

**Potomac Valley Swimming
With
United States Swimming**

Presents

2005 Swimposium

**George Mason University
Fairfax, Virginia**

Sunday, October 2, 2005

Sponsored by:

**Potomac Valley Swimming
United States Swimming
Speedo
Cassell's**

Dear PVS Member

Please mark this date on your calendar right now - Sunday, October 2, 2005.

PVS will host its first Swimposium in over 10 years and I want to make sure that you are there. It will feature some of the finest speakers and presenters in USA swimming, who will educate and entertain us throughout the day.

This Swimposium is for PVS officials, coaches and parents. There will be separate "tracks" for each group, plus plenty of opportunity to mix and socialize over lunch and at the reception at the end of the day.

Potomac Valley Swimming has arranged to offer six tracks at the 2005 Swimposium. Our keynote speakers include Pat Lunsford for the officials clinic, John Leonard & Guy Edson offering ASCA II & III, Sue Anderson for Club Business Management, & Jane Grosser for Parent Education.

USA Swimming sponsors only a few Swimposiums each year and we are excited that they are returning to Potomac Valley. Consequently, we are expecting a large turnout and have booked facilities at George Mason University for this event. As you know, they have excellent aquatic facilities for our demos and plenty of other space for our presentations.

Registration for this event is available now and an early registration discount will be offered through August 5, 2005. I hope that you will reserve the date and sign up early for what I promise you will be an outstanding event.

See you on deck!

Jim Garner
General Chair
Potomac Valley Swimming

**Potomac Valley Swimming
2005 Swimposium
Registration Form**

Please check one:

Coaches Track*

	Check in Time	Class Time
_____ ASCA Level II	7:15am	8:00am
_____ ASCA Level III	7:15am	8:00am

Officials Track*

_____ Officials Track	7:30am	8:15am
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Club Management Track*

_____ Club Management Track	7:30am	8:15am
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Parent Track*

_____ Age Group Parent	7:30am	8:00am
_____ Senior Parent	12:00 Noon	1:00pm

The Coaches, Official & Club Management tracks are all day sessions.
The two parent tracks are ½ day sessions.

Potomac Valley will be providing a buffet breakfast & lunch and host a light cocktail social from 5:00pm- 7:00pm for all attending these tracks. This is included in the registration fee.

Name _____ Address _____

Phone Home _____ Phone Work _____

Email (where you want correspondence sent) _____

Are you a registered USA Swimming Coach _____/ USA Swimming Official _____

Please indicate with what team you or your swimmers are registered _____.

Fees:

* Checks ONLY please. Payable to Potomac Valley Swimming.

Registered Potomac Valley Members/ Parents 7/15/05- 8/5/05 \$20.00 per person

Open Registration with Discount 8/6/05- 8/19/05 \$25.00 per person

Final Registration 8/20/05- 9/2/05 \$35.00 per person

Please mail registrations to:
Potomac Valley Swimming- Swimposium
c/o Paris Jacobs
2314 Toddsbury Place
Reston, Virginia 20171

Tracks & Presenters

Coaches

ASCA Level II-

Presented by John Leonard-

John Leonard is the Executive Director of the American Swimming Coaches Association, a post he has held since 1985. John has overseen the growth of ASCA from 1600 members to 5000 members -- this growth due primarily by the creation of and providing of education and certification opportunities which coaches value. John is an ASCA Level 5 Senior coach, has coached numerous world ranked swimmers, and state championship teams in New York and Illinois.

Course Description-

The American Swimming Coaches Association's Level 2 Stroke School is a full day course designed to help coaches understand basic stroke mechanics, recognize stroke faults, and teach proper techniques in all strokes, starts, and turns. The emphasis of the course is in helping coaches learn how to teach strokes and how to correct strokes. Topics include: basic principles of swimming mechanics including methods of overcoming resistance and increasing propulsion using lift, drag, and resultant forces; principles of teaching; specific teaching techniques for all the skills; teaching progressions for starts, turns, and each stroke; and an extensive list of stroke faults with a shopping list of stroke drills and teaching techniques to correct those stroke faults. Video is used throughout the course. A 70 page workbook is included. This course is open to ALL coaches regardless of membership or certification level.

