

The Breaststroke Clinic

**For coaches of swimmers of
All Ages, All Ability Levels. One day.**

- 9-10 AM: John Leonard on the history and development of Breaststroke.
10 AM-2 PM David Salo and Russell Mark on today's Breaststroke technique and training on a world level.
2-3 PM: Lunch Break.
3-5 PM: John Leonard on teaching Breaststroke to age group swimmers, and teaching techniques for coaches of age group swimmers.

Speakers:

- John Leonard – ASCA – Wrote and teaches the ASCA Level 2 Stroke School and works daily on creating new teaching methods for young age group swimmers. John is an active coach with his age group team, SwimFast, in south Florida.
- Russell Mark – Biomechanics – USA-Swimming – Director of National Team Support, specializes in video analysis, studying countless hours of above and underwater video of the best athletes in the world.
- Dave Salo – USC – David Salo is one of the most successful swimming coaches in the world today. In particular, his success with great breaststrokers such as Amanda Beard, Jessica Hardy and Rebecca Soni have cemented his name in the history of swimming and it's world record list. His USC team has also produced World and Olympic Champions in the 1500 free, 100 free and additional events. There is no better coach active in the world today to help teach us about what works with Breaststroke swimmers.

Fishers, Indiana

Fishers High School

13000 Promise Road Fishers, IN 46038

Room Location: TBD

May 1, 2011

Cost: \$70.00 for the day
The Breaststroke Clinic

Hotel Reservations: Hampton Inn & Suites
11575 Commercial Drive, Fishers, Indiana 46038
Phone: 317-913-0300

The American Swimming Coaches Association
5101 NW 21st Ave. Suite 200
Fort Lauderdale, FL 33309
Phone: 954-563-4930 or 1-800-356-2722
www.swimmingcoach.org



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