

# The 57th NORTHWEST SWIM COACHES' CLINIC

**WHEN:** Saturday, Sept. 16, 2017

**WHERE:** University of Puget Sound, 1500 No. Warner, McIntyre Hall, Rausch Auditorium, Mac 103, and Wallace Pool.

Sponsored by the University of Puget Sound, in cooperation with Pacific NW Swimming, American Swim Coaches Assn., the Washington Interscholastic Swim Coaches' Assn., and Blueseventy!

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## Your Speakers:

### **Mike Ashmore: Head Swim Coach at Santa Maria Swim Club in Santa Maria, CA.**

Mike came to the Santa Maria Swim Club in September 1999. Since that time, the club has witnessed an explosion in growth, not only in our numbers, but also competitively. Coach Mike took the team from very few AA qualifiers to several Junior National, U.S. Open, and Senior National qualifiers. In 2010-11, Mike guided Josh Prenot make the Jr Pan Pacific Games and Junior World Championships teams. Josh went on to swim for Cal and most recently, broke the American Record and won the silver medal at the 2016 Rio Olympics. Mike Ashmore is a Level 4 certified member of the American Swimming Coaches Association.

### **Adam Hoyt: Head Swim Coach at Tufts University in Boston, MA, an NCAA D-III**

**institution.** Adam serves as head coach of the Jumbo men's and women's swimming programs and enters his 14<sup>th</sup> season this fall. He followed in the footsteps of longtime Tufts coaches Don Megerle and Nancy Bigelow. In just the last 4-5 years, Tufts has experienced a meteoric rise in the standings of the elite NESCAC conference in New England. This has also been reflected in their perpetual top-15 finishes at the NCAA Championships. The Jumbo success in the pool is also reflected in the classroom, as they are an annual fixture in the CSCAA Scholar All-American list for team cumulative GPA.

## \*\*\*REGISTRATION\*\*\*

Advance registration will be accepted through September 15<sup>th</sup>, 4 pm. For PO payments or credit card payments, please call 253-879-3140 and ask for Tanna Masters. Advance Registration cost: **\$75** for ASCA and/or WISCA members, **\$90** for non-members. **You are urged to register early.** On site registration on the date of the clinic will be **\$90** for members, **\$105** for non-members. Advanced Registration is recommended!

**Lunch included in registration.**

Checks should be made payable to: **LOGGER SWIMMING**

**Clinic Director: Chris Myhre**

**Registrations are to be mailed directly to Chris Myhre at this address; 1500 North Warner, Tacoma, WA 98416. If you have questions, please email Chris Myhre, [cmyhre@pugetsound.edu](mailto:cmyhre@pugetsound.edu) or call, 253-879-3146.**

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## **Tentative clinic schedule: September 16, 2017**

7:30 – 9:00 am	Registration. Coffee and Bagels- ASCA table, Swim Shop visit, social time.
9:00 - 9:15 am	Announcements and Introductions
9:15 – 9:55 am	Mike-“The 7 keys to a successful season”
9:55 - 10:35 am	Adam-“Creating a culture of expectation for swimming fast”
10:35 – 10:45 am	10 min Break (ASCA/swim shop tables, restrooms, water, coffee)
10:45 - 11:20 am	Mike-How to swim fast in Butterfly and Breaststroke
11:20 – 11:55 am	Adam-How to swim fast in Backstroke and Free
Noon - 1:00 pm	lunch provided on site (WISCA/HS coaches meeting in Mac 103)
1:00 - 1:15 pm	Transition to the NEW Wallace Pool
1:15 – 1:45 pm	Mike-Favorite Breast and Fly drills
1:45 - 2:15 pm	Adam-Favorite Back and Free drills
2:15 - 2:45 pm	Mike and Adam-Starts, Turns, Underwaters
2:45 - 3:00 pm	Final Q&A and Clinic wrap-up

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**University of Puget Sound**  
**1500 North Warner**  
**Tacoma, WA 98416**  
**McIntyre Hall**

**2017 NORTHWEST SWIM COACHES' CLINIC REGISTRATION FORM**

Washington State school employees can register for 8 clock hours at the clinic.

There will be a WA high school coaches meeting at 12:15 pm in Mac 103 (upstairs from Rausch) during lunch.

Advance Clinic Registration Cost: \$75 for ASCA and/or WISCA members, \$90 for non-members. Advance registration must be received by Sept. 15, 2017 (Registration at the clinic is \$90/\$105 for non-members.) Lunch is included with your registration. NW Swim Coaches Clinic – Saturday, Sept. 16, 2017 at the University of Puget Sound, 1500 No. Warner, Tacoma, 98416, McIntyre Hall.

**Please write/print legibly!**

Name \_\_\_\_\_

Team \_\_\_\_\_

(Please list your personal mailing address)

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

ASCA/WISCA \_\_\_\_\_ Non Member \_\_\_\_\_ (check X as to membership status)

E-Mail Address \_\_\_\_\_ (Print)

Clinic Fee/Total fee \$ \_\_\_\_\_

Please make your checks payable to **LOGGER Swimming**

**Mail this form & check to:** Chris Myhre-Swim Coach, 1500 No. Warner Tacoma, WA 98416, for **credit card/PO numbers**, call Tanna at 253-879-3140.

**If you have further questions, email Chris Myhre at**  
**[cmyhre@pugetsound.edu](mailto:cmyhre@pugetsound.edu) or call at 253-879-3146**

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