Club Development Report

I do not believe I will make it to the meeting on Saturday, but below is my report.

1. The swim clinic VSI sponsors in September during the swimposium is ready to go. We have Natalie Coughlin hosting the clinic at the CSAC pool. Last years turnout exceeded our expectations so we had to divide the clinic into two sessions with the 12 & Overs in the first 2 hour session and the 11 & Unders in the second 2 hour session. Learning from our mistakes we went ahead and planned for this layout this year thinking we would have a high turnout and I am glad we did. The 12 & Over session has already reached its max capacity and the 11 & Unders session is very close
2. For the coaches during the swimposium we have JR Rosania. JR is one of USA's top performance enhancement coaches. JR's expertise is incorporating his unique core training system with sport specific resistance exercises and conditioning activities to improve the body's ability to perform at peak levels and deliver this training to athletes around the world. He will be presenting twice during the swimposium, once on Saturday afternoon and again on Sunday after our committee meetings and before the HOD meeting. We are working to have him do his Saturdays presentation at the CSAC so he can demonstrate his exercises. On Sunday he will do a more formal presentation and before the end of the session help coaches write up a program they can take back to their clubs and use.
3. I resubmitted our request for participation in the USA Swimming’s Coach Mentor program back in December for this year’s funding. I just found out that we were not one of the LSCs picket to take part or receive funding. I asked why we were accepted so we can make the changes for next year, but they were not able to give me that information. So I will try to change it up a little bit for next year and see what I can do.

That concludes my report. If you have any questions please let me know.

Thank You