

The 56th NORTHWEST SWIM COACHES' CLINIC

WHEN: Saturday, Sept. 26, 2015

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

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

Speakers: Head Coach at Fairview HS in Boulder, CO, **Bob Smartt** and former head coach at Pepperdine University and current VP at Finis, **Tim Elson**. We will also have a special guest presenter sharing his wisdom on the strokes of breast and fly, **Guy Edson**, ASCA Technical Director!

REGISTRATION: Advance registration will be accepted through September 25th. For PO payments or credit card payments, please call 253-879-3140 and ask for Tanna Masters. Advance Registration cost: **\$60** for ASCA and/or WISCA members, **\$75** for non-members. **You are urged to register early.** On site registration on the date of the clinic will be **\$75/\$90** for non-members. **Lunch included in registration.** Advanced Registration is recommended!

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**, cmvhre@pugetsound.edu or call, **253-879-3146.**

Tentative clinic schedule: September 26, 2015

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 - 10:00 am	Bob—USRPT: What is all the fuss about, and what is it?
10:00 - 10:45 am	Tim—Speed and nothing but speed!
10:45 - 11:00 am	15 min Break (ASCA/swim shop tables)
11:00 - 11:30 am	Bob—Free and Back discussion
11:30 – noon	Guy—Breast and Fly discussion
Noon - 1:00 pm	lunch provided on site (WISCA/HS coaches meeting in Mac 103)
1:00 - 1:45 pm	Bob—HS Training plan and Tapering
1:45 – 2:30 pm	Tim—Happy Swimmer=Fast Swimmer
2:30 - 3:00 pm	Q and A session with Bob and Tim
3:00 - 3:30 pm	transition to the pool
3:30 - 4:30 pm	Bob/Tim/Guy: Pool demonstrations of drills and technique tips.

ASCA classes, presented by Guy Edson, ASCA Technical Director

Friday, Sept. 25th, 12:30-8:30 PM, Level 2 Stroke School \$70.

**Sunday, Sept. 27th, 8:30 AM-4:30 PM, ASCA Coaching Essentials class,
also \$70.**

Please email or send a hard copy of the registration form, found on the next page.

Email to cmvhre@pugetsound.edu, or send to:

**Chris Myhre
Logger Swimming**

1500 North Warner
Tacoma, WA 98416

2015 NORTHWEST SWIM COACHES' CLINIC REGISTRATION FORM
ASCA coaches' certification = 15 units credit with test. Washington State school employees can register for 8 clock hours at the clinic.

Advance Clinic Registration Cost: \$60 for ASCA and/or WISCA members, \$75 for non-members. Advance registration must be postmarked/received by Sept. 25, 2015 (Registration at the clinic is \$75/\$90 for non-members.) Lunch is included with your registration. NW Swim Coaches Clinic – Saturday, Sept. 26, 2015 at the University of Puget Sound, 1500 No. Warner, Tacoma, 98416.

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 \$ _____

ASCA Level 2 Stroke School(FRI) \$ _____

ASCA Coaches Essentials (SUN) \$ _____

Total \$ _____

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 or call at 253-879-3146

.....