



Swim Coach Clinic – *A swimmers first two years*



Conducted by USA Swimming

Date: Saturday January 22, 2011

Time: 11:00Am – 3:00PM

Location: Leahy-Holloran Community Center
1 Worrell Street
Dorchester, MA

This clinic will focus on the skills and strategies a coach needs to teach young swimmers to insure a solid swimming foundation & a love for the sport. Topics to be covered include:

Big Picture Planning
Stroke Drills (Freestyle, Breaststroke, Backstroke, Butterfly)
Program structure
Building your team from the bottom up
Practice priorities for the beginner swimmer.

Clips from USA Swimming & ASCA newly released DVD - *Swim Essentials: Teaching the Fundamentals to Age Group Swimmers* will be shown as part of the clinic.

These Instructional DVD's will be available for all of our attendees

The Clinic will be led by the following:

Ben Sheppard -

Ben graduated from The Bolles School in 1993 and went on to the University of Florida. He later transferred to the University of California at Berkeley. While in college been co-founded the Oakland Community Pools Project, and the Oakland Undercurrent Swim team. He has been the Head coach and Executive Director since 1997. During that time Ben spent four years as a graduate and volunteer assistant at UC Berkeley, working alongside Nort Thornton and Mike Bottom. Ben has had the opportunity to coach swimmers at the Olympic Trials, world championships, and NCAA championships. Through his work in the city of Oakland he has overseen over 5000 kids learning how to swim. He has a tremendous passion for making the sport of swimming available to people from all walks of life, regardless of class, color, sexual orientation, and gender.

Shuan Anderson –

Anderson joined the USA Swimming staff in 2009 following a very successful coaching career that included assistant coaching positions at Old Dominion University and the Tidewater Aquatics Club. He has also coached for the Greater Johnstown Dolphins in Johnstown, PA and Booker T. Washington in Norfolk, VA. As one of the founders of a non-profit, Diversity in Aquatics, and a faculty member in the department of Health & Physical Education at Norfolk State University, Anderson has championed numerous aquatic programs, swim lessons, water safety seminars, research projects, camps and clinics throughout the country as well as abroad. During his undergraduate studies at Penn State University, Anderson was a four-year member of the swim team and three-year member of the track team. He was also a member of Penn State's first Swimming & Diving Big Ten Championship Team. After attaining his B.S in Kinesiology from Penn State University, Anderson continued his education at California State University, Long Beach where he received his MBA in finance.

Chris Sheppard-

Coach of the Charles River Aquatics Dragons, 2008-2009 ASCA New England Age group coach of the year. Chris has been in leadership at CRA since its founding in 2005, first as aquatics director then as head coach and technique specialist. Chris has overseen the CRA program from its start with 35 lessons swimmers, to its current state, with over 750 lessons swimmers per session, 120 competitive team members, 5 New England records, several N.E. champions, and 9 USA Swimming top ten rankings.

Please RSVP to Andrew Murray, swim.team@bcnc.net before Jan 14. Any questions

A special thanks to BCYF, New England Swimming and USA Swimming for their support.