



# COACHES CLINIC

## Indiana – Age Group Coaches

Presented by USA Swimming in conjunction with Indiana Swimming

**April 17, 2010**

**Central Indiana**

**Columbus North High School**  
1400 25<sup>th</sup> Street.  
Columbus, IN. 47201

**PRESENTER**

**Mariejo Passion USA Swimming Sport Performance Consultant**

[Click here to register for the clinic](#) or see the info with the link to register on the COACHES tab of the USA Swimming website. For registration questions; Helen Uchiyama, 719-866-3529, [huchiyama@usaswimming.org](mailto:huchiyama@usaswimming.org)

Site Contact: Tony Young (317) 237-5780 w, (317) 441-8323 c

USA Swimming's goal is to raise the level of coaching and swimming through educational training programs. The Regional coaching clinic program brings affordable clinics directly to teams in their own LSC's. These clinics are designed for the entire coaching staff from the novice coach to the senior level coach.

### SCHEDULE OF EVENTS

#### Saturday, April 17

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

Effective Robust Dryland that progresses throughout your program from Novice to Senior. Learn the ins and outs of developing strength, power, and physical conditioning. Getting it Right - developmentally appropriate Dryland

8:00 – 9:00 am

**Growth & Development of the Age Group Swimmer - Coaching the genetic mutant**

What to do with the early maturing athlete and how to keep the late maturing athlete in the sport and other similar topics will be covered in this presentation. Also covered are general psychological and physiological traits of the developing athlete.

9:05 – 10:15 am

**Become a Nutritional 'Expert' in 30 minutes!**

Learn the essentials certified nutritionists say all swim coaches should teach their athletes including correct cool-down techniques. Start your swimmers down the right path early. Great foods and tips for healthy eating and success in the pool and life

10:20 – 10:55 am

**Four Strokes Taught Simply!**

A simple system to teach technique and the fundamentals all age group swimmers need to be successful. Drill skills body position and training tips.

11:00 - 12:00 pm

**CLINIC REGISTRATION FEE \$20.00 FOR ONE COACH • \$50 FOR ENTIRE COACHING STAFF**

**LUNCH PROVIDED BY INDIANA SWIMMING**