
7th Annual FINIS Eastern Age Group Clinic

Presented by The American Swimming Coaches Association

Hosted by YMCA of the North Shore

Sponsored by FINIS



September 24 and 25, 2010

Crowne Plaza Boston North Shore

50 Ferncroft Road, Danvers MA 01923

(About 19 miles North of Boston Metro Area, Easy Access from I-95)

This is a clinic presented by age group coaches for age group coaches.

Speakers:

Sheri Stoddard, Swim Pasadena, California Sheri Stoddard has been the Head Coach and Head Age Group Coach of Swim Pasadena for the past 12 years. She has coached many, many National Age Group Top Ten Swimmers and numerous National Age Group Record Holders. Sheri was the ASCA Age Group Coach of the Year for California Swimming in 2007. Sheri is also adjunct Professor at Pasadena City College where she teaches Physical Education in the Kinesiology, Health & Athletics Division Recently she completed a DVD with Championship Productions on teaching and training breaststroke for developing swimmers. Sheri has a wealth of age group coaching experience she loves to share.

Russ Kasl, SwimMAC, Mecklenburg, North Carolina Russ Kasl is in his 9th year with SwimMac and his 20th year as an age group coach. Currently Russ is the Site Coach for the south Charlotte facility and the Lead Gold Coach for the top 11-12 year olds in the program. Russ also recently completed a DVD with Championship Productions on the teaching and training of butterfly for developing swimmers. Russ is very passionate about talking about technique related matters with practice design and really enjoys sharing the "attention to detail" side of coaching. Russ is one of the very awesome age group coaches out there "you never hear about" and you will gain a ton of new idea from him.

Guy Edson, ASCA Level 5 Age Group Coach Guy has 35 years of age group coaching experience, the last 20 of which has been almost exclusively with novice level swimmers. He takes delight is helping coaches with understanding fundamental progressions and teaching techniques. His PowerPoint presentations are filled with the likes of Sal, Alice, Lucky, and Laquisha – not exactly Olympians but swimmers you will immediately recognize because they look just like yours! Guy endeavors to bring coaches information that is practical and immediately useful.

Program

Friday, September 24:

8:30-3:30 ASCA Level 2 Stroke School, Special Edition for Coaches of Novice Swimmers

This course is being offered as a separate session with a separate fee. It is aimed at the newer coach who works with novice level swimmers but is open to all coaches. There are no pre-requirements and ASCA membership or Level 1 certification are NOT required. All attendees will receive the full Level 2 Stroke School manual and test, plus about 100 pages of handouts. Even if you are an experienced coach and are looking for a refresher on teaching techniques this is a good course. If you are a head coach SEND YOUR YOUNG STAFF MEMBERS TO THIS! The emphasis is on teaching techniques, progressions, and basic drills for developmental swimmers. While there will be some video clips of Olympians, over 90% of the over 100 clips will be of very novice swimmers -- just like yours. Taught by Guy Edson who works with novice swimmers every day.

4:00-4:30 Main Program Check in and registration.

4:30 – 5:10	Workouts by Objectives, How to Plan an Age Group Season	Guy Edson
5:25 – 6:05	Teaching Alignment and Posture, and Stabilization	Russ Kasl
6:20 – 7:00	Teaching Forward and Backstroke Starts	Sheri Stoddard
7:15 – 7:55	Principles of Communication – How We Talk to Age Groupers	Russ Kasl
8:10 – 8:50	The Most Important Freestyle Drills and How to Teach Them	Sheri Stoddard

Saturday, September 25

9:00 – 9:45	Basic Workout “Routines”	-- Things Too Important Not to Do	Russ Kasl
10:00 – 10:45	Teaching Backstroke – How to get them smooooth		Sheri Stoddard
11:00 – 11:45	Teaching Butterfly – Making it an easy stroke to do		Russ Kasl
1:00 – 1:40	Teaching Freestyle Turns – Drills and Teaching Tips		Guy Edson
1:50 – 2:20	Teaching Breaststroke – Timing, Beautiful Arms, Great Kicking		Sheri Stoddard
2:30 -- 3:10	Great Sets for Age Group Swimmers – The purpose and the process		Sheri, Russ, Guy
3:20 – 3:50	Tips for Running Great Workouts and Q&A		Sheri, Russ, Guy

Bottom line: this clinic is about managing and teaching age group swimmers!

Hotel (and Clinic site):

Crowne Plaza Boston North Shore. Distinguished Among Boston Area Hotels: Welcome to the Crowne Plaza® Hotel Boston North Shore and CoCo Key Water Resort. Thoughtfully located just five miles from historic Salem, Massachusetts, within driving distance of top New England attractions and only 19 miles north of the Boston metro area, this hotel's accommodations ensure a cozy haven for business and leisure travelers alike. Room Rates are only \$109 per night. To get this rate call 888-627-7203 and reference the YMCA of the North Shore Coaches Clinic. The cutoff date is Friday, September 10, 2010.

2010 Eastern Age Group Coaches Conference Registration Information

To Register please email the following information to Guy Edson at ASCA at clinics@swimmingcoach.org, or fax to 954-563-9813, or mail to ASCA, 5101 NW 21st Ave., Suite 200, Fort Lauderdale. FL 33309, or Call 800-356-2722. (Note, the office will be closed August 30-Sept 5 as we will all be at the ASCA World Clinic.)

Level 2 Stroke School Special Edition: Special Rate of \$49 _____.
Friday Evening and Saturday Program: Just \$99 _____
Sign up for both for just \$125 (great deal!) _____

You may register on site, However, to be assured of receiving all handouts and manuals you must pre-register by September 13.

Name _____

Address _____

City, State, Zip _____

Email _____

Cell Phone _____

Credit Card Info (AmEx, Discover, Visa, MC accepted)

_____ exp _____

Signature _____