

Pacific Committee Coaches' Clinic

Attention all Coaches!

Coaches' Clinic **Saturday, May 21st & Sunday, May 22nd 2011** at **South Torrance High School Library**

Cost ~ \$70.00 to all coaches not in the Pacific Committee (Make checks out to Southern California Swimming)
Free to all coaches in the Pacific Committee who are fully certified with USA Swimming and SoCalSwimming
20 days before the start of the clinic (**5/01/11**)

Please email **Julie Thorson (Julie_thorson@hotmail.com)** with your RSVP to the clinic by **Sunday, May 8**.
In the RSVP please indicate which day and sessions you will be attending. (This way we know how many to expect.)
Listed below are the sessions and a short description on them and our speaker.
This is a great opportunity for our coaches to get some education right here in our Committee!

Saturday May 21st:

Session 1 ~ 8 – 9:30pm

Shoulder Injury Prevention: This is a presentation of anatomy/exercises/stretching that pertain to swimmers (focusing on shoulders) by local Physical Therapist, Katie Lowes. Katie Lowes received her Masters and Doctor of Physical Therapy degrees from Columbia University, where she graduated with high honors. While an undergraduate at UC Berkeley, she was a four-year member of the top ranked intercollegiate swim team. Katie integrates her clinical experience, education, and background as an athlete into her care of all patients. She treats professional, collegiate, and recreational athletes and enjoys treating a variety of patients with many different orthopedic diagnoses at TAG Physical Therapy in El Segundo. Katie is a member of the United States Swimming Sports Medicine Network as a preferred clinician for local swimmers and aquatic athletes.

Session 2 ~ 9:45am – 1:00pm

Dryland Training: This course is going to give you a ton of information for setting up a dryland training program for age group, or senior, or high school swimming. Topics include how to improve strength, proper and improper flexibility exercises for swimming, and setting up a "core strength oriented" circuit program. A PowerPoint presentation with dozens of pictures and dozens of video clips shows you specific exercises for your swim team. Several complete circuit programs will be detailed from top to bottom. You will receive a 70 page manual plus over 50 pages of handouts with all the PowerPoint notes and complete circuit programs, and a CD with over an hour of dryland video clips. Thoroughly researched, experienced, and taught by ASCA Technical Director Guy Edson who is actually running a dryland training program for an age group/senior team. Good course -- you will get a lot out of this presentation

Session 3 ~ 2:30 – 5:30pm

How to be a Successful Small Team: This will be a round table discussion of coaches in Southern California who have smaller teams (200 or less swimmers) and have had a successful run at Spring &/or Summer JOs and WAG & JAG. Our panel of coaches will include: La Mirada Swim Club Head Age Group Coach and ASCA Coach of the Year Don Garmond, Rattler Swim Club Head Age Group Coach Adrian Dinis, Santa Barbara Swim Club Head Age Group Coach JJ Jones, and from Brea Aquatics Age Group Select Coach Conway Yeo.

Sunday May 22nd:

Session 4 ~ 8:30am – 12:00pm

How to Write Workouts for Age Group Swimmers: This popular course presents a practical process for creating a season training plan based on goals. The overall emphasis is that age group workouts should be written according to objectives, rather than yardage – although, yardage is important to record and evaluate. Age Group swimmers are not just little seniors. Writing workouts requires a different approach and some different ideas that may upset your current mode of thinking. (That's a good thing!) Topics include goal setting for results, identifying the components (or objectives) of workouts, setting priorities, delineating cycles (called "points of focus"), creating a workout model, constructing individual workouts, and tips for writing and running great workouts. We will develop a working season training plan for an age group team during the class. The principles of the course can be applied easily to novice, age group and high school programs. A 70 page book plus a 50 page handouts/worksheets are included.

The clinic will be held at South Torrance High School, 4801 Pacific Coast Highway, Torrance, CA, 90505
The Library is located in the middle of the campus directly behind the Administration buildings and next to the softball field
Please contact Julie Thorson @ Julie_thorson@hotmail.com with any questions