



REGIONAL COACH CLINIC CHARLESTON, SC



WHEN: February 8-10, 2019

PRESENTERS:

Scott Colby, USA Swimming Sport Performance Consultant
Jay Chambers, USA Swimming Sport Performance Consultant
Dave Thomas, USA Swimming Sport Development Consultant

Presented by USA Swimming, ASCA and South Carolina 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.

CLINIC INFO:

St. Julian Devine Community Center
1 Cooper St., Charleston, SC 29403

HOTEL INFO:

There is a room block at the Courtyard Charleston Waterfront (35 Lockwood Drive Charleston SC 29401)
Rate of \$125/night. Call 843-722-7229 or click [here](#) to reserve a room
Reserve a room by January 25, 2019 for the special rate.

TO REGISTER:

Go to www.usaswimming.org/regionalcoachclinic
Click on the date for the Charleston, SC RCC
For registration questions; Sydney Pinello, 719-866-4257,
spinello@usaswimming.org

Friday, February 8, 2019

4:30-4:45pm

Welcome, Clinic Overview, Introductions

4:45-5:30pm

'Gold Medal STARTS, the UNDERWATER WEAPON & Fantastic FINISHES

See the latest techniques used by USA Olympic Team members and how to teach your athletes these skills

5:45-7:00pm

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

Saturday, February 9, 2019

8:00-9:00am

COACHING EFFECTIVELY in the 21st Century

Learn how to apply the latest brain science to everyday coaching, to develop "talent" so it "sticks" for all ages

9:15-10:30am

LONG AXIS STROKES Freestyle and Backstroke

Principles and drills to build, improve, and maintain freestyle and backstroke techniques for all ability levels

10:45-12:00pm

Teaching SHORT AXIS STROKES with the Greatest of Ease

Teach efficient butterfly and breaststroke with simple drills to "rookies" of all ages

12:00-1:30pm

LUNCH - On Your Own

1:30-2:45pm

Make Your Team Known for the Best TURNS and on the Planet

Learn Drills and Methods for Teaching Turns from Novice to Senior

3:00-3:45pm

Learn the SECRETS TO SUCCESS in this Room!

Lightning fast interactive session discussing common issues and solutions from your fellow coaches

4:00-6:00pm

POOL SESSION: See drills that work demonstrated live with young athletes

Presenters will take swimmers through drill progressions @ Martin Luther King Jr. Pool

155 Jackson St, Charleston, SC 29403

Sunday, February 10, 2019

8:30-9:30am

DRYLAND Strength & Conditioning from Age Group to Senior

Considerations for design and implementation with real-life examples

9:45-10:45am

INVISIBLE TRAINING Your Athletes Need to Do Outside the Pool

Essential successful coaches teach their athletes about Nutrition, Sleep, and Recovery

11:00am-12:00pm

SEASON PLANNING

The ideal components for novice, age group, and senior athletes

1:00-6:00pm

CLUB LEADERSHIP & BUSINESS MANAGEMENT 201- this class requires a separate registration

** Email Dave Thomas at dthomas@usaswimming.org for registration*

CLINIC REGISTRATION FEE \$75 per coach or \$200 for an entire coaching staff of 3 or more. The \$200 full staff registration fee is available until Monday, August 20, 2018 at 8:00 am MT. After that all coaches must register at the individual coach rate of \$75. SPACE IS LIMITED, SO PLEASE REGISTER EARLY