

**2010 Upper Midwest
Swim Coaches' Clinic
Friday - Sunday
April 9th - 11th, 2010**

Ramada Plaza Minneapolis....1330 Industrial Blvd....
Minneapolis, MN 55413....612-331-1900
(this is the same facility that used to be named the 4 Points Sheraton)
\$88+ Tax

*Register under Minnesota Swim Coaches Association to receive the discounted rate.
All reservations need to be made before March 12 to receive our group rate.*

FEATURED SPEAKERS

Jon Carlson (Gustavus Adolphus College, St. Peter, MN;
12 time MIAC champion for men and women)

Paul Silver (University of Idaho; 7-Time Olympic Medalist over 3 Olympiads)

Ryan Wochomurka (University of Louisville Asst. Coach; Olympic Trials Finalist)

Friday, 9 April 2010

8:00 - 9:00 AM Registration

9:00 - 10:15 AM *Jon Carlson - Gustavus Practice and Training Format*

10:30 - Noon *Paul Silver - IM Training*

Noon - 1:00 PM Lunch on your own

1:00 - 2:15 PM *Jon Carlson - Taper and Big Meet Preparation*

2:30 - 3:30 PM *Paul Silver - TBD*

Saturday, 10 April 2010

9:00 - 10:15 AM Q & A Session for Speakers

10:30 - 11:45 PM *Ryan Wochomurka - Sprinting and Mid-Distance*

12:15 - 1:30 PM Lunch on your own

1:30 - 2:30 PM MSCA Business Meeting

2:30 - 3:15 PM *Ryan Wochomurka - Dry Land Training with a Focus on Free*

Sunday, 11 April 2010 - ASCA School Portion of Clinic with Guy Edson

8:30 - Noon "Dryland Training for High School and Senior Swimmers" **Noon**

- 1:15 PM Lunch on your own

1:00 - 4:00 PM "Teaching and Training Fast Starts and Turns for
High School Swimmers"

More Info Found At

http://web.mac.com/mnswimmer/Minnesota_Swim_Coaches_Association/Clinic.html

**Sponsors: ELSMORE AQUATIC, PURE BLUE SWIM SHOP,
SPEEDO, TYR, ASCA MN, MSHSCA, DOLFIN AQUATICS,
GREATER MIDWEST FUNDRAISING**

2010 Upper Midwest Swim Coaches Clinic Registration Form

<u>Clinic Fees</u>	<u>Until April 3</u>	<u>April 4 – At Door</u>
High School Student	\$65	\$100
Undergrad College Student	\$65	\$100
Coach	\$95	\$140

<u>ASCA School Fees</u>	<u>Membership Rate</u>	<u>Non-Member</u>
Dryland Training for High School and Senior Swimmers	\$45	\$55
Teaching and Training Fast Starts And Turns For High School Swimmers	\$45	\$55
Both Courses	\$75	\$100
New ASCA Membership + Both courses		\$145

- *Please indicate all rates that you are paying for.*
- *Please only use one registration form for each attendee.*
- *Mailed in fees are determined by postmark date.*

Total Fee Included _____

Name: _____ Phone: _____
Address: _____
Email: _____ Affiliation: _____

Make checks payable to MSHSCA along with this form to: Andy Viker
120 Marion Lane
Mankato, MN 56001

Questions?

Andy Viker
H: 507-625-9069

veekx@hotmail.com
C: 507-327-9878

W: 507-934-4210 x 468