

Summer Recreational and "Learn-to-Coach" Coaches Clinic

Sunday April 15, 2012 Orinda, California

Clinic Program

Classroom Lectures: The Orinda Room at The Orinda Country Club

- 9:00-10:00 Ron Heidary - Head Coach Orinda Aquatics
Critical Components of Competitive Swimming: Recovery, Entry, Catch and Distance per Stroke.
- 10:00-10:15 Break
- 10:15-11:15 Glenn Mills - 1980 Olympian, founder and owner goswim.tv
Practical Application of High Level Skills
- 11:15-11:30 Break
- 11:30-12:30 Steve Haufler - Head Coach Orinda Country Club
Teaching Swimming the Fun Way: Innovative Uses of Tools and Toys
- 12:30-1:30 Catered Lunch
From the Orinda Country Club!

Teaching Demonstrations: Orinda Country Club Pool

- 1:30-2:15 Bill Aden - Head Coach Montclair Swim Team
Getting off to a Good Start: Details of the Breakout and What to Emphasize
- 2:15-3:00 Jesus Salcedo - Head Age-Group Coach Piedmont Swim Team
Teaching Butterfly to 8 & Unders
- 3:00-3:45 David Brown - Head Coach Moraga Ranch Swim Team
Teaching Breaststroke to 8 & Unders
- 3:45-4:30 Bill Aden and Steve Haufler
Teaching Basic and Advanced Techniques for Freestyle and Backstroke including starts

Join us! for this exclusive opportunity to take a focused and in-depth look into the critical components of competitive swimming including recovery, entry, catch and distance per stroke. In addition you will learn practical applications of high level skills and fun ways to teach 8 & unders starts, butterfly, breaststroke, freestyle and backstroke.

Space is limited to 120 for this coaching clinic so register early!

Don't Miss!

Round Tables & Catered Lunch

Enjoy a round table discussion with clinic presenters and a catered lunch courtesy of the Orinda Country Club!

\$80 - 1st attendee
\$70 - Each additional attendee per team, school or club.

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To REGISTER CALL - 800-356-2722 or email jnitti@swimmingcoach.org
For additional conference information contact Lori Klatt - lklatt@swimmingcoach.org - 559-259-6412
or Steve Haufler - steve@orindacc.org 925-254-4314 ext. 223

Location: Orinda Country Club - 315 Camino Sobrante, Orinda, CA 94563
(Please park down the hill past the pool)
Orinda Country Club Phone: 925-254-4313

Name: _____ email: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Amount Enclosed / Total \$ _____ Payment: Check MC VISA AMEX Discover Expires: ____/____

CC # _____ Signature: _____



ALTST
American Learn To Swim Teachers