



COACHES CLINIC

Pensacola, FL



April 26-28, 2013

Hotel Information

Pensacola Courtyard by Marriott

451 Creighton Road, Pensacola, FL 32504

Rate of \$105/night. Call 850-857-7744 or go to www.marriott.com/pnscy to reserve a room.

Reserve a room by April 4, 2012 for the special rate.

Clinic Information

University of West Florida

11000 University Parkway, Pensacola, FL 32514

PRESENTERS

Scott Colby, *USA Swimming Sport Performance Consultant*

Dave Thomas, *USA Swimming Sport Development Consultant*

John Leonard, *ASCA Executive Director*

Local Contact: Phil Kraus: gpacswimcoach@gmail.com

TO REGISTER: Go to USASwimming.org then visit

Member Resources > Coaches > Clinics & Workshops > Regional Coach Clinic

Scroll down the page to **Pensacola, Florida** link

For registration questions; Helen Uchiyama, 719-866-3529, huchiyama@usaswimming.org

Presented by USA Swimming, ASCA and Southeastern Swimming, this clinic brings affordable coach education to your entire staff from novice to senior level.

Open to ALL coaches regardless of USA Swimming Membership

Friday, April 26, 2013

WELCOME, Clinic Overview, Introductions

5:00 – 5:15 pm

The BACKSTROKE Revolution

What's being done by current world record holders isn't what you were taught. Find out what's new!

5:15 – 6:00 pm

Making Your Team Known for the Best TURNS AND FINISHES on the Planet

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

6:15 – 7:30 pm

Saturday, April 27, 2013

Flowing FREESTYLE from Novice to Pro

Principles and drills to build, improve, and maintain an efficient freestyle for all ability levels

8:00 – 8:50 am

The Road Map to Success: SEASON PLANNING for Age Group through Senior

Simple systems to plan a season and put that plan into action daily at practice

9:00 – 9:50 am

The 'Holy Grail' : RACE STATS Every Coach Can Use Every Day

Learn how to make your swimmers efficient in practice and races every day without high tech gadgets

10:00-10:50 am

Different Strokes for Different Folks: BREASTSTROKE

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

11:00 – 11:45 am

Lunch – Optional - Cost of \$10/person for lunch

11:45 – 1:00 pm

TALKING TO ATHLETES AT MEETS

What to say, when to say it, and how to say it for lasting impact on performance

1:00 – 1:50 pm

WHAT DOES YOUR TEAM DO to be Successful?

Lightning fast interactive session discussing common issues and solutions from your fellow coaches

2:00 – 3:00 pm

12 Rules of MODERN COACHING/TEACHING

Successful coaching tips for today's culture/society

3:15 – 4:00pm

DRYLAND Strength & Conditioning from Age Group to Senior

See the ins and outs of age-appropriate, progressive development of strength, power, and physical conditioning.

4:15 – 5:30 pm

Coaches Social at the University of West Florida

5:30 – 7:30 pm

Sunday, April 28, 2013

Gold Medal STARTS

See the latest techniques used by USA Swimming National Team members

8:00 – 8:50 am

COACHING NOVICES

The ins and outs to getting novices on the right track early on for future success

9:00 – 9:50 am

Become a NUTRITION/RECOVERY Expert in 60 minutes

Learn the essentials certified nutritionists say all swim coaches should teach their athletes.

10:00 – 11:00 am

Teaching BUTTERFLY with the Greatest of Ease

Teach efficient butterfly with simple drills and comfort to "rookies" of all age (include drills/progressions)

11:15 – 12:00 pm

Wrap Up

12:00 – 12:15 pm

A free CLUB LEADERSHIP & BUSINESS MANAGEMENT SCHOOL will be conducted from 1:00-6:00 pm on Sunday. To sign up contact Dave Thomas at dthomas@usaswimming.org or 719-866-3573

CLINIC REGISTRATION FEE \$60 for one coach or \$120 for an entire coaching staff

The \$120 full staff registration fee is available until Monday April 22, 2013 at 8:00 am MT. After that all coaches must register at the individual coach rate of \$60.

SPACE IS LIMITED, SO PLEASE REGISTER EARLY