

**ADDITIONAL COURSES
(*ASCA & **USA Swimming)**

If you wish to register for these additional courses, please note in the appropriate space on the clinic registration form and include payment payable to Central States Swim Clinic. **These courses may be attended separately or in conjunction with the clinic.**

***A Coach’s Survival Pack
(May 14th: 1-5pm) \$50.00**

5 quick courses in a three hour class. Sports Psychology you Can Actually Use (10 tactics to improve workout & meet performances), Qualities of the Well Organized (6 simple skills for getting the right stuff done), Handling Difficult Situations With Parents, Coaching at a Swim Meet (21 tips for improving performance) and Habits of the Highly Successful Coach (on deck, in the community, professional growth & personality).

***The Physiology School
(May 15th: 8:30am-4:30pm) \$75.00**

Fundamental Physiology, Energy Systems, Nutrition, and Principles of Training are the topics. The “core knowledge” provided the basis from which a coach creates a season training plan and writes daily workouts. Included in this course is Designing a Season Training Plan & Writing Workouts for Developmental through Senior. While there are common aspects we will discuss, the emphasis will be on the differences. We will develop a season training plan for a high school season, a senior middle distance program discussing differences from sprinting and distance and a complete season training plan for an age group. We will also talk about weekly and daily workout design and managing the workout to make use of every minute. Level 3 manual is included.

***Turns and Finishes
(May 15th: 6-8pm) \$50.00**

An in depth video analysis of world class athletes followed by drills and teaching tips for developmental through high school ages. Emphasis on doing basics exceptionally well. Coaching strategies; philosophies, and workout discipline both on the part of the coach and the athletes are discussed. Make your team known for having the best turns and finishes in your league or LSC.

****USA Club Leadership/Business Management
(May 14th & 15th: 6-9pm) \$20.00**

Required for all new USA clubs for club registration. Club coaches & board members will learn strategies to improve club governance, management & leadership. Included are the basic models for swim teams, responsibilities of nonprofit boards, staff/board responsibilities, roles of the Head Coach, governance versus management, financial development, recruiting volunteers, evaluation & assessment. Attendance at both sessions is required. Either the Board/Booster Club president or Head Coach must attend (both are encouraged). This is required for new clubs, but all are welcome.

**CLINIC SCHEDULE
“Swimmers Sessions In Italics”**

FRIDAY

6:30-7:45pm **Technology Corner**
8:00- 9:45pm **Informal Social & Dolfin/Speedo Raffle in the Exhibit Hall**

SATURDAY

7:30-8:30am **Registration & Exhibit Hall Open** (Breakfast available)
8:30-9:30am **Capitani:** Breaststroke: Developmental Drills & Key Stroke Corrections
B. Gemmell, A. Gemmell & Davis with Swimmers at the pool
Visit the Exhibit Hall
9:30-10:00am **Berning:** Hydration for Swimmers
10:00-11:00am **Visit the Exhibit Hall**
11:00-11:30am **B. Gemmell:** Training Volume: How it Changes Age Group thru Senior
Davis & Schubert with Swimmers
11:30-12:30 **Lunch Break** (Lunch available - Exhibit Hall)
12:30-1:30pm **Davis:** Butterfly: Developmental Drills & Key Stroke Corrections
1:30-2:30pm **Berning** with Swimmers
Visit the Exhibit Hall
1:30-2:30pm **Capitani:** Building Team Chemistry
2:30-3:00pm **B. Gemmell & A. Gemmell** with Swimmers
3:00-4:00pm **Exhibit Hall Closes**
4:15pm **Pool Practicum: Capitani, B. Gemmell & Schubert** with A. Gemmell & Davis- Drill Demonstration
4:15-5:30pm **Clinic Social (Sponsored by Speedo)**

