

2012 Advanced Freestyle Clinic

This is an opportunity to learn from one of the world's great freestyle coaches, Mike Bottom of the University of Michigan. Mike has done a number of great talks on freestyle over the years, including "Three-Style Freestyle", one of the classics of all time. This is your opportunity to learn from him in a small group setting and ask questions, gain new insights and get a leg up on your competition!



Speakers:



LEONARD

Coach 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.



BOTTOM

Mike Bottom (University of Michigan) completed in his third year at the helm of Michigan swimming and diving in 2010-11. Bottom, recognized as one of the finest swimming coaches in the world, returned to the collegiate coaching ranks when he accepted the reigns of the University of Michigan men's swimming and diving program on June 10, 2008. Bottom has maintained the tradition of excellence in the pool at Michigan, guiding the Maize and Blue to a pair of Big Ten championships in his first three seasons at the helm. He was named the 2011 Big Ten Swimming Coach of the Year as he led Michigan to a record 35th conference title. During his first Big Ten Championships, Bottom's Wolverines built a staggering 308 point lead over the second-place finisher. Bottom brings a wealth of collegiate and international coaching experience to the pool at Michigan. He has coached at each of the last four Olympic Games, including 2008, and spent 17 years in collegiate coaching. Bottom has been with The Race Club in Tavernier, Fla., since 2003 and has served as head coach of the World Team, its elite level training group. Among his most notable protégés is 10-time Olympic medalist Gary Hall Jr. Perhaps the world's best sprint coach, Bottom coached the top two finishers in the 50-meter freestyle at the 2000 and 2004 Olympic Games, with Hall (USA) and Duje Draganja (Croatia) placing 1-2 in 2004 (Athens) and Anthony Ervin (USA) and Hall tying for the gold medal in 2000 (Sydney). From the 1996-2004 Olympiads, nine of the 18 medals awarded in the 50- and 100-meter freestyle events have been won by Bottom's swimmers. Bottom was also selected as an assistant coach at the 2009 FINA World Championship in Rome during the summer of 2009.

Sponsored by: 

Sunday, April 22nd 2012

Fishers High School
Fishers, Indiana
(suburban Indianapolis)

Clinic Schedule:

- 9-10 AM History of Freestyle
(video intense) – *John Leonard*
- 10:15-12:15 Advanced Freestyle technique at the world level today. Videos include all major freestylers in the world today. – *Coach Mike Bottom*
- 1:15-3:15 PM Advanced Freestyle Training at the world level today.
– *Coach Mike Bottom*
- 3:30-5 PM Teaching freestyle to beginning swimmers and Modern Teaching Techniques. – *John Leonard*

To register: • Mail completed form to ASCA
• Call us at **800-356-2722**
• Fax form to **954-563-4930**

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\$70.00 full day registration

The American Swimming Coaches Association
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Fort Lauderdale, FL 33309
Phone: 954-563-4930 or 1-800-356-2722
www.swimmingcoach.org



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