



COACHES CLINIC

Albuquerque, NM



March 28-30, 2014

Hotel and Clinic Information Albuquerque Marriott

2101 Louisiana Blvd NE Albuquerque, NM 87110

Rate of \$98/night. Call 505-881-6800 to reserve a room. Reservation code: USA SWIMMING
Reserve a room by March 6, 2014 for the special rate.

PRESENTERS

Bill Krumm, USA Swimming Sport Development Consultant
Scott Colby, USA Swimming Sport Performance Consultant
Mark Hesse, USA Swimming Sport Performance Consultant
Guy Edson, ASCA Technical Director

TO REGISTER: Go to USASwimming.org then visit Member Resources > Coaches > Clinics & Workshops > Regional Coach Clinic

Scroll down the page to **Albuquerque, NM** link
For registration questions; Helen Uchiyama, 719-866-3529, huchiyama@usaswimming.org

Presented by USA Swimming, ASCA and New Mexico 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, March 28, 2014

WELCOME, Clinic Overview, Introductions

5:00 – 5:15 pm

Teaching BUTTERFLY With the Greatest of Ease

Observations on Elite technique & 4 Keys for Easily Teaching Butterfly

5:15 – 6:15 pm

EFFICIENT TEACHING to develop maximum talent

Learn the best ways to “create and develop” all swimmers’ talents.

6:30 – 7:30 pm

Saturday, March 29, 2014

BACKSTROKE Revolution

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

8:00 – 9:00 am

Improving your ‘STAY-ABILITY’

Working Effectively With Your BOD and Protecting Yourself from the Few You Will Never Be Able to Please

9:15– 10:15 am

Gold Medal STARTS

See the latest techniques used by USA National Team members

10:30 – 11:30 am

LUNCH – Optional box lunch for \$10/person. MUST BE PRE-ORDERED WITH REGISTRATION

11:30 – 1:00 pm

Teaching Tips for Fast Turns

What World Class Turns Look Like and How to Teach Them to Your Swimmers

1:00 – 2:00 pm

Learn the SECRETS TO SUCCESS in this Room!

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

2:15 – 3:15 pm

Flowing FREESTYLE from Novice to Pro

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

3:30 – 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 – 6:00 PM

COACHES SOCIAL – INCLUDED WITH REGISTRATION - Mix and mingle with fellow coaches away from the pool

6:00– 8:00 pm

Sunday, March 30, 2014

Become a NUTRITION/RECOVERY Expert

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

8:00 – 9:00 am

MANAGING THE WORKOUT – Time Management and Group Management

Get more done and get parents off your back about groups.

9:15– 10:15 am

Different Strokes for Different Folks: BREASTSTROKE

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

10:30-11:30 am

Q & A Session/Wrap Up

11:30 – 11:40 pm

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

The \$120 full staff registration fee is available until Monday March 24th, 2014 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