SUNDAY

7:30am **Exhibit Hall Open** (Breakfast available)
8:00-9:00am **Troy:** Backstroke: Developmental Drills & Key Stroke Corrections
Davis, A. Gemmell & Capitani with Swimmers at pool
Visit the Exhibit Hall
8:15-10:30am **Berning:** Nutrition, Recovery & Sleep: Effects on Performance & Cognition
Visit the Exhibit Hall (autograph time for coaches with A. Gemmell & Davis)
9:00-9:30am **Troy & A. Gemmell** with Swimmers
9:30-10:30am **Davis:** My Favorite Sets & Why
Lunch Break (Lunch available - Exhibit Hall)
10:30-11:00am **B. Gemmell:** Freestyle: Developmental Drills & Key Stroke Corrections
Davis & Capitani with Swimmers
11:00-Noon **Exhibit Hall Closes**
11:00- Noon **Troy:** Planning a 13 Week Season
12:00-1:00pm **Davis & A. Gemmell** with Swimmers (autograph time)
1:00-2:00pm **Open Forum:** All Speakers & Olympians (for coaches & swimmers)

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*An Exceptional Educational Opportunity from
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**THE
34th ANNUAL
CENTRAL STATES
SWIM CLINIC**

**Saturday & Sunday
MAY 16th & 17th 2015
OAK BROOK MARRIOTT HOTEL
1401 WEST 22nd STREET
OAK BROOK, IL 60523
(630) 573 - 8555**

Sponsored by: Susan Davis, Mark Schubert and Jill Greenleaf
**www.swimclinic.com & on Facebook
easternandcentralswimclinic**

Established in 1981, the Central States Clinic is the most comprehensive & personalized coaches’ clinic in the United States. **This is an excellent clinic exclusively for the education & advancement of coaches & swimmers & one of the best lineups of speakers ever!**

Our Eastern & Central States Clinics are the largest & most respected privately run clinics in the United States. Our clinic offers you a special opportunity to be with top age group & university coaches as well as ASCA courses & USA Swimming club certification courses.

The 2015 Clinic proudly offers the following **prestigious line-up of speakers** & the special opportunity to meet & work with **Olympic swimmers Josh Davis & Andrew Gemmell.**

Gregg Troy: Olympic Coach '12, '08 & '96, Head Coach Florida Men & Women

Bruce Gemmell: Head Coach Nations Capital, Coach of Katie Ledecky

Carol Capitani: Head Coach Univ of Texas Women, Big 12 Coach of the Year

Josh Davis: Olympian '96 & '00, 3 Gold, 2 Silver Medals, American & World Record Holder

Jackie Berning Ph.d: Nutrition Consultant, Author & Educator

Andrew Gemmell: '12 Olympian, Open Water World Gold 5K

Recent attendee’s say:

“Every talk had relevance for me as a high school and age group coach. One of the best workshops I have ever attended.”

“Thanks again for running such a great clinic, my swimmers and I have benefited greatly.”
“As a relatively green coach, this clinic is exactly what I needed.”

Come to this clinic & make your program better than ever.

SPECIAL FEATURES

In addition to ten outstanding talks listed in the Clinic Schedule (see reverse side), during the morning pool sessions Josh Davis & Andrew Gemmell along with one of our Olympic coaches will work on stroke drills with your swimmers. You, as coaches, will have the opportunity to ask stroke related questions at the Sat. afternoon pool session when you observe Schubert, Capitani & B. Gemmell with A. Gemmell & Davis demonstrating drills.

Both days you are welcome to meet informally with our speakers to ask questions specifically related to your program. On Sunday there will be an **open forum** at which time you will have the opportunity to discuss subjects of personal interest not listed in the formal schedule.

For swimmers – A special opportunity to work with our country's top coaches & **Olympians Josh Davis & Andrew Gemmell**. There will be 3 pool sessions, a lecture series with our speakers & an optional ASCA leadership class Fri. eve. See schedule (**swimmer sessions in italics.**)

Thurs. & Fri. evenings USA Swimming will offer a **required class** for all new clubs.

Fri. eve. Technology Corner for coaches – 6:30pm-7:45pm – Select vendors will present a lecture/demonstration session regarding the use of their products.

Both days we have planned a special priced **breakfast & lunch in the Exhibit Hall**. This will give you further opportunity to meet with our vendors to inspect & learn about the latest equipment for coaches & swimmers.

