



2013 Coaches Clinic - Order of Events

Tuesday - August 27, 2013

- 6 p.m. Board of Directors Meeting

Wednesday - August 28, 2013

- 9 – 9:15 **Introduction:** *Doug Fonder, Executive Director*
- 9:15 – 10:45 **Training for the 21st Century:** *Brent Rushall, Ph.D., R.Psy*
The New Paradigm of Ultra Short Race/Pace Training
- 10:45 – 11 **Break**
- 11 – noon **Social Media & Swimming** *Bess Auer, top online blogger*
- Noon – 1:15 **Lunch Break**
- 1:15 – 3 **Town Hall Meeting** *Mike Unger, USA Swimming*
- 3 – 3:15 **Break**
- 3:15 – 4:15 **Biomechanics of the Competitive Strokes** *Dr. Rob Hauriluk*
- 4:15 – 5:15 **Team Training Outside of the Pool** *JR Rosania, CEO Healthplex*

Thursday - August 29, 2013

- 9 -10:30 **Improving Swimming in the U.S. /Thinking Outside the Box**
- 10:30 -10:45 **Break**
- 10:45 – Noon **Methodology of Sports Training** *Dr. Sergei Beliaev*
Dr. Sergei Beliaev, Director of Sports Science
- Noon – 1:15 **Lunch**
- 1:15 – 2:30 **Gold Medal Coaches Forum**
- 2:30 – 2:45 **Break**

- 2:45 – 3:45 **The Zone & Sport Psychology** *Dr. John Heil*
Dr. John Heil, Licensed Clinical Sports Psychologist
- 3:45 – 5:00 **The Physics of Movements & Observations of Champions** *Brent Rushall, Ph.D., Psy*

Friday - August 30, 2013

- 9 – 10 **Current Techniques of Dryland Training** *JR Rosania, CEO Healthplex*
- 10 – 11 *Nancy Hogshead-Maker, Olympic Gold Medalist* *Nancy Hogshead*
Title IX Advocate, Lawyer
- 11 – 11:15 **Break**
- 11:15 – 12:15 *Bruce Wigo, President/CEO International Swimming Hall of Fame*
- 12:15 – 1:30 **Lunch**
- 1:30 – 2:30 **40+ Years of Dealing With Parents:** *Doug Fonder*
The Do's & the Dont's
- 2:30 – 3:30 **Mental Prep for Swim Racing** *Dr. John, Heil*
Dr. John, Heil, Licensed Clinical Sports Psychologist
- 3:30 – 3:45 **Break**
- 3:45 – 5:00 **Overview & Thoughts on How We Can Be Better Coaches:**
Open Floor Question/Answer Time