



INDIANA SWIMMING

VIRTUAL

COACHES CLINIC



WHEN: September 19, 2020

Presenter:

Megan Oesting:

2019 ASCA National Age Group Coach of the Year &
2020 ASCA World Clinic Presenter

Presentations Pre-Recorded: Available for viewing beginning on 9/19

To Register for Live Chat: [Click Here](#)

Rate: Free to all Indiana Swimming Registered Coaches

MEGAN OESTING PRESENTS:

“How I Spent My Summer Vacation”

and

“Little Team on the Prairie: How to Coach in a One Room Schoolhouse”

- Megan’s presentations will be pre-recorded & will be viewable beginning on Sept 19th
- To follow along, go to the Indiana Swimming Coaches page to find presentation handouts or click on links below
- Megan will also offer a “Live Chat on Zoom” to speak with Indiana Coaches about her presentations and talk swimming from 4:30-5:00pm on 9/19. Coaches must register to receive the Zoom Invite to the Live Chat

Saturday, September 19

INDIANA SWIMMING VIRTUAL COACHES CLINIC

Pre-Recorded
Available Beginning on
9/19 at 1:00pm EST

Megan Oesting: How I Spent My Summer Vacation

"How I spent My Summer Vacation: Plan, Adjust, Realign, Plan Again" and this talk will go through my original intent before COVID, how I adjusted based on circumstances, and how all this has affected my "plans" for the fall.

Follow Along with Megan’s Presentation: [Click Here to Access Handout](#)

- Overview of "Buckets": What I wanted to accomplish and why
- Switching to Dry Curriculum: Swimming without water
- Entering the Water: Experimenting within the Context
- Expanding with Agility: What more is possible here?
- Meets: Hopes and Reality, Logistics
- Now What: Fall constraints and Focus Points

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9/19 at 1:00pm EST

Megan Oesting: "Little Team on the Prairie: How to Coach in a One Room Schoolhouse"

This talk will discuss the challenges and logistics of limited pool space and needing to use what you have to meet the needs of diverse and varying athletes at the same time.

Follow Along with Megan’s Presentation: [Click Here to Access Handouts](#)

- Necessary but Not Ideal: Pros and Cons of Multi Age and Level Gathering
- Conversations on Theme, Asking for Tiered Focus
- Technique by Building Blocks (1.12)
- Training by Time vs Distance, Tiered Requests (3.2)
- Unified Goals: Better than Before, For Farther (2.16)
- Practice 2.2, 2.14, 2.15: Play by Play

4:30-5:00pm
EST

Live Chat with Megan Oesting (Via Zoom) Must Be Registered to Receive Link: [Click Here](#)

Guest Presenter



Megan Oesting is a former USA National team swimmer, UCLA national championship water polo player, and Masters swimming national champion who owns the Eastern Iowa Swim Federation, their Endless Pools lessons program, and MOST Swim Tech. Her MySwimEars are used all over the world fundamentally changing the way coaching is done in the sport of swimming. In her time in Iowa, her athletes have set and reset over 100 state records, posted over 30 swims in the All Time Top 100 Age Group rankings, half of which were in the top 10 all time, including 1 National Age Group Record. She was the 2019 Southern Zone Head Coach and the ASCA Age Group Coach of the year. Her purpose in coaching is to empower people to build trust in themselves and their ability to create the experiences they want to have in life. Megan is a certified Newfield Life Coach, helping clients of all ages reach their highest potential in their life goals.