Fri. there will be an informal social for coaches & swimmers in the **Exhibit Hall** & a special raffle sponsored by **Speedo & Dolfin**. All of our vendors will be present to answer questions regarding their products.

Sat. the clinic social, sponsored by **Speedo**, will be a gathering with our speakers & a special **clinic raffle** with prizes donated by all the vendors including an IST digital clock. You must be present at both socials to win.

THE TRADE FAIR

The 2015 Trade Fair will be an extensive display of swimming equipment provided by local & national distributors such as: **Adolph Kiefer, Adidas, ASCA, Colorado Time, Daktronics, Dolfin, Finis, Fitter Faster Swim Tour, Hasty Awards, International Sports Technology, Kast-A-Way, Speedo, Swimmer's Edge, Swimming World, TeamUnify, The Swim Team Store, TYR, Total Performance, USA Swimming & Walters Swim Supply**. Together they will have for your perusal the latest suits & swim products, the newest innovations in timing systems, training aids, & equipment.

OTHER FEATURES & INFORMATION

ASCA & USA Swimming will offer **courses prior to our clinic** at The Marriott on Thurs. & Fri. These courses are optional & have an additional fee. **See course descriptions & fees (reverse side)**. If you have questions about the clinic please contact: Sue Davis- email: davis@swimclinic.com, phone 610 644 7866 / 610 348 2152 or Jill Greenleaf- email: jgreenle@skidmore.edu, phone 518 580 5368 or visit the website www.swimclinic.com. This clinic is sanctioned by ASCA. Attendance earns you 20 points toward ASCA Coaches Certification Program.

CLINIC STAFF



Gregg Troy - As Head Coach of Florida's men & women, Gregg has turned the program into a powerhouse in the SEC & the NCAA, having won the women's national championship in '10. As Head Olympic coach in '12, Gregg coached the men to 16 medals. He was Head Coach at the '10 Pan Pacs, '01 World Championships, '99 Pan Am Games & '95 Pan Am Games & serves as an Asst. Coach at the '08 & '96 olympics & '11, '07 & '04 Worlds. While Head coach at the Bolles School for 20 years, his teams won 10 consecutive boys state titles & 9 consecutive girls state titles. In '10 he was the ASCA Coach of the Year, NCAA Women's Coach of the Year, SEC Men's Coach of the Year & USA Swimming Developmental Coach of the Year.



Bruce Gemmell– Bruce is Head Coach at Nations Capital Swim Club & coach of Olympic Champion & World record holder Katie Ledecky. Formerly, Bruce coached for 14 years with Team Delaware & Delaware Swim Team. He was an age group swimmer & then swam 4 years at Michigan & qualified for the '80 & '84 Olympic trials. Bruce coached his son, Andrew, to a spot on the '12 Olympic team and gold in open water swimming. Bruce was honored as ASCA Coach of the year in '13 & '14. He was an Asst. Coach for the '10 & '14 Pan Pacs & '13 World Games. His coaching philosophy is hard work works, patience is necessary, knowing more gets results, be in it for the athlete & always be prepared to learn. He has been a staff member of the USA Junior team since '06 & USA National Team since '09.



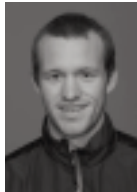
Carol Capitani – Carol enters her 3rd year as Head Coach of Univ. of Texas women. In her 1st 2 years, the women finished 9th at NCAA championships & had the 1st NCAA individual title since 2001 with Laura Sogar's win in the 200 Breast. Sogar went on to medal in the 200,100 Breast & 400 MR at the '13 World Games where Carol served as Asst. coach for Team USA. Carol led the women to their 12th Big 12 Championship titles & was named Big 12 Coach of the Year. Prior to coming to UT, Carol was Asst. Coach at Gerogia when they won 4 NCAA titles & 7 2nd place finishes. Internationally, she was National team Asst. Coach for the '11, '07 & '05 World Games and '09 Head coach for Singapore for the SE Asian & Youth Games in Singapore.



