

2010 DAKOTA COACHES SWIM CLINIC

Sponsor by
North Dakota and South Dakota Local Swim Committee
American Swim Coaches Association and Epic Sports

April 30, May 1 and 2nd
Fargo Expressway Suites

This is the third year of Dakota Coaches Swim Clinic. The purpose of the clinic is to bring coaches education to the areas that are not frequented by other clinics. Our goal is to raise the level of coaching and swimming through greater and better education.

Presenters

Todd Schmidt – Head Coach of Stars Swim Club in Colorado (Missy Franklin’s Swim Coach)
Dr. Genadijus Sokolovas – Gobar Sports Technology (Former Director of USA Swimming Science Division)
(more information) <http://www.youtube.com/watch?v=ERV2C4RX3to>
Jason Blackburn – Ask Fitness Center Director (Dagny Knutson Personal Trainer)
Guy Edson – American Swim Coaches Association Technical Program Director
Randy Julian – USA Swimming Sport Development Consultant

Schedule of events

Friday, April 30

01:00 - 4:45 ASCA Course “**How to Design and Run Effective, Exciting, Entertaining Workouts for Age Group Swimmers**” ASCA School Sponsored by FINIS, presented by Guy Edson a course fee of \$30.00. No prerequisites or memberships required. Please visit <https://www.swimmingcoach.org/services/events.asp> for course details.
5:00 **Registration – Check payable to NDLS**
5:30 - 6:30 **USA Swimming** - Randy Julian
6:45 - 8:00 **Strength Development** - Jason Blackburn
8:15 **Age Group Swimmer into a Star** - Todd Schmidt

Saturday, May 1

8:00 Coffee
8:30 - 9:30 **Strokes Analysis with a Power Curve** - Dr. Genadijus
9:45 - 10:45 **Strength Development Part II** – Jason Blackburn
11:00 – 12 **Strokes Part II** – Dr. Genadijus
12:00 - 1:30 Lunch
1:30 - 2:30 **Strokes Part III** – Dr. Genadijus
2:45 - 3:30 **Be the Head Coach – Maintaining Control of your Club** – Guy Edson
03:45 - 4:45 **Test Sets and How to Use Them** – Dr. G & Todd Schmitz
5:00 - 5:45 **How do I grow my club?** Randy Julian and Todd Schmitz

Sunday, May 2

8:30 Coffee
9:00 - 10:00 **Review of Strokes Part IV** – Dr. Genadijus
10:15 - 11:15 **How to make swimming better in the Region?** - Moderator Randy Julian

Hotel Information

Expressway Suites 877.239.4303
4303 17th Ave. South – Fargo, North Dakota
Ask for Swim Clinic Rate of \$72.95 plus tax for 2

Clinic Application Form and Fee: \$80.00 payable to NDLS

For Clinic Information

Mike Stromberg (719) 963.8355
2451 Ledgewood Dr. mikes@falins.org
Colorado Springs, CO 80921

Your Name: _____

Swim Club/HS _____

Home Address/City, ST Zip _____

Cell Phone _____

Email _____

Please pre-register either by mail or email, we will take registration at the clinic but we need to know who is attending for setup purpose.