

CHSCA
FALL SWIMMING & DIVING COACHING CLINIC
NOVEMBER 4-5, 2011

AMERISTAR RESORT & CASINO - BLACKHAWK, CO 720-946-4000

Pre-registration **\$30** per coach

Registration at the door **\$40** per coach

Registration: 4:00 – 5:55 PM on Level 5

All Swim & Dive Sessions held in: Peaks Room A&B

Friday Schedule – November 4, 2011

4:00 PM REGISTRATION

6:00 PM Welcome and Overview - Ron Johns, President

Coaching Philosophy and Back to Basics

6:10 – 8:00 PM Coaches Business Meeting

3A Division for Girls

Coach Mentor Program

NISCA Membership, Benefits and Tools for use

Available Resources

9:00 PM- Coaches Hospitality in Suites 1001-1009

Saturday Schedule – November 5, 2011

7:10 AM Free Breakfast Suites in 1001-1009

7:30 AM Registration

8:30 – 9:00 AM Bethany Schott, Ron Johns

Swim Bulletin, State Entries

9:00 – 9:30 AM Jim Fernald/Monica Abelein, CASO

General Rules and Regulations

9:45 – 10:45 AM Ben Freeman, PT, MPT, CSCS

Going from goal setting to goal achievement

10:45 – 11:00 AM Break

11:00 – 11:30 AM Jim Cotsworth, Out of Breath Sports

Lunch on your own

12:30 – 1:30 PM Ben Freeman, PT, MPT, CSCS

Simple Preventive Training for Swimmers

1:30 – 1:45 PM Break

1:45 – 3:00 PM Speaker Erin Popovich, United States Olympic Sport Performance

Most Decorated USA Paralympic Swimmer in history

3:00 – 5:00 PM Breakout Sessions

Max Preps Stats Uploads – Qualifier Database

Hy-Tek Overview, Running Dual Meets with Hy-Tek

Recertification available for 1st Aid, CPR and Safety

Recertification Classes are \$25 each

Swim Activity Required for SAFETY – BRING YOUR SUIT!

For more info contact:

Ron Johns, Swim and Dive President

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