Jackie Berning Ph.D. – Always a favorite at our clinics, Jackie is an exercise physiologist with a Ph.D. in nutrition & has worked with USA Swimming advising the coaches, athletes, & sports medicine staff as to nutritional needs of athletes in training & Competition. She has traveled with our national teams & is the nutritional consultant for the Colorado Rockies & the Cleveland Indians. She has co-authored *Nutrition for Sport & Exercise & Taining Nutrition*. Jackie teaches nutrition to swimmers at developmental camps & has developed materials geared directly for swimmers, coaches, & parents. Jackie was awarded the Outstanding Teaching Award at U of Colorado 3 times.



Josh Davis – As an undergraduate at Univ. of Texas, Josh was NCAA champion in the 200 Free & earned a total of 23 All American honors. At the Atlanta Olympics '96, he won 3 gold medals: 400, 800 relays, & 400 Medley Relay. At the Sydney Olympics '00, Josh was captain of the team and won 2 silver medals: 400 & 800 relays. He also broke the American record in the 200 Free 3 times. Most recently, Josh has set masters records in freestyle for the 40 category. He has been teaching and racing for the last 15 years across America. Be around him for just a little while and you will want to go swim faster!



Andrew Gemmell –A '14 graduate of UGA, Andrew qualified for his 1st Olympic Games in '12 by finishing 1st in the 1500M Free & finished 9th in the prelims just missing advancing to the finals. He has consistently finished top 6 at US Nationals. Andrew also loves open water swimming & at the '09 World Championships Andrew was nominated for the '09 Golden Goggles award as breakout swimmer of the year. In '14, he again qualified for Pan Pacs finishing 1st in the 1500 & in '13 qualified for FINA World Champs. In '10, he placed 5th in the 1500 free and 11th in the 400IM at Pan Pacs.

CLINIC REGISTRATION FEES

EARLY BIRD SPECIAL (Ends March 4)

\$160.00 for coach

\$150.00 for swimmer

PRE-REGISTRATION (March 5-May 4)

\$180.00 for coach pre-registration

\$170.00 for swimmer pre-registration (ages 8 & up)

SPECIAL GROUP DISCOUNT March 5-May 4

(must register at the same time)

Register 5 swimmers get the 6th free

Register 5 coaches get the 6th free

LATE REGISTRATION (after May 4 & at the door)

\$200.00 for coaches

\$190.00 for swimmers

Confirm registrations received on website (allow 2 weeks)

REGISTER BY MAIL OR ONLINE AT www.swimclinic.com

NO PURCHASE ORDERS ACCEPTED

HOTEL ACCOMODATIONS

THE MARRIOTT is conveniently located across from the Oak Brook Mall approx. 30 min. from O'Hare & Midway airports. **Transportation from the airport** is available via **American Taxi** at approx. \$30 per person (Midway \$35). When ready for pickup **call 800 244 1177 or 847 255 9600** (5-10 minute wait)

The MARRIOTT offers the following **SPECIAL ROOM RATES (no purchase orders accepted)** Single \$104, Double, Triple & Quad \$114. **YOU MUST MAKE YOUR RESERVATIONS BY 5pm Mon May 4th TO RECEIVE THE SPECIAL RATES — CALL 630 573 8555.** We always fully book the Marriott - **DON'T DELAY.** No purchase orders accepted.

MAIL TODAY with your pre-registration fee(s) **made payable to: Central States Swim Clinic c/o Sue Davis, 341 Spring House Ln. West Chester PA 19380. POSTMARKED BY Mon. May 4th.** Please only **ONE NAME** per registration form - **please print legibly. (No purchase orders accepted)**

Name _____
 Street Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ E-mail Address _____
 Club/School Affiliation _____
Type of Program: College H.S. Age Group
Optional courses:
 A Coaches' Survival Pack (Th) \$50.00
 The Physiology School (Fri) \$75.00
 Turns & Finished (Fri) \$50.00
 USA Club Leadership/Business Management (Th & Fri) . \$20.00

Coach \$180.00
 Swimmer (8 yrs & up) \$170.00
 Age _____

**SIGN UP TODAY!!
 DON'T MISS THIS CLINIC!!
 Don't forget your hotel reservation for special clinic rates.**