

The 52nd annual 2010 NORTHWEST SWIM COACHES' CLINIC

Sponsored by **SPEEDO AMERICA** and the University of Puget Sound in cooperation with the PNS, ASCA, and the Washington Interscholastic Swim Coaches' Assn.

Speakers: **Speedo** Advisory Coaches: — **Chuck Batchelor**-Blue Fish Swim Club (Massachusetts) Coach of Olympian Elizabeth Beisel
Dick Hannula-Hall of Famer, former Olympic Team Coach, author, legend!!

WHEN: Saturday, Sept. 11, 2010

WHERE: **University of Puget Sound**, 1500 No. Warner, McIntyre Hall, Rooms 003, 103, and pool.

REGISTRATION: Advance registration will be accepted through September 4th (postmarked by September 4, 2010). Advance Registration cost: \$45 for ASCA and/or WISCA members. \$50 for non members. **You are urged to register early.** On site registration on the date of the clinic will be \$60. Lunch included in registration. Advanced Registration is recommended

Checks should be made payable to: **LOGGER SWIMMING**

Tentative clinic schedule: September 11, 2010

- 7:45 - 8:45 a.m. - Registration. Coffee and Bagels- Swim Shop visit, social
- 8:45 - 9:00 a.m. - Introduction/Announcements
- 9:00 - 9:50 a.m.- , Latest trends in free and backstroke technique – Chuck Room 003.
- 9:50 - 10:40 a.m.- Latest trends in butterfly and breaststroke technique - Dick, Room 003.
- 10:40 – 11:00 a.m. - Break – Swim Shop booth, social
- 11:00 – 12: 00 p.m. Club Coaches –Chuck - Developmental Transition in Age Group to Senior Room 003.
High School Coaches – Dick - Essentials for a Successful Season Room 103.
- 12:00 - 1:00 p.m. - Complimentary Lunch on Site - (Wash. H.S. Coaches Meeting in 103)
- 1:00 – 2:00 p.m.- Key essentials in Training, and Sample Workout Sets – Chuck Room 003
- 2:00 – 3:00 p.m.– Skills and Drills Review – Dick Room 003
- 3:00 - -3:30 p.m. – Break –Swim Shop and transition to pool..
- 3:30 - 4:00 p.m. – Pool Session, Building a Better Breaststroke – Dick
- 4:00 – 4:30 p.m.- Pool Session, Stroke Drills, Turns - Chuck

*****Clinic Director: Chris

Myhre

Registrations are to be mailed directly to Chris Myhre at this address; 1500 North Warner, Tacoma, WA 98416.

If you have questions, please email Chris Myhre, cmvhre@pugetsound.edu or call, 253-879-3146.

Sunday, September 12, 2010 – ASCA STROKE SCHOOL – Taught by Guy Edson

Directions to the University of Puget Sound and Clinic:

Traveling on I-5, north or south, exit onto Highway 16 towards Bremerton and Gig Harbor. Proceed west on Highway 16 to the Union Street exit. Turn right on Union through a series of stop lights to a stop light on No. 11th. Turn right on No. 11th. If you are going to the ASCA School on Friday, it is in the fieldhouse just beyond the parking lot on No. 11th St. If you are traveling to the clinic on Saturday proceed past the fieldhouse to Lawrence St. Turn left until the street ends in the center of the UPS campus. A parking lot is on the right. The Student Union Building is just in front of the parking lot. Walk past the front of the Student Union Bldg, turn left towards the short street that circles around and inside several buildings. McIntyre Hall is on the right side of that circle.

Traveling on Highway 16 across the Narrows Bridge, exit on Union St. Turn left on Union and proceed north as in the directions above.

ASCA Level 2 Stroke School: This course is available to all coaches – there are no pre-requisites. **Guy Edson**, ASCA Technical Director, will teach this course on Sunday, September 12, 2010 from 9 AM to 4 PM at the University of Puget Sound Field House, room #201 on North 11th between Union and Lawrence Streets. This level 2 Stroke School is about fundamentals, don't come here looking for rocket science. It's about basic biomechanics and principles of swimming propulsion – not fads or new age catch phrases. It's about real world teaching techniques that actually work. The Special Edition Level 2 is going to focus on teaching and correcting novice swimmers with an emphasis on teaching techniques, teaching progressions, and drills. Send your assistant coaches and coaches of novice swimmers! A 70 page Power Point handout is included. Cost \$80.00.

SPEEDO

2010 NORTHWEST SWIM COACHES' CLINIC REGISTRATION FORM:

ASCA coaches' certification = 15 units credit with test. Washington State school employees can register for 8 clock hours at the clinic.

Advance Clinic Registration Cost: \$45 for ASCA and/or WISCA members, \$50 for non-members. Advance registration must be postmarked by Sept. 5, 2010 (Registration at the clinic is \$60.) Lunch is included with your registration.

NW Swim Coaches Clinic – Saturday, Sept. 11, 2010 at the University of Puget Sound, 1500 No. Warner, Tacoma, 98416.

Please write/print legibly!

Name _____

Team _____

(Please list your personal mailing address)

Street _____

City _____ State _____ Zip _____

Phone _____

ASCA/WISCA _____ Non Member _____ (check X as to membership status)

E-Mail Address _____ (Print) _____

Clinic Fee \$ _____

ASCA Level 2 Stroke School _____

Total \$ _____

Please make your checks payable to **LOGGER Swimming**

Mail this form & check to: Chris Myhre, 1500 North Warner, Tacoma, Wa. 98416.

ASCA Level 2 Stroke School: Instructor: Guy Edson. Cost \$80. Course Description on Page 2 below the directions to the University of Puget Sound.....payment to ASCA
