



COACHES CLINIC 2017 HARTFORD, CT



WHEN: April 28-30, 2017

PRESENTERS:

Scott Colby, USA Swimming Sport Performance Consultant
Tom Avischious, USA Swimming Field Services Director
John Leonard, ASCA Executive Director
Maggie Vail, USA Swimming Safe Sport Education Specialist

Presented by USA Swimming, ASCA and Connecticut 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.

CLINIC INFO: Miss Porter's School
 60 Main St. Farmington, CT 06032

Hotel Information: Farmington Marriott Hotel
 15 Farm Springs Rd. Farmington, CT 06032
 Rate of \$104/night. Call 888-236-2427 to reserve a room.
 Reservation Code: USA SWIMMING REGIONAL COACH CLINIC
 Reserve a room by April 6, 2017 for the special rate.

TO REGISTER:

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

Friday, April 28, 2017

8:00am - 4:00pm	ASCA Level 2 Stroke School – <u>this class requires a separate \$75 fee</u> **Registration is on the ASCA website. www.swimmingcoach.org **
4:30-4:45pm	Welcome, Clinic Overview, Introductions
4:45-5:45pm	Gold Medal STARTS and FINISHES See the latest techniques used by USA Olympic Team members and how to teach your athletes these skills
6:00-6:45pm	The 'Holy Grail': RACE STATS Every Coach Can Use Every Day How to make your swimmers of all ages efficient in practice and races without high tech gadgets

Saturday, April 29, 2017

8:00-9:00am	Teaching SHORT AXIS STROKES With the Greatest of Ease Teach efficient butterfly and breaststroke with simple drills and comfort to "rookies" of all ages
9:15-10:00am	COACHING EFFECTIVELY in the 21st Century Learn how to apply "secrets" from the latest brain science to everyday coaching to teach skills so they "stick"
10:15-11:00am	What Would You Do? Real life scenarios, strategies, and resources for sustaining a safe, healthy environment on your team
11:15-Noon	45 Thoughts in 45 Minutes Ideas from the world of swimming to spark thought, discussion & creativity
Noon-1:30pm	LUNCH – On your own
1:30-2:30pm	LONG AXIS STROKES Freestyle and Backstroke Principles and drills to build, improve and maintain the long axis strokes for all ability levels
2:45-3:15pm	Learn the SECRETS TO SUCCESS in this Room Lightning fast interactive session discussing common issues and solutions from your fellow coaches
3:30-4:30pm	Make Your Team Known for the Best TURNS and UNDERWATER DOLPHIN KICK on the Planet Learn drills and methods for teaching turns from novice to senior
4:45-5:30pm	Selling Hard Work to Your Team Teaching young athletes the value of grit and effort
5:45-6:30pm	DRYLAND Strength & Conditioning from Age Group to Senior Considerations for design and implementation plus real-life examples

Sunday, April 30, 2017

8:00-8:45am	COACHING PARENTS on Your Team Developing a positive Coach-Parent-Athlete relationship
9:00-9:45am	SEASON PLANNING - The Road Map to Success from Age Group through Senior Simple systems to plan a season and put that plan into action daily at practice
10:00-Noon	POOL SESSION: See Drills That Work Demonstrated Live With Young Athletes Presenters will take swimmers through drill progressions
1:00-6:00pm	CLUB LEADERSHIP & BUSINESS MANAGEMENT 201- <u>this class requires a separate registration</u> ** Email Tom Avischious at tavischious@usaswimming.org for registration**

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, April 24, 2016 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