

Dear PVS Member:

Please mark Saturday, October 3, 2009 on your calendar.

PVS will host our third Swimposium on October 3rd, and I want to make sure that you are there. The event will feature some of the Nation's finest athletes, coaches and officials who will educate, inspire and entertain us throughout the day.

The Swimposium is designed to have topics of interest to athletes, parents, coaches, officials and club leadership. There will be separate "tracks" for each of these groups, plus plenty of opportunity to mix and socialize over breakfast & lunch.

Five distinct tracks will be offered. The athlete track will feature Olympians Rowdy Gaines, Kate Ziegler, and Randall Ball. Sue Anderson of USA Swimming will be featured for the parent education track, representatives of the Club Development/ Performance department from USA Swimming for the coach's track, Peter Clark for the club business management track and Dan McAllen for the official's track.

Based on the popularity of our past Swimposiums we are expecting a large turnout and have reserved facilities at Georgetown Preparatory School for the event. We will be using their state of the art aquatic facilities for demonstrations and we have plenty of space for attendees to mingle with our presenters and visiting athletes.

Registration for this event is available now. An early registration discount will be offered through September 20, 2009. If you register on or before September 20, 2009 the fee is \$25.00. If you register after September 20, 2009 the fee is \$35.00.

I look forward to seeing you on October 3rd for what promises to be an outstanding event.

Greg York
General Chair
Potomac Valley Swimming

Potomac Valley Swimming
2009 Swimposium
October 3, 2009
Georgetown Preparatory School
10900 Rockville Pike
North Bethesda, MD 20852

Registration Form

Please check one:

Athlete Track*

_____ 7:30am – 8:00am check in

Parent Track*

_____ Check in- Age Group Parent 7:30am -8:00am

_____ Check in- Senior Parent 7:30am – 8:00am

Coaches College*

_____ Check-in 7:00 am - 7:45 am

Club Business Management School*

_____ Check-in 7:30am 8:15am

Officials Track*

_____ Check-in 7:30 am - 8:15 am

The Coaches, Club Management and Officials tracks are full day sessions.
The Athlete and Parent tracks are ½ day sessions.

Potomac Valley Swimming, Inc. will provide a buffet breakfast & lunch. 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? _____

With what team are you or your swimmer(s) registered? _____

Fees:

*** Checks ONLY please, Payable to: Potomac Valley Swimming.**

Registration fee through 09/20/2009: \$25.00 per person

Registration after 9/20/2009: \$35.00 per person

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

Tracks & Presenters

Athlete Track Presented by Rowdy Gaines, Kate Zeigler & Randall Ball

Breakout Clinics

Offered for 8 - 18 year old Swimmers

Learn championship performance techniques from three world-class athletes – Rowdy Gaines, Olympic gold medalist and one of the nation's foremost swim clinicians and Olympic swimmers and National Team Members Kate Ziegler & Randall Ball. Receive small-group personal instruction in the water on all four strokes. Understand how your body, mind and heart affect your swimming. Train against the world's top swimmers! Ask questions, get autographs and take photos with the athletes! Receive a BREAKout! T-shirt, poster, DVDs and other souvenirs! For additional information about the clinics, please visit www.breakoutswimclinics.com.

Bio Information on Athlete track presenters

Rowdy Gaines - www.rowdygaines.com

"The Fastest Swimmer on Earth"

Throughout the 1980s, Rowdy Gaines was the fastest swimmer on the planet, and his many world records confirmed his place in swimming history. The Olympic Boycott of 1980 came during the peak of his career, when he set world records in the 100-meter and 200-meter freestyles. That year, Swimming World Magazine voted him World Swimmer of the Year and he was predicted to win five Olympic gold medals in Moscow. Following a brief retirement after the boycott, the allure of competition proved strong and he returned to the pool, where Rowdy the consummate technician resumed his attack on the record books. At the 1984 Summer Olympics in Los Angeles, he was not expected to medal but instead capped his phenomenal career with three gold medals and two world records. At those Olympic Games, no swimmer won more races than he did with his first place finishes in the 100-meter freestyle, the 4x100 meter freestyle and 4x100 medley relays.

In 1991, the swimming world was shocked to hear that Rowdy had contracted Guillain-Barre Syndrome, an inflammatory disorder of the peripheral nerves. Partially paralyzed for over a month, Rowdy fought back and overcame the disorder with the love and support of family, the swimming community and knowledgeable medical professionals. As Rowdy says, "Swimming literally saved my life. My doctors explained that my significant lung capacity from swimming spared me from having to breathe with a respirator." One year later he went on to the World Masters Championships and won the glamorous 50-meter and 100-meter freestyle events in his age group. Fueled by Original Limu and Blu Frog Energy, Rowdy continues a daily regimen of swimming and training, and in the US Masters Nationals in May 2009 Rowdy broke three national records for his age group in freestyle events.

