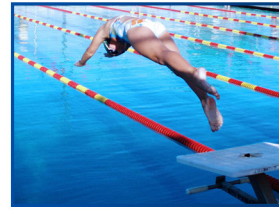


2013 ADVANCED FREESTYLE CLINIC

ASCA Level 3 & Advanced Freestyle School

Auburn's Brett Hawke is one of the world's premier sprint coaches. We're pleased to have him as our featured coach in this Advanced Freestyle Clinic. This clinic will discuss how the best swimmers in the world prepare and race, as well as how to prepare age group athletes and their strokes, to reach that top level.

Washington Hilton, Dulles Airport | **HERNDON, VA**



Guest Speakers:



JOHN LEONARD

As the Executive Director of the ASCA since 1985, John Leonard has been involved with American Swimming in roles ranging from Chairman of USA Swimming's Steering Committee for the Olympic Team, to leading the nation's largest set of swim schools in SwimAmerica. An ASCA Level 5 Coach, Leonard continues to coach his age group team, SwimFast, in South Florida today, in his 42nd year of coaching.

At the Advanced Freestyle Clinic, Leonard will lead the sections on history of the stroke and the changes over time, and a teaching progression for age group and novice swimmers.



BRETT HAWKE

In his 4th full year as head coach of Auburn swimming & diving (and 7th overall on the coaching staff), Brett Hawke has upheld the championship tradition of the Tigers and continues to move the program forward while competing against the nation's best in the Southeastern Conference.

As a member of the coaching staff, Hawke works directly with the Auburn sprinters. Under his direction, Cesar Cielo provided one of the top highlights from the 2008 NCAA the 2008 NCAA Championships as he became the fastest swimmer in the world with his 18.47 in the 50 free - not once, but three times! He won the 50 free with a time of 18.52 after qualifying with an 18.79 in the preliminary. His time of 18.47 came as the 200 free relay leadoff. In all, Auburn sprinters won six All-America honors with Cielo sweeping the 50 and 100 freestyle titles in 2008.

Hawke has also seen additional coaching success at the international level. He served as an assistant coach for the United States team at the 2011 World University Games, helping lead the Americans to 27 medals at the event.

Hawke also had the opportunity to coach Cielo at the 2008 Olympic Games, as he won a bronze in the 100m free and a gold in the 50m free with an Olympic record time of 21.30. Other Auburn sprinters trained by Hawke at the 2008 Olympics included Matt Targett, Fred Bousquet, Jakob Andkjaer and Alexei Puninski.

We are very pleased to have Coach Brett Hawke of Auburn University join us as our Elite Coach for the 2013 Advanced Freestyle Clinic!

Clinic Schedule:

SATURDAY

8 AM - 3 PM **ASCA Level 3 Physiology of Training and Planning of Training School**
Instructor: John Leonard

3:30- 6:30 PM **SwimAmerica Program Director / Site Supervisor Training**
Instructor: John Leonard

SUNDAY

ASCA's Advanced Freestyle School

9 AM - 10 AM **History of the Stroke Biomechanics and Video**
Coach John Leonard

10:15 - 12 PM **Biomechanics of Modern Elite Freestyle**
Coach Brett Hawke

12 - 1:30 PM Lunch Break

1:30 - 3:30 PM **Modern Freestyle Training In Water and Dryland**
Coach Brett Hawke

3:45 - 5 PM **Teaching Progression for Freestyle to New Swimmers**
Coach John Leonard

Please Note: The Advanced Freestyle School is very video intensive for all the above phases.

2013 Advanced Freestyle Clinic

- \$90.00: Level 3 Only \$90.00: Advanced Butterfly Clinic Only
- \$150.00: Both Level 3 School and Advanced Freestyle Clinic**

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