



## Swim Coaches Clinic – *Coaching Novice Swimmers*



### Conducted by USA Swimming

Date: Thursday March 15, 2012  
Time: 1:00PM – 5:00PM  
Location: BCYF - Curtis Hall Community Center  
20 South Street, Jamaica Plain, MA 02130  
Fee: Free  
RSVP: Andrew Murray, 617-653-3033, [swim.team@BCNC.net](mailto:swim.team@BCNC.net) - By 3/5/12

The Clinic will focus on practical skills, drills and strategies to coach novice swimmers. Learn skills to both give swimmers a solid foundation and instill a love for the sport. Topics will include:

**Proper Technique & Drills for Freestyle, Backstroke, Breaststroke & Butterfly**

**In-Water Technique & Drill Practice (coaches should bring swim suit)**

**USA Swimming Resources for Swim Coaches**

**New England Swimming Swimmer Diversity Initiatives**

The Clinic presenters will be:

#### **Miriam Lynch**

Miriam Lynch is a Senior Level Coach for Curl-Burke Swim Club as well as the Voluntary Assistant Coach Howard University Swim and Dive team where she swam during her college swimming career. During Miriam's coaching career, she has coached various ages and levels. During her time as the Head Coach of Lake Braddock Secondary School, Miriam led the Lake Braddock Bruins to a Dual District Champions and had a number District, Regional and State Team and Individual Titles. A number of her athletes have broken the local swimming records as well as continued their swimming careers at NCAA Division I College Programs. In addition to her coaching and swimming experience, Miriam serves as the Diversity Chair for Potomac Valley Swimming where she works with the PVS Diversity Committee implementing and promoting programs focusing on increasing the diversity efforts within the Washington D.C. area and beyond.

Miriam obtained her undergraduate degree from Howard University in International Business and her master's degree from George Mason University in Integration of Information Technology. Miriam teaches high school students Accounting, Economics and Personal Finance at Lake Braddock Secondary School in Virginia in addition to her swimming activities.

**Shaun Anderson**

**Sport Diversity Consultant**

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.