



# Legends of Texas Clinic 2010

**Fort Worth (TCU)**

**April 8-11, 2010**

| <b>Program</b>   |  |
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| <b>Thursday 4/8</b><br>(1:00-8:00 p.m.)                    | <b>Level 2 – The Stroke School</b><br>Presented by John Leonard, with numerous new video studies of the world’s best athletes and teaching progressions to develop those strokes. This is the ASCA Certification Course, with considerable new material over the past 12 months. This school focuses on the TEACHING of strokes.   |
| <b>Friday 4/9</b><br>(8:00 a.m.-6:00 p.m.)                 | 8:00 a.m. - Noon      Coaching at a Swim Meet – John Leonard (ASCA)<br>1:00 - 2:30 p.m. <i>“Developing the young, talented athletes on your team”</i><br>– Duffy Dillon (Fort Lauderdale Aquatics)<br>3:00 – 4:30 <i>[topic tbd]</i> – Steve Lochte (Daytona Beach Speed)<br>5:00 – 6:00 <i>Panel for questions: Dillon, Leonard &amp; Lochte</i>  |
| <b>Saturday 4/10</b><br>(8:00 a.m.-Noon<br>2:30-6:00 p.m.) | 8:00 – 9:00 a.m. <i>[topic tbd]</i> – Steve Lochte (Daytona Beach Speed)<br>9:15 – 10:15 <i>“Head Coach and Head Age Group coaches working in concert”</i><br>– Duffy Dillon & Jesse Vassallo (Fort Lauderdale Aquatics)<br>10:30 – 11:30 <i>“Coaching the 13-14 year old Age Group athlete”</i><br>– Ad’m Dusenbury (Mission Viejo Nadadores)<br>11:30 – Noon <i>Panel for questions: Dillon, Dusenbury, Lochte &amp; Vassallo</i><br><div style="background-color: #e0e0e0; padding: 5px; text-align: center;"> <i><a href="#">Legends of Texas Luncheon &amp; Induction – Noon-2:30 p.m.</a></i><br/>                         (separate ticket required • to register contact Steve Montgomery at <a href="mailto:steve.montgomery@daktronics.com">steve.montgomery@daktronics.com</a>.)                     </div> 2:30 – 3:30 <i>“Directing the Age Group program, what I believe in”</i><br>– Jesse Vassallo (Fort Lauderdale Aquatics)<br>3:45 – 4:45 <i>[topic tbd]</i> – Duffy Dillon (Fort Lauderdale Aquatics)<br>5:00 – 5:30 <i>“Teaching your athletes 3 simple rules for life, and their Application”</i><br>– John Leonard (ASCA)<br>5:30 – 6:00 <i>Panel for questions: Dillon, Leonard &amp; Vassallo</i> |
| <b>Sunday 4/11</b><br>(9:00 a.m.-Noon)                     | 9:00 – 10:00 a.m. <i>“Teaching the technical aspects of swimming... my most important points”</i><br>– Ad’m Dusenbury (Mission Viejo Nadadores)<br>10:15 – 11:15 <i>[topic tbd]</i> – Ron Forrest (Fort Worth Area Swim Team)<br>11:15 – Noon <i>Open group discussion: The best coaching advice I ever got was...</i>   |

**Hotel**

SpringHill Suites—Fort Worth University  
 3250 Lovell Avenue  
 Fort Worth, TX 76107  
 817-878-2554

Clinic rate: \$104 (single) /  
 \$124 (double) per night



**Cost**

ASCA members: \$95  
 non-ASCA members: \$150  
 (\$150 includes ASCA membership)

# FINIS Legends of Texas Clinic 2010

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## Speaker profiles

**Duffy Dillon** – Head Coach of Fort Lauderdale Aquatics, a USA Swimming Silver Medal club in the Florida Gold Coast LSC. At the helm of FLA, Duffy oversees broad-based aquatics programming which, in addition to the club team, incorporates a Masters team as well as programs for swimming lessons, swimming camps and diversity/outreach. He is a past member of the Board of Directors for USA Swimming, and served as General Chair of his LSC. He has been a head coach for the past 14 years, and coaching for over 20 years. He is an ASCA Level 5 certified coach.

**Ad'm Dusenbury** – Ad'm is currently the 13/14 Division Director at the Mission Viejo Nadadores in California. He began coaching for the Nadadores in May 2005, and since then has become an integral part of the program. He currently coaches swimmers in their last age-group group before they venture into senior level swimming. Prior to coaching with Mission Viejo, Ad'm coached club, college and high school swimming in San Antonio--for Alamo Area Aquatics, Trinity University and Clark High School.

**Ron Forrest** – At FAST in Fort Worth since 1996, Ron is one of the best established club coaches in the USA. He's a member of the USA National Team Coaches Roster, has qualified swimmers for the Olympic Games, the World Championships, Pan American Games, and Commonwealth Games. He's been the 2002 and 2004 Texas Senior Coach of the Year, ASCA Award of Excellence in 2002-'06. He's coached 22 Junior National qualifiers, 25 US Open qualifiers, 2 Olympic Trials qualifiers, and 2 Olympians, in addition to numerous top age group swimmers.

**John Leonard** – ASCA Executive Director since 1985, John is one of the best known names in swimming today. He's lectured all over the world, and serves on multiple USA Swimming committees, as well as the FINA Coaches Commission. Here, John will present the **ASCA Stroke School** with a vast assortment of new and interesting videos of world-class swimmers and will focus on the creation of great strokes in Age Group swimmers.

**Steve Lochte** – Coach of the Daytona Beach Speed in Florida, and father and coach of superstar Ryan Lochte, Steve has built a strong and consistent program in Daytona, which previous to his arrival was not a hotbed of swimming. His career began in snowy Rochester, New York where he first began producing outstanding athletes. Steve is a popular and engaging speaker, and we're pleased to bring him to the Legends of Texas Clinic for the first time.

**Jesse Vassallo** – Jesse's personal swimming career made him the most famous swimmer in history from the Caribbean, setting his first World Record at age 17. As a swimmer, he's a member of the International Swimming Hall of Fame. He has served five years as President of the Puerto Rico Swimming Federation, and moved back to South Florida in 2008 to coach in Fort Lauderdale. He is the Head Age Group Coach of Fort Lauderdale Aquatics.

## Registration form

Name: \_\_\_\_\_

Team: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Please select an option:

ASCA member (\$95)

non-ASCA mem. (\$150)\*

\*Price includes ASCA membership.

### Return completed form to:

American Swimming Coaches Association

attn: Legends of Texas 2010

5101 NW 21<sup>st</sup> Avenue, Suite 200

Fort Lauderdale, FL 33309

or by fax to: (954) 563-9813

**Method of payment:**  Cash  Check  Credit Card (Please make checks payable to ASCA)

*If paying by credit card, please complete this information:*

Card #: \_\_\_\_\_ Ex: \_\_\_\_\_ Signature: \_\_\_\_\_

ASCA accepts: Visa, MasterCard, American Express or Discover

**OR, You can register Online for the Legends Clinic here:**

<https://www.swimmingcoach.org/clinics/2010/LTCreg.asp>