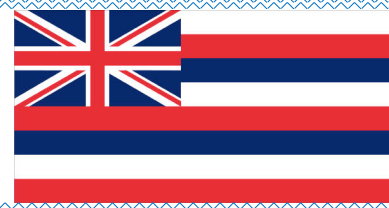




HAWAIIAN SWIMMING Bi-Annual Coaches' Clinic October 15-17, 2010



INTRODUCTION: A charter of the Hawaiian Swimming LSC is the education of its members. This clinic aims to bring to Hawaii presenters who have track record of success guiding athletes through the transitions from age group swimming to senior swimming and from senior swimming to the collegiate level. Hawaii coaches are encouraged to invest their time and take advantage of this opportunity to learn from and discuss topics essential to the growth and long term success of your athletes. Presenters include (see page 2 for bios): Mike Chasson - former ASU Head Coach, Scott Shea - Palo Alto Stanford Aquatics Head Coach SCRA site, Victor Wales - UH Head Coach, Chuck Riggs - Assistant UH Coach, and Dr. Jan Prins - Director of the UH Aquatic Research Laboratory.

WHERE: University of Hawaii - Manoa Campus, Honolulu, Oahu, Hawaii.

WHO: Eligible participants include registered coach members of USA Swimming, US Masters Swimming, HHSAA, YMCA, and FINA recognized organizations.

REGISTRATION: The sign-up deadline is Monday, October 4, 2010. Send your reservation request by e-mail to Dean Schmaltz at deanschmaltz@hawaii.rr.com. Mail registration fee of \$50 made payable to "Hawaiian Swimming" to Hawaiian Swimming, c/o Lynne Nakamura, P. O. Box 893193, Mililani, HI 96789.

NEIGHBOR ISLAND TRAVEL REIMBURSEMENT: USA Swimming registered coaches residing on the "neighbor islands" are eligible to be reimbursed up to \$300 per team for their travel and lodging expenses from Hawaiian Swimming.

SCHEDULE:

Friday, October 15:

Afternoon: *UH Dual Meet with Seattle University*

5:30 PM to 6:00 PM: *Check-in, Introduction*

6:00 PM to 7:00 PM: *Age Group to Senior Transition - Training, Communication, Games, Psychology; Scott Shea*

7:00 PM to 8:00 PM: *Trends in the Sport - Technical, Training, Competition; Mike Chasson*

8:00 PM to 9:00 PM: *Coaches Social*

Saturday, October 16:

8:30 AM to 9:00: *Check-in, Morning Snack*

9:00 AM to 10:00 AM: *The Difference between Women and Men - The Mental Side of Training; Mike Chasson*

10:00 AM to 11:00 AM: *Your Club - Managing the Business, Staff, Volunteers, Parents, and Community; Scott Shea*

11:00 AM to Noon: *Current Research in Stroke Mechanics and Video Presentation; Dr. Jan Prins*

Noon to 1:30 PM: *Lunch - UH Dual Meet with Seattle University*

1:30 PM to 2:30 PM: *Volume vs. Quality - When and How Much; Mike Chasson*

2:30 PM to 3:30 PM: *Sport Psych - Preparing the Mind for Success; Scott Shea*

3:30 PM to 4:30 PM: *Sprinting and the Art of Kicking; Victor Wales*

Sunday, October 17:

8:30 AM to 9:00: *Check-in, Morning Snack*

9:00 AM to 10:00 AM: *Preparing for 'Big Meets'; Scott Shea*

10:00 AM to 11:00 AM: *Modern Mid and Long Distance Training; Chuck Riggs*

11:00 AM to Noon: *The Aquatic Research Laboratory at UH in Action; Dr. Jan Prins*

Noon to 1:00 PM: *Lunch*

1:00 PM to 2:00 PM: *How to Taper More than Once Per Season; Victor Wales*

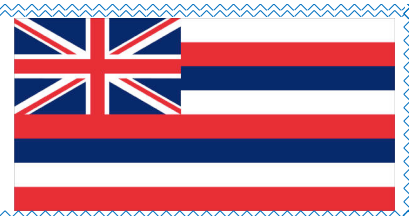
2:00 PM to 3:00 PM: *Preparing your Senior Athletes for College; Mike Chasson*

3:00 PM to 4:00 PM: *Round Table Q&A Session; all presenters*

Note: Changes to topics and/or order of presentations will be posted and distributed to registered attendees.



