras.

Pool

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