



COACHES CLINIC



Presented by USA Swimming in conjunction with Illinois Swimming

October 1-3, 2010

Hilton Lisle/Naperville, 3003 Corporate West Drive, Lisle, IL 630-505-0900, or
Hilton Chicago/Northbrook, 2855 N. Milwaukee Av., Northbrook, IL 847-480-7500, or

October 15-17, 2010

Hilton Springfield, 700 East Adams St., Springfield, IL 217-789-1530

PRESENTERS

A USA Swimming Sport Performance and Sport Development Consultant

Actual registration information will be forthcoming

Local questions: Pete Kozura pkozurailswim@sbcglobal.net

USA Swimming and Illinois Swimming are presenting a program to bring very affordable regional coaches clinics throughout the state. USA Swimming's goal is to raise the level of coaching and swimming through educational training programs. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

SCHEDULE OF EVENTS (tentative-subject to change)

Friday, October 1st or 15th

Welcome, Clinic Overview, Introduction

5:00 - 5:15 pm

Traits of Highly Successful Programs

Learn what the most successful USA Swimming teams have in common and how to apply these ideas to your program

5:15 - 6:30 pm

Gold Medal Starts

See the latest techniques used by USA National Team members

6:45 - 7:45 pm

Coaches Social

7:45 pm

Saturday, October 2nd or 16th

Growth & Development of the Age Group Swimmer - Coaching the Early/Late Maturer

What to do with the early maturing athlete and how to keep the late maturing athlete in the sport and other similar topics will be covered in this presentation. Also covered are general psychological and physiological traits of the developing athlete.

8:30 - 10:00am

All about Season Planning - The Roadmap to Success

Get your Athletes where you want them year after year. Writing your Season Plans that lead to success. Age Group and Senior Season Plans the difference and how to connect the two.

10:15 - 11:15am

Lunch (on your own)

11:30 - 1:00 pm

Aerobic & Anaerobic Conditioning

White, Pink, Red, EN1, EN2, SP1...Making Sense of the Energy Zones - Find the optimum balance at the correct developmental level. Understand how to use test sets and what they mean. Learn the physiology behind the training.

1:00 - 2:00 pm

Dryland Strength & Conditioning from Age Group to Senior

Effective Robust Dryland for Robust Athletes. Learn the ins and outs of long term strength, power, and physical conditioning. Getting it Right - developmentally appropriate Dryland. Does your Dryland program train the swimmer for swimming? Harder is not always better.

2:15 - 3:15 pm

Successfully Managing Your Coaching Staff - Ready, Set, Manage!

Are you managing your club, or is your club running you into the ground?

3:30 - 4:30 pm

Q & A Panel Discussion

4:45 - 5:45 pm

Sunday, October 3rd or 17th

Freestyle made easy

Review of Freestyle video of National team members and age group swimmers. Tips and techniques to build a great freestyle

8:30 - 9:30 am

The Backstroke Revolution

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

9:45 - 10:30 am

Teaching Butterfly by Breaking all the Rules of Swimming Mechanics

Teach butterfly with ease and comfort to rookies of all ages

10:45 - 11:30 pm

CLINIC REGISTRATION FEE \$60.00 FOR ONE COACH • \$120 FOR ENTIRE COACHING STAFF