



# COACHES CLINIC

## New Jersey

USA Swimming Clinic and  
Optional ASCA Level 2 Stroke School

The purpose of the ASCA Level 2 Stroke School is to present to coaches: 1) an understanding of the basic biomechanics and physical principles applying to all strokes; 2) current thinking on technique and video clips of world class swimmers including discussion on effective versus efficient techniques, advantages and uses of each; 3) specific teaching progressions, drills, and teaching tips for the 4 competitive strokes, all turns, forward starts, and backstroke starts; 4) principles of teaching including managing the environment, teaching and learning styles, and specific teaching techniques. The desired result of the course is to give coaches tools for constructing good strokes, starts, and turns, for spotting errors in techniques, and drills and tips for correcting errors. This edition of the ASCA Level 2 School will focus on skills and progressions for developing age group swimmers. A 70 page manual and 60 pages of handouts are included. A PowerPoint presentation with tons of video clips is used. Separate registration and separate fee of \$59 payable to ASCA. Contact Guy Edson at [gedson@swimmingcoach.org](mailto:gedson@swimmingcoach.org) or 800-356-2722.

Presented by USA Swimming in conjunction with New Jersey Swimming

**April 16-18, 2010**

Lincoln Community School  
208 Prospect Avenue, Bayonne NJ 07002

**ASCA level 2 Stroke School (optional class)**

**Fri. 9:00 AM – 4:00 PM Cost \$59.00**

**Contact Guy Edson @ ASCA 800.356.2722**

### PRESENTERS

**Scott Colby** USA Swimming Sport Performance Consultant  
**Guy Edson** American Swimming Coaches Association  
**Peter Clark** USA Swimming Sport Development Consultant

[Click here to register for the clinic](#) or see the info with the link to register on the COACHES tab of the USA Swimming website. For registration questions; Helen Uchiyama, 719-866-3529, [huchiyama@usaswimming.org](mailto:huchiyama@usaswimming.org)

Site Contact: Mohamed Abdelaal [mka334@optonline.net](mailto:mka334@optonline.net)

USA Swimming's goal is to raise the level of coaching and swimming through educational training programs. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

### SCHEDULE OF EVENTS

#### Friday, April 16

<b>Welcome, Clinic Overview, Introduction</b>	5:00 - 5:15 pm
<b>Does Your Club Do This?</b> Learn what the best clubs of America have in common and how to apply these ideas to your program	5:15 - 6:00 pm
<b>USA Swimming Programs &amp; Services</b> What we can do for you – find out the “best kept unintentional secrets” of USA Swimming.	6:45 – 7:30 pm
<b>Coaches Social</b>	7:30 pm

#### Saturday, April 17

<b>Gold Medal Starts</b> See the latest techniques used by USA National Team members	8:00 – 9:00 am
<b>Making Your Team Known for the Best Turns on the Planet</b> Learn drills and methods for teaching turns from novice to age group	9:15 – 10:15 am
<b>Age Group Season Planning: Forget everything you think you know!</b> A simple system to plan a season and put that plan into action daily at practice.	10:30 – 11:30 pm
<b>Lunch (on your own)</b>	11:30 - 1:00 pm
<b>The Backstroke Revolution</b> What's being done by all the world record holders isn't what you were taught. Find out what's new!	1:00 – 1:45 pm

<b>Teaching Butterfly by Breaking All the Rules of Swimming Mechanics</b> Teach butterfly with ease and comfort to “rookies” of all ages	2:00 – 3:00 pm
<b>Different Strokes for Different Folks:</b> What do all world class breaststrokers do, that you can teach your age group swimmers today?	3:15 – 4:00 pm
<b>“I’ve been meaning to ask...”</b> Ask any question to our panel of experts	4:15 – 5:15 pm

### Sunday, April 18

<b>The ‘Holy Grail’: Race Analysis Every Coach Can Use</b> Learn how to make your swimmers efficient in practice and races everyday without high tech gadgets.	8:00 – 9:00 am
<b>How to Improve Your Stay-ability</b> Make the parental critics your ally and motivate the apathetic ones to action.	9:15 – 10:30 am
<b>Become a Nutritional ‘Expert’ in 60 minutes!</b> Learn the essentials certified nutritionists say all swim coaches should teach their athletes including correct cool-down techniques.	10:45 – 11:45 pm

**CLINIC REGISTRATION FEE \$25.00 to be refunded upon attendance for USA Swimming registered New Jersey Coaches**

**CLINIC REGISTRATION FEE \$50.00 for one coach or \$100 for an entire coaching staff. For Non New Jersey Coaches**

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