



Utah Swimming is proud to present the 2010 Utah Swimming Convention. The USI Board of Directors have worked very hard to put together a great event that gives back to EVERYONE involved in Utah Swimming.

**The 2010 Utah Swimming Convention will be held at:
West Valley City Family Fitness Center
5415 West 3100 South, West Valley City, Utah 84120**

- For the Athletes: USI is proud to present the Athlete's Clinic, featuring 3 swimmers from the 2009 University of Arizona Women's NCAA National Championship team: Ana Agy (from Brighton HS), Annie Chandler and Lara Jackson.
- For the Coaches: Guy Edson, ASCA Director of Technical Programs, will be teaching the Level 3: Physiology School; CPR/First-Aid/Safety Training for Coaches Challenge Workshop; USCA Mtg.
- For the Officials: The USI Officials committee will hold a training seminar for current officials. Also, we are very excited to offer a NEW Official's training orientation. This is a great opportunity for parents to get more involved with their club and help grow the USI Officials ranks.
- For the Parents: USI is excited to offer Swimming 101: An Introduction to Competitive Swimming; Swimming in College workshop. Also, don't forget to check out the new Officials Clinic.
- The Fall USI House of Delegates will be held Saturday afternoon on September 11th.

Registration Information

Athlete's Clinic – To register, please RSVP by e-mail to Mike Werner (poseidonmike@comcast.net) by Friday, August 20th. Late registration will be accepted through Friday, September 3rd on a first come first served basis until the clinic is full. Registration is reserved for individual athletes or families only, not entire teams.

ASCA Level 3 Physiology School – To register, please RSVP by e-mail to Mike Werner (poseidonmike@comcast.net) by Tuesday, August 24th to guarantee your course materials. Late registration will be accepted through the first day of the course (materials not guaranteed). *For coaches not registered with Utah Swimming or the Utah Swim Coaches Association, the cost of the course will be \$60.*

New Officials Training – To register, please RSVP by e-mail to Kyle Westra (kylewestra@comcast.net) by Thursday, September 2nd.

CPR / First-Aid / Safety Training for Swim Coaches CHALLENGE – Please RSVP to Lyse' Durrant (lysed@cottonwoodheights.com) by Tuesday, September 7th. This is strictly a challenge session designed for coaches to renew their certification and NOT the full course.

Check out www.swimutah.com for continuing information on the upcoming 2010 Utah Swimming Convention.

*Come kick-off the 2010-2011 season with first ever
Utah Swimming Convention!*



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Friday, September 10, 2010			
Time	Event	Presenter(s)	Room
4-9 PM	ASCA Level 3 Physiology School How to plan your season; How to write workouts (Dinner break at 6 PM)	Guy Edson	B
5-8 PM	Meet Director Workshop	Todd & Amy Etherington	A
6-8 PM	New Officials Clinic	Kyle Westra	C

Saturday, September 11, 2010			
Time	Event	Presenter(s)	Room
7-8 AM	USCA Coaches Meeting (breakfast provided)	John Moran / Dan Peterson	Party Room
8AM-Noon	ASCA Level 3 Physiology School - (continued)	Guy Edson	B
9AM-Noon	Officials Clinic	Kyle Westra	C
8AM-1PM	Athlete's Clinic 13-Over Athletes (8 - 10:30 AM) Break from 10:30 – 11 AM 12-Under Athletes (11 AM – 1 PM)	Ana Agy Annie Chandler Laura Jackson	Pool
8:30-10AM	Swimming in College Workshop (Athletes, Coaches & Parents)	Joe Pereira Todd Etherington Ron Lockwood	A
10-11:30AM	Parent Workshop: Swimming 101	Debby Fleisch Pam Chamberlain	A
12-1PM	Lunch Break		
1:15-2:15 PM	Coaches and Wildcat Swimmers Forum	Mike Werner / Todd Etherington	A
1-2:30 PM	CPR / First Aid / Coaches Safety Training - ** CHALLENGE ONLY (not full courses)	Lyse' Durrant	B
2:30-5:00 PM	USI House of Delegates Meeting	USI Board of Directors	A