Kate Ziegler - <http://www.kateziegler.net/>

Kate trains with coach Ray Benecki and his club team, The Fish, in Great Falls, Virginia.

Kate Ziegler already has 4 World Championships, American Records, and is a 5-Time National Champion, but she is just getting started. At 18 years old, Kate became one of the top distance swimmers in the US. Kate recently became the second woman in history to break the 16-minute barrier in the 1,500-meter freestyle. Kate is an active student at George Mason University.

Randall Ball - http://www.gostanford.com/sports/m-swim/mtt/bal_randall00.html

One of the top swimmers in the nation ... Should contend for points at the NCAA Championships ... Ranked 2nd in the world in the 50m back (25.37) and 5th in the 100m back (54.93).

National Competition: Won gold medal in the 50m back and finished fourth in the 100m back at the 2001 FINA World Championships ... Took second in the 100 back (55.00) at the 2001 Spring

U.S. Nationals to qualify for the World Championships ... Placed 12th in the 100m back (56.82) and 13th in the 200m back (2:03.65) at the 1999 Summer Nationals ... Finished 6th in the 100m back (57.39) and 18th in the 50m free at the 1999 Spring Nationals ... Spring National age-group champion in 50m free (17-18) ... Had qualifying times for the Olympic Trials in three events ... Traveled to Sheffield, England with the U.S. Junior National Team in 1997 ... Also a member of the Junior National Team in 1998 ... Won the 100m backstroke at the Junior National Championships West in 1997 ... Ranked in the top 10 nationally for 18-and-under in three events ... Has swum for Mike Hastings at California Capital Aquatics since he was 4.

Parent Track Presented by Sue Anderson

Features the new United States Swimming Parent Handbook and CD. Provides valuable information about how to support your swimmers now and at the “next” level from a former coach and elite athlete.

Sue Anderson is a former coach and team owner who has served United States Swimming for many years. Sue has been the Eastern Zone Representative for United States Swimming, the Camps coordinator for United States Swimming and currently is working in the Sports Performance Department in Colorado Springs.

Coaches College Presented by Club Development Department-USA Swimming

A Coaches College of services and information available from USA Swimming including athlete nutrition, navigating and using the USA Swimming Website, Dart Fish, Dart Swim, and much more.

Subjects covered will include:

- The Latest Techniques : [Power Point Presentations shown to USA Swimming National Team Coaches]
- Starts (45 minutes),
- Breaststroke (45 minutes),
- Backstroke (45 minutes) How to Use DartFish (Informal Discussions)
- How to Incorporate Video into Your Program (Power Point Presentation - 30 minutes)
- Season Planning (Informal Discussions)
- Workout evaluation and training software (Informal Discussions)
- Setting up dry-land and swim-power training systems (Informal Discussions)
- How to Talk to Your Athletes About Nutrition (Power Point Presentation - 30 minutes)
- Race analysis capture and application (Informal Discussions)
- The Top 5 USA Swimming Services for Coaches – And How to Use Them (Power Point Presentation - 30 minutes)

Club Business Management School Presented by Peter Clark, USA Swimming Club Development Department

The Club Business Management School is offered through USA Swimming and is required for all new clubs. This exciting and unique workshop teaches coaches and club board members how to effectively lead and govern their clubs. Coaches and board members are taught how to work together to implement strategies that insure a healthy and profitable 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 with your team, how to effectively recruit and train volunteers and how to govern more and manage less.

Officials Track Presented by Dan McAllen

The theme of the Officials Track will be “Your journey: from Apprentice Stroke & Turn Official to the National Championship Deck including all the stops and (and some of the characters) along the way.”

Dan is a member of the USA Swimming Officials Committee and a former USA Swimming National Officials Chair. He has been a USA Swimming Official for 29 years and is also a certified official for NCAA and NFHS. He has held many positions on the board of his LSC, including General Chair, Officials Chair, Board of Review Chair and Safety Chair. His experience includes five times as the Meet Referee of the USA Swimming National Championships.

Attendance at the Swimposium can be used to fulfill the clinic requirement of the bi-annual re-certification for the Stroke and Turn, Starter, and Referee positions. It cannot be used as an initial certification clinic at any position.