



COACHES CLINIC 2014

LAKE PLACID, NY

September 26-28, 2014



PRESENTERS:

Scott Colby, USA Swimming Sport Performance Consultant
John Leonard, ASCA Executive Director
Peter Clark, USA Swimming Sport Development Consultant

TO REGISTER:

Go to USASwimming.org then visit Member Resources > Coaches > Clinics & Workshops > Regional Coach Clinic
 Scroll down the page to **Lake Placid, NY** link. For registration questions; Morgan Weinberg, 719-866-3211, mweinberg@usaswimming.org

Presented by USA Swimming, ASCA and Adirondack 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.

HOTEL INFO: Lake Placid Olympic Training Center

196 Old Military Rd. Lake Placid, NY 12946

Rate of \$45/night. Most rooms are triples. Please indicate during the registration process under agenda items if you will be needing accommodations here. We will do our best to pair with other coaches on your staff by request, but cannot guarantee. These rooms are first come first served so register early!

Additional Hotel Information: Courtyard by Marriott Lake Placid: 5920 Cascade Rd. Lake Placid, NY 12946

Rate is \$179/night- Call 518-523-2900 for reservation.

Special Code: USA Swimming- Must make reservation by **August 25, 2014** for special rate.

Friday, September 26, 2014

8:00 – 4:00 pm

JOHN LEONARD, will be teaching the ASCA Level 2 Stroke School.

Registration is on the ASCA website. www.swimmingcoach.org

5:00 – 5:15 pm

WELCOME, Clinic Overview, Introductions

5:15 – 6:00 pm

Teaching BUTTERFLY With the Greatest of Ease

Teach efficient butterfly with simple drills and comfort to “rookies” of all ages (includes drills/progressions)

6:15 – 7:00 pm

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

Saturday, September 27, 2014

8:00 – 8:45 am

BACKSTROKE Revolution - What’s being done by current and world record holders isn’t what you were taught. Find out what’s new!

9:00 – 9:45 am

Coaching Novices

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

10:00 – 10:30 am

Learn the SECRETS TO SUCCESS in this Room (Part 1) - Lightning fast interactive session discussing common issues and solutions from your fellow coaches

10:45 – 11:30 am

Talking to Athletes at Meets

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

11:30 – 1:00 pm

LUNCH- ON YOUR OWN

1:00 – 1:45 pm

Making Your Team Known for the Best TURNS AND FINISHES on the Planet - Learn drills and methods for teaching turns from novice to senior

2:00 – 2:30 pm

Learn the SECRETS TO SUCCESS in this Room (Part 2) - Lightning fast interactive session discussing common issues and solutions from your fellow coaches

2:45 – 3:30 pm

Flowing FREESTYLE from Novice to Pro

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

3:45 – 4:30 pm

The Road Map to Success: SEASON PLANNING for Age Group through Senior – Simple systems to plan from Long Term Athlete Development to Seasonal Plan to daily practice

4:45 – 5:30 pm

Gold Medal STARTS

See the latest techniques used by USA National Team members

5:30 – 7:30 pm

COACHES SOCIAL – INCLUDED WITH REGISTRATION

Mix and mingle with fellow coaches away from the pool

Sunday, September 28, 2014

8:00 – 8:45 am

12 Rules for MODERN COACHING/TEACHING

Successful coaching tips for today’s culture/society.

9:00 – 9:45 am

Become a NUTRITION/RECOVERY Expert

Learn the sound essentials all swim coaches should teach their athletes

10:00 – 10:45 am

Different Strokes for Different Folks: BREASTSTROKE

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

11:00 – noon

DRYLAND STRENGTH & CONDITIONING from Age Group to Senior

See examples of other teams’ age-appropriate programs

CLINIC REGISTRATION FEE \$75 per coach or \$200 for an entire coaching staff of 3 or more. The \$200 full staff registration fee is available until Monday September 22, 2014 at 8:00 am MT. After that all coaches must register at the individual coach rate of \$75. SPACE IS LIMITED, SO PLEASE REGISTER EARLY