

Southern California Swimming is offering a **\*\*FREE COACHING CLINIC\*\*** January 24-25, 2024 in Fabulous Las Vegas, Nevada! The clinic will be focused on Age Group level swimming.

Please Click on the link below to sign up for the SCS Age Group Clinic:

[https://docs.google.com/forms/d/e/1FAIpQLSfxxmF7dkgMUBBoFXrvskmqQUb6j2BAH1ZY4X9BEm5RN\\_Ku-g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfxxmF7dkgMUBBoFXrvskmqQUb6j2BAH1ZY4X9BEm5RN_Ku-g/viewform?usp=sf_link)

An amazing group of coaches will be leading discussions about athlete development, training, dryland, team structure, professional development, and more. The clinic will be tied into the annual SCS All-Star Festival taking place at the Pavilion Center in Las Vegas the same weekend.

**PLEASE HAVE ALL COACHES ATTENDING REGISTER FOR THE CLINIC!**

The planned featured speakers are:

- Russell Mark - ASCA Performance and Education Advisor
- Alonzo Freeman - Sandpipers of Nevada/Dryland Coordinator
- Patrick Henry - Swim Coach Staffing Solutions
- Dana Skelton - USA Swimming Team Services
- JC Guzman - Former Swim Coach NOVA

**Clinic Itinerary**

--Friday, January 24th

- 1:00-1:50 pm Coach Alonzo Freeman Age Group Dryland
- 2:10-3:00 pm JC Guzman Mental Health for Swimmers and Coaches
- 3:10-4:00 pm Dana Skelton Lessons Learned from creating the 10 & Under Network
- 4:10-5:40 pm Russell Mark Short Axis Strokes: Butterfly and Breaststroke
- 5:45-7:30 pm Attending Sandpiper Practices
- 8:00pm Coaches Social (The Spot - 8410 W. Desert Inn Rd. Las Vegas, NV 89117)

--Saturday, January 25th

- 9:00-9:50 am Dana Skelton Building Workouts for 10 and Under Swimmers
- 10:00-10:50 am Patrick Henry Coaching as a Profession, Building a Resume
- 11:00-12:00 pm Russell Mark Long Axis Strokes: Backstroke with Freestyle connections

*\*\*Coaches from outside of SCS are welcome to attend as well. The cost will be \$50/coach to attend if you are not affiliated with a Southern California Swimming club*