



# COACHES CLINIC

## Western Slope

Presented by USA Swimming in conjunction with Colorado Swimming

### October 16 - 18, 2009

Montrose High School  
600 S Selig Ave.  
Montrose, CO. 81401-3671

Hotel

Holiday Inn Express  
1391 S Townsend Ave  
Montrose, CO. 81401  
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#### PRESENTER

**Rick Bishop** USA Swimming Sport Performance Consultant

Local Contact: Dale Leonhart 970 216 0803

USA Swimming's goal is to raise the level of coaching and swimming through educational training programs. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

### SCHEDULE OF EVENTS

#### Friday, October 16

##### Welcome, Clinic Overview, Introduction

##### Traits of Highly Successful Programs

Learn what the most successful USA Swimming teams have in common and how to apply these ideas to your program

5:00 - 6:15 pm

##### Discussion session

6:30 pm

#### Saturday, October 17

##### Become a Nutritional 'Expert' in 60 minutes!

Learn the essentials certified nutritionists say all swim coaches should teach their athletes including correct Cool-down techniques.

8:00 - 9:00 am

##### Teaching Progressions for Butterfly

Developing great butterfly technique from age group to senior

9:15 - 10:00 am

##### Gold Medal Starts

See the latest techniques used by USA National Team members

10:15 - 11:00 am

##### Lights, Camera, Action!

Quick, Easy and Inexpensive Ways to Use Video in Your Program - USA Swimming Video Practicum - Coaches will get hands on experience in using Coach Cam, DVR / TiVo, Dartfish, fixed underwater cameras.

**Pool**  
11:15 - 12:30 pm

Lunch (on your own)

12:30 - 2:00 pm

##### The Backstroke Revolution

What's being done by all the world record holders isn't what you were taught. Find out what's new!

2:00 - 2:45 pm

##### Different Strokes for Different Folks:

What do all world class breaststrokers do, that you can teach your age group swimmers today?

3:00 - 3:45 pm

##### All about Season Planning - The Roadmap to Success

Get your Athletes where you want them year after year. Writing your Season Plans that lead to success. Age Group and Senior Season Plans the difference and how to connect the two.

4:00 - 5:00 pm

#### Sunday, October 18

##### Dryland Strength & Conditioning from Age Group to Senior

Effective Robust Dryland for Robust Athletes. Learn the ins and outs of long term strength, power, and physical conditioning. Getting it Right - developmentally appropriate Dryland. Does your Dryland program train the swimmer for swimming? Harder is not always better.

8:00 - 9:00 am

**Freestyle Techniques of the Olympic and World Championship Swimmers** - Video and discussion on developmental progression of freestyle technique from Sprint to Distance and Age Group to elite.

9:15 - 10:00 am

##### Aerobic & Anaerobic Conditioning

White, Pink, Red, EN1, EN2, SP1...Making Sense of the Energy Zones - Find the optimum balance at the correct developmental level. Understand how to use test sets and what they mean. Learn the physiology behind the training.

10:15 - 11:15 am