ASCA Level III-

Presented by Guy Edson

Guy Edson works for the American Swimming Coaches Association where his primary responsibility is "coaching coaches." Since 1988 Guy has presented educational courses to over 3,500 coaches throughout the United States and in five foreign locations. He takes particular care in presenting the information in practical terms which coaches can put to use at their very next training session. Edson was a successful full time professional swimming coach for 15 years before joining ASCA in 1988, coaching high school, age group, and senior teams. He coached three individual age group national champions and age group team champions in New York, Illinois, and Minnesota. Guy is an ASCA Level 5 coach.

The ASCA Level 3 Physiology Course is a full day course designed to give coaches both a broad understanding of physiological principles and a working knowledge of season and workout design. The purpose of the course is to help coaches learn how to create a season training plan where day to day workouts are related to important seasonal goals. First the course presents the physiological basis for performance including the cardiovascular system, energy metabolism, swimming economy, types of training, fatigue mechanisms, and nutrition.

In the second half of the course the presenter will demonstrate a method for developing a season training plan for both an age group team and a senior team. The training plan begins with setting goals, then establishing the dates of the season, continues with defining the components of workouts, setting priorities, establishing objectives for different cycles, and finally creating workouts. Guidelines for writing workouts and tips for running great workouts are also presented. A 200 page text plus two 20 page workbooks are included. This course is open to ALL coaches regardless of membership or certification level.

Officials Track

Presented by Pat Lunsford

Pat Lunsford is a highly decorated official with over 44 years experience. Pat has served on the Officials Committee since 1990, National Officials Chair 1998- 2002. Pat has been the National Championship Starter since 1984 in addition he has started 4 Olympic Trials; 3 Pan- Ams and Pan- Pacs; 1998 Goodwill Games; 2 World Championships & 2004 Olympics.

The Officials track will cover these topics and more- Our Kids Initiative, Philosophy and Professionalism in Officiating, Stroke and Turn Review, Conflict Resolution/ Judgment Call Protests, Starting Protocols, Referee Protocols/ Meet Preparation & Olympic Stories. There will be a 45 minute pool demonstration for starts.

Club Business Management School

Presented by Sue Anderson, Specialist, Club Development Department, USA Swimming

The Club Business Management School is offered by United States Swimming. This course is required for all new clubs. This exciting and unique workshop allows coaches and board member the opportunity to learn how to be effective in leading and governing their team. Coaches and Board members work together in learning about the new strategies to improve their club. During the course you will learn the ten basic responsibilities of a board, the three legal responsibilities of a nonprofit board, effective ways to communicate to your team, effectively recruit and train volunteers, how to govern more and manage less.

Parent Track

Presented by Jane Grosser

Jane Grosser is a current Swim Parent, active in Illinois Swimming. She has served as the Domestic and Age Group Coordinator & Camps Committee Chair.

Jane was on the Age Group Planning Committee, Illinois Swimming BOD as Swim-a-thon, Sr, Age Group, Secretary, USA Swimming Swim-a-thon Camps, weekend manager, Select Camp coach, director. Jane was a Competitive swimmer, 1975-83.

As a former Head coach & Head age group coach, Jane will offer an educated look at being a supportive swim parent to further help your swimmers. Topics discussed include, Why do kids swim and why do they quit, growth and development, nutrition, your role as a parent, your team and the coach & what does the future hold with swimming. Please take a few hours to learn how you can help your child's swimming career.

Registration

Registration for the conference, several tracks, and conference hospitality (buffet breakfast & lunch and a light cocktail social) will take place at Dewberry Hall in the lower level of the Johnson Center (center of campus). – only some activities will occur at the Aquatic Center. More details will be provided in material acknowledging receipt of the registration.

Lodging

Rooms have been blocked at the Comfort Inn – University Center, 11180 Main Street, Fairfax, VA 22030, 703-591-5900.or 800-223-1223 Request rooms blocked under Potomac Valley Swimming October Swimposium to get a preferred rate.