



# COACHES CLINIC

## Pensacola, FL



### April 26-28, 2013

#### Hotel Information

Pensacola Courtyard by Marriott

451 Creighton Road, Pensacola, FL 32504

Rate of \$105/night. Call 850-857-7744 or go to [www.marriott.com/pnscy](http://www.marriott.com/pnscy) to reserve a room.

Reserve a room by April 4, 2012 for the special rate.

#### Clinic Information

University of West Florida

11000 University Parkway, Pensacola, FL 32514

#### PRESENTERS

**Scott Colby**, USA Swimming Sport Performance Consultant  
**Dave Thomas**, USA Swimming Sport Development Consultant  
**John Leonard**, ASCA Executive Director

Local Contact: Phil Kraus: [gpacswimcoach@gmail.com](mailto:gpacswimcoach@gmail.com)

**TO REGISTER:** Go to [USASwimming.org](http://USASwimming.org) then visit Member Resources > Coaches > Clinics & Workshops > Regional Coach Clinic

Scroll down the page to **Pensacola, Florida** link

For registration questions; Helen Uchiyama, 719-866-3529, [huchiyama@usaswimming.org](mailto:huchiyama@usaswimming.org)

Presented by USA Swimming, ASCA and Southeastern Swimming, this clinic brings affordable coach education to your entire staff from novice to senior level.

**Open to ALL coaches regardless of USA Swimming Membership**

#### Friday, April 26, 2013

##### WELCOME, Clinic Overview, Introductions

5:00 – 5:15 pm

##### The BACKSTROKE Revolution

What's being done by current world record holders isn't what you were taught. Find out what's new!

5:15 - 6:00 pm

##### Making Your Team Known for the Best TURNS AND FINISHES on the Planet

Learn drills and methods for teaching turns from novice to age group

6:15 – 7:30 pm

#### Saturday, April 27, 2013

##### Flowing FREESTYLE from Novice to Pro

Principles and drills to build, improve, and maintain an efficient freestyle for all ability levels

8:00 – 8:50 am

##### The Road Map to Success: SEASON PLANNING for Age Group through Senior

Simple systems to plan a season and put that plan into action daily at practice

9:00 – 9:50 am

##### The 'Holy Grail' : RACE STATS Every Coach Can Use Every Day

Learn how to make your swimmers efficient in practice and races every day without high tech gadgets

10:00-10:50 am

##### Different Strokes for Different Folks: BREASTSTROKE

What do all world class breaststrokers do, that you can teach your age group swimmers today?

11:00 – 11:45 am

##### Lunch – Optional - Cost of \$10/person for lunch

11:45 – 1:00 pm

##### TALKING TO ATHLETES AT MEETS

What to say, when to say it, and how to say it for lasting impact on performance

1:00 – 1:50 pm

##### WHAT DOES YOUR TEAM DO to be Successful?

Lightning fast interactive session discussing common issues and solutions from your fellow coaches

2:00 – 3:00 pm

##### 12 Rules of MODERN COACHING/TEACHING

Successful coaching tips for today's culture/society

3:15 – 4:00pm

##### DRYLAND Strength & Conditioning from Age Group to Senior

See the ins and outs of age-appropriate, progressive development of strength, power, and physical conditioning.

4:15 – 5:30 pm

##### Coaches Social at the University of West Florida

5:30 – 7:30 pm

#### Sunday, April 28, 2013

##### Gold Medal STARTS

See the latest techniques used by USA Swimming National Team members

8:00 – 8:50 am

##### COACHING NOVICES

The ins and outs to getting novices on the right track early on for future success

9:00 – 9:50 am

##### Become a NUTRITION/RECOVERY Expert in 60 minutes

Learn the essentials certified nutritionists say all swim coaches should teach their athletes.

10:00 – 11:00 am

##### Teaching BUTTERFLY with the Greatest of Ease

Teach efficient butterfly with simple drills and comfort to "rookies" of all age (include drills/progressions)

11:15 - 12:00 pm

##### Wrap Up

12:00 – 12:15 pm

A free CLUB LEADERSHIP & BUSINESS MANAGEMENT SCHOOL will be conducted from 1:00-6:00 pm on Sunday. To sign up contact Dave Thomas at [dthomas@usaswimming.org](mailto:dthomas@usaswimming.org) or 719-866-3573

**CLINIC REGISTRATION FEE \$60 for one coach or \$120 for an entire coaching staff**

The \$120 full staff registration fee is available until Monday April 22, 2013 at 8:00 am MT. After that all coaches must register at the individual coach rate of \$60.

**SPACE IS LIMITED, SO PLEASE REGISTER EARLY**