

Doc Counsilman

Creative Coaching Contest



Sponsored by the: Counsilman Memorial Lecture Fund



WIN up to \$400 for your ideas, innovations, and workouts!

James "Doc" Counsilman was instrumental in the guidance and research in stroke mechanics, exercise physiology, applied psychology, strength training & injury prevention. which has been integral to the sport of swimming to this day.

"Doc" invented the pace clock, lane lines, over flow gutters, and bio kinetic swim bench. He introduced interval training, hypoxic training, and motivated swimmers with jelly beans. "Doc" wrote "[The Science of Swimming](#)" in 1968 that illustrated and explained season planning, workouts for different strokes and distances, technique for all strokes, as well as motivational techniques for swimmers to reach peak performances both at practices and meets.

- **What is your innovation or idea that will benefit the swimming world?**
 - Swimming equipment - used in water or out of water
 - A computer software program
 - Dry land equipment or routines
 - Motivational Ideas - Practices, Meets, Groups, Individuals
 - New Stroke technique drills and sequences
 - Workouts - Games & Gimmicks
 - Challenge sets - kick, pull, swim or all
 - Holiday practices
 - A new twist on an old innovation
 - An idea no one has thought of?

Contest Judges will choose the best of the best, and awards will be handed out at the ASCA Banquet

*****Judging will be done Thursday September 5th @ 2:00 PM*****

*****Bring a written copy to the Convention in Dallas to be displayed at the
Counsilman Creative Idea Contest table.**

*****Send you innovations, ideas, workouts, etc by form or email along with a photo or video that helps describe your creation and we'll post it on monitors around the room for others to read and view.**

Send to: counsilmancontest@gmail.com