



# **USA Swimming**

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## **Swimposium Clinician**

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### **RUSSELL MARK**

**USA Swimming National Team High Performance Consultant**

**Indiana Swimming Coach Education & Development Workshop**

**Athlete Technique and Performance**

**Friday, September 27: 5:00 PM – 8:00 PM**

**North Central High School - Indianapolis – Room L650**

RUSSELL MARK is a USA Swimming National Team High Performance Consultant. He is an adviser for the development of Team USA Olympic swimmers, working directly with them and their respective coaches, providing training and racing feedback and steps for improvement. For the last 10 years, Russell has studied countless hours of film, and talked technique with the best coaches and swimmers in the world so that he could understand the intricacies of all the strokes. With this knowledge, he has worked directly to help the USA National Team, given hundreds of lectures on swimming technique, and contributed to many books and research articles.

Russell will be addressing the Indiana Swimming coaches on Friday evening as part of Indiana Swimming's coach education and development initiative. Russell is a dynamic presenter and will be sharing his expertise about athlete technique and performance, much of which will be based on his experiences this past summer with the USA Swimming FINA World Junior Team which featured the best club swimmers in the United States including Indiana's own Jake Mitchell and Wyatt Davis.

A coach social will be held following the workshop at a nearby location. Don't miss this special opportunity to learn from and interact with one of the most respected coaching experts in the country!