



## Spring 2016 Chicago Area Clinic Registration

April 29-May 1, 2016

Featured speakers include:

**Kathleen Prindle:** PAQ Head Coach, USA Swimming Senior Development Executive Committee and ASCA Board member

**Kate Lundsten:** Aquajets Head Coach, USA Swimming National and Junior National Team Assistant Coach

Kathleen and Kate will each give several talks on a variety of topics including training, team culture, career planning, etc., and will also lead an on deck coaching session.

**Carolyn Grevers:** Scout Aquatics Head Coach – Carolyn will discuss creating a dryland program to progress from AG to SR

**Jessica Bogie:** Delta Aquatics Head Age Group Coach – Jessica will discuss keeping age group practices productive yet fun

**Hotel:** Residence Inn-Deerfield, 530 Lake Cook Road, DF, IL 60015 (847) 940-4644. Rate is \$95 +tax and includes breakfast

A block of rooms has been set up under “**Illinois Swimming Women in Coaching Clinic**” please call to set up a reservation

**Clinic Location:** Deerfield High School, 1959 Waukegan Road, DF, IL 60015 (hotel is 2.5 miles/10 minutes away)

**General Schedule:** Reception Friday evening (4/29); 8:30-5:30 + dinner Saturday (4/30); 8:30-1:30 Sunday (5/1)

**Registration Fee:** Before 4/4/16: \$60.00 per person; on or after 4/4/16: \$70.00 per person

Fee includes all talks, breakout sessions, on deck coaching sessions, plus lunch and dinner on Saturday, April 30<sup>th</sup>

**Illinois coaches:** Remember you can apply for the Coaches Education Grant to cover the cost of the clinic registration fee for multiple coaches, up to \$300

**Please contact Illinois Swimming Coaches Representative Nancy Reese at [nancy@teamcoho.org](mailto:nancy@teamcoho.org) with any questions**

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### Women in Coaching Clinic Registration, April 29-May, 2016: Deerfield, IL 60015

Please complete and submit the bottom of this form with payment to the Illinois Swimming Office at:

Illinois Swimming Inc. / 1400 E. Touhy Ave, / Suite 410 / Des Plaines, IL 60018

Club: \_\_\_\_\_ Number of coaches: \_\_\_\_\_ X \$60 (before 4/4/16) = \$ \_\_\_\_\_  
-OR- X \$70 (on/after 4/4/16) = \$ \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Names of coaches attending: \_\_\_\_\_

(Use back of form if necessary)

Please make checks payable to “Illinois Swimming”