



REGIONAL COACH CLINIC

DES MOINES, IA



WHEN: SEPTMEBER 20-22, 2019

PRESENTERS:

Jay Chambers, USA Swimming Sport Performance Consultant
Scott Colby, USA Swimming Sport Performance Consultant
Abigail Howard, Associate Counsel and Director of Safe Sport
Randy Julian, USA Swimming Sport Development Consultant

Presented by USA Swimming, ASCA and Iowa 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, September 20, 2019

4:30-4:45pm	Welcome, Clinic Overview, Introductions
4:45-5:30pm	Fantastic TURN & FINISHES See the latest techniques used by USA Olympic Team members
5:45-6:30pm	Become a NUTRITION & RECOVERY Expert in 45 minutes Essential information all swim coaches should teach their athletes
6:45-7:30pm	Better BACKSTROKE Moving fast upside down & backwards – the hardest skill in any sport
7:30-7:45pm	Coach Reflection Small group discussion on Friday's topics

Saturday, September 21, 2019

8:00-8:45am	How to Develop GRIT & GROWTH MINDSET in Your Athletes Learn how to apply the latest brain science to everyday coaching, to develop "talent" so it "sticks" for all ages
9:00-9:45am	Teaching BUTTERFLY with the Greatest of Ease Teach efficient butterfly with simple drills and comfort to "rookies" of all ages (includes drills/progressions)
10:00-10:45am	Strengthen your TEAM CULTURE Discover what is in your toolkit
11:00-11:45am	The "Holy Grail": RACE STATS Every Coach Can Use Every Day for Every Swimmer How to make your swimmers of all ages efficient in practice and races without high tech gadgets
11:45am-Noon	Coach Reflection Small group discussions on Saturday's topics
Noon-1:30pm	LUNCH - On Your Own
1:30-2:15pm	Flowing FREESTYLE from Novice to Pro Principles and drills to build, improve, and maintain an efficient freestyle for all ability levels
2:30-3:00pm	Learn the SECRETS TO SUCCESS in this Room! Lightning fast interactive session discussing common issues and solutions from your fellow coaches
3:00-3:45pm	COACHING PARENTS on Your Team Developing and maintaining a positive Coach-Parent-Athlete relationship
4:00-6:00pm	POOL SESSION: See drills that work demonstrated live with young athletes from Des Moines Swim Federation Presenters will take swimmers through drill progressions with athletes @ Valley High School 3650 Woodland Ave, West Des Moines, IA 50266

Sunday, September 22, 2019

8:00-8:45am	DRYLAND Strength & Conditioning from Age Group to Senior Considerations for design and implementation with real-life examples
9:00-9:45am	BREASTSTROKE: Different Strokes for Different Folks What do all world class breaststrokers do that you can teach your swimmers today?
10:00-10:45pm	Gold Medal Starts See the latest techniques used by USA National Team Members
11:00-11:30am	Underwater Dolphin: The 5th Stroke Taking it from weak to good to great
11:30-11:45am	Coach Reflection Small group discussion on Sunday's topics
1:00-6:00pm	CLUB LEADERSHIP & BUSINESS MANAGEMENT 201- <u>this class requires a separate registration</u> ** Email Randy Julian at rjulian@usaswimming.org for registration*

CLINIC REGISTRATION FEE \$89 per coach or \$229 for an entire coaching staff of 3 or more. The \$229 full staff registration fee is available until Monday, September 16, 2019 at 8:00 am MT. After that all coaches must register at the individual coach rate of \$89. SPACE IS LIMITED, SO PLEASE REGISTER EARLY