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**USA Swimming
Club Development Division
Sport Performance Consultant**

Coaches:

In the summer of 2005, the Club Development Division at USA Swimming added the Sport Performance Consultant position. With much success and hundreds of clubs visited, we continue to deliver our services to coaches and athletes. Many of our nationally recognized clubs have already taken advantage of these services. It is our charge, our desire, and our privilege to have the opportunity to support you and your club.

This application is not an assessment tool of your team or your athletes. It merely provides us with an idea of who is interested and what services we can provide specifically for you.

COACHING STAFF PRESENTATIONS:

- Using Race Analysis for Faster Swimming
- Effective Use of Video Capture
- Using TiVo or DVR
- Season Planning
- How to Talk to your Athletes About Nutrition
- Analysis of Taper
- Functional Strength Training & Conditioning
- Modalities for Swimming Power Development
- Lactate Testing
- DartFish training
- Latest stroke technique presentations from the National Team (Back, Breast, Starts)
- Fly, Free, Turns video review
- Setting up dry-land training systems
- Top 5 USA Swimming Services for Coaches

ATHLETE PRESENTATIONS:

- Using Race Analysis to Swim Your Fastest
- Recovery and Nutrition – How to Gain an Advantage
- Goal Setting for Maximum Success
- Latest stroke technique from the National Team (Back, Breast, Starts)
- Progressions to the USA Swimming National Team
- Underwater Video – DVD burned, analysis

This list grows as we explore new technology and add new services. We can tailor the visit to fit the needs of your club. If there is a topic that is not covered above that you and your staff are interested in, please let me know.

These are services we provide at no cost to you. It is provided through the fees you already provide to USA Swimming. If you are interested in this service, please fill out the application on the reverse side at your earliest convenience, hand it to any member of our division, fax, email, or send it to me.

Thank you,

Tom Avischious
Field Services Director
Club Development