



# REGIONAL COACH CLINIC DES MOINES, IA



**WHEN: SEPTMEBER 20-22, 2019**

## CLINIC INFO:

Sheraton West Des Moines Hotel  
1800 50th St. West Des Moines, IA 50266  
Rate of \$138/night and includes breakfast for 2. Call 515-223-1800 or click [here](#) to reserve a room.  
Reserve a room by August 29, 2019 for the special rate.

### 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.

### TO REGISTER:

Go to [www.usaswimming.org/regionalcoachclinic](http://www.usaswimming.org/regionalcoachclinic)  
Click on the date for the Des Moines, IA RCC  
For registration questions; Sydney Pinello, 719-866-4257, [spinello@usaswimming.org](mailto:spinello@usaswimming.org)

### 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- this class requires a separate registration**

\*\* Email Randy Julian at [rjulian@usaswimming.org](mailto: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