

# THE 29th ANNUAL CENTRAL STATES SWIM CLINIC and ASCA Schools

**Saturday and Sunday  
MAY 13th -- 16th, 2010**

**[OAK BROOK MARRIOTT HOTEL](#)**

**1401 WEST 22nd STREET  
OAK BROOK, ILLINOIS 60523  
(630) 573 - 8555**

This clinic is run by and sponsored by: Susan Davis, Mark Schubert & Jill Greenleaf. It is not an ASCA run Clinic. ASCA is present at the clinic to run schools and a membership services table in the exhibit hall. For full details on the clinic visit their web page at: [http://www.swimclinic.com/central\\_details.html](http://www.swimclinic.com/central_details.html)

Established in 1981, the Central States Clinic is the most comprehensive and personalized coaches' clinic in the United States. **This is an excellent clinic exclusively for the education & advancement of coaches & swimmers.**

The 2009 Clinic proudly offers the following **prestigious line-up of speakers** and the special opportunity to meet and work with **Olympic swimmers Aaron Piersol, Brendan Hansen and Dana Vollmer.**

- **Jack Bauerle:** '08 Head Olympic Coach, Asst. Olympic Coach '00, Head Coach Georgia Men & Women
- **Teri McKeever:** Asst. Olympic Coach '08 & '04, Head Women's Coach Cal Berkeley, NCAA Champions '09
- **Eddie Reese:** Olympic Head Coach '08, '04 & '00, 9 NCAA Team Titles & Head Coach U of Texas
- **Bob Steele:** USA Master Coach Consultant & former Director of Athlete & Coach Development
- **Alan Goldberg:** Applied Sports Psychologist & Author
- **Brendan Hansen:** Olympic Gold Medalist '04, Bronze Medalist '00 & World Record Holder
- **Dana Vollmer:** Olympic Gold & Bronze Medalist '04, World Gold & Silver Medalist
- **Aaron Piersol:** 3 Time Olympian '00, '04, '08, 5 Gold & 2 Silver Medals, World Record Holder

## ASCA Schools

**If you wish to register for these additional courses**, please note in the appropriate space on the clinic registration form and include payment payable to Central States Swim Clinic. These courses may be attended separately or in conjunction with the clinic. **Do Not Call ASCA to Register. Registration form can be found here:** [http://www.swimclinic.com/central\\_registration-form.html](http://www.swimclinic.com/central_registration-form.html)

### **\*Dryland Training (May 13th 1pm-5pm) \$50.00**

This course centers around the development of a complete dryland training program for your team from age group to senior swimmers. The course explores all methods and types of training and provides appropriate background science for the concepts involved in creating a comprehensive dryland program. (15 education credits)

### **\*Coaching the Novice Swimmer (May 13th: 6pm- 9pm) \$50.00**

This course is designed for the newer coach who has pre-team to novice level swimmers who swim ugly freestyle, sit-down-in-the-water backstroke, unrecognizable breaststroke, and non-existent butterfly. They float off the wall with maybe one leg and have the streamlining of a Mac truck. Some are listening to their parents instead of you, and the rest are underwater, and you have 26 kids like this all by yourself. This course is about managing the group and managing your time, fundamental progressions for each of the strokes, managing parents, keeping your patience, having fun, and making real progress with young swimmers. A 30 page handout is included. (15 education credits)

**\*The Stroke School (May 14th: 9am-5pm) \$60.00**

The Stroke School is designed to help coaches in the teaching of the fundamentals and correction of swimming strokes, starts and turns. The course covers “coach-friendly” material on the biomechanics and principles of swimming propulsion and their direct application to teaching strokes. Each stroke is covered in detail with teaching and correction tips. The emphasis will be on teaching techniques, teaching progressions, and drills. A large section of the book describes how to teach in a concise, useable fashion. Included in the course is a video exercise comparing your observations with those of experienced coaches looking at real age group swimmers. A 70 page manual and a 62 page PowerPoint handout are included. (20 education credits)

**\*Teaching Athletic Leadership (May 14th 6-9pm) \$65.00/person**

Previously ASCA has taught a class for just athletes. This course is for both coaches and athletes. Concepts to be covered will be what leadership is all about, how it applies in swimming, teaching the tools of being a leader & when to apply those tools. We will both teach the coach and teach the swimmer about leadership. This course is applicable to both real life and a swim team. It is designed so the coach & athlete can go home and educate their team about the skills of leadership.