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MICHAEL CHASSON: Former Arizona State University Head Coach: In ten years as the men's and women's head swimming coach, Chasson guided the Sun Devils to success levels not seen in Tempe for over 15 years. As the first coach to officially head both the men's and women's swimming programs at ASU, he arrived on campus in 1998 with the dual challenge of rebuilding both programs into top-level national finishers annually. Equally significant to Mike has been ASU's performance beyond the national standings, tallying 51 school records, over 200 All-America honors and the fourth NCAA individual event title all-time for men's swimming (Attila Czene, 200 IM, 2000). In his short tenure, his coaching talents have attracted the likes of Olympic gold medalists Attila Czene and Ágnes Kovács to Tempe to don the maroon and gold, in addition to Pan American Games medalists Nick Brunelli and Florencia Szigeti. Chasson has also had his own international experiences, serving as an Olympic coach for the Egypt swim team in the 2004 Athens Summer Olympic Games.

DR. JAN PRINS: Founder and Director of Swim Hawaii: "Dr. Jan" has been involved with swimming for 40 years and is currently the Associate Professor & Director, Aquatic Research Laboratory, University of Hawaii, Manoa. Jan was assistant coach at Indiana University, 1974-1978 under the legendary Doc Counsilman and became the Men's Head Coach at the University of Hawaii from 1978-1987. During his tenure, Hawaii placed in the top 10 at the U.S. Nationals and top 20 at NCAA Division I Championships. Jan has also been an Olympic Coach for Sri Lanka and a Paralympic Coach for the United States. Jan is Editor-in-Chief of Journal of Swimming Research and a published author in Swimming & Aquatic Rehabilitation.

CHUCK RIGGS: University of Hawaii Assistant Coach: Chuck came to Hawaii after 26 years as the Founder, Head Coach, and Chief Executive of the community-based Redlands Swim Team in Redlands, Calif. Riggs has coached numerous high school and college All-Americans and USS National Finalists. He has placed two swimmers on the USA Pan Am teams, coached a world and American record holder, coached a NCAA D-I champion, was an international coach for USA Teams in 1975, 1981 and 2000, and also was a member of the Southern California Swimming Board of Directors for 25 years. He also received the Phillips award from Southern California Swimming in 2001. In 2008, Riggs was named Southern California Kevin Perry Coach of the Year after his men's team took Junior National Champions. That year, Riggs was the first in the nation to coach two high school swimmers in breaking 20 seconds in the 50 free in the same high school championship meet.

SCOTT SHEA: Palo Alto Stanford Aquatics - Head Coach SCRA site: Scott graduated with a BS in Psychology from UC Davis and immediately started his coaching career. Soon after Scott founded the Stanford Covington Racing Aquatics (SCRA) with Aimee Lehr and Stephanie Fryberg. As SCRA grew he found a need to include more of the surrounding communities. Scott then started the Palo Alto Stanford Aquatics with coaches Tony Batis, Bruce Smith, and Billy Doughty. The new PASA then grew to over 800 in 2010. Personal accomplishments include 2009 USA National Youth Team Staff, 2008 NCSA Junior Nationals Coach of the Meet, and 2004 George Haines Award - Senior Coach of the Year Pacific Swimming. Team Achievements 2010: 1st - LC Junior National Championships - Combined/Women, 5th - LC National Championships - Women, 7th - LC National Championships - Men, 1st - SC Texas Sectionals. Team Achievements 2009: 1st - SC CA/NV Sectionals, 1st - SC USA Nationals - Women. Team Achievements 2008: 1st - LC Junior National Championships - Combined Team. Individual Swimmer Achievements: 50+ Sectional Qualifiers, 30 Junior National Qualifiers, 10 National Qualifiers, 2008 Olympic Trials - 5 Qualifiers, top results - 4th and 6th.

VICTOR WALES: University of Hawaii Head Swimming Coach: Victor Wales begins his fourth year at the helm of the men's and women's swimming program at the University of Hawai'i with a recruiting class ranked No. 14 nationally. During the past season the men's team were 10-0 in dual meets and finished Conference USA in second place and the women's team were 7-2 in dual meets and finished in third place in the WAC Championships. Wales was named the WAC Swimming Coach of the Year his first year with the team. Before UH, Wales spent four years at the helm of the San Jose State women's swimming program. While with the Spartans, his athletes broke 17 school records and produced 15 all-WAC academic selections. Wales came to San Jose State from Arizona State, where he was the head assistant men's and women's swimming coach from 1998-2001. During his tenure in Tempe, Ariz., he coached five school record holders, four All-Americans, five Olympic Trials qualifiers, and three Olympians. Before ASU, Wales was the associate head men's and women's swimming coach at his alma mater, UC Santa Barbara. Wales earned a bachelor's degree in political science from UC Santa Barbara in 1992. As a swimmer for the Gauchos, he was a four-year member and two-time captain of the swim team from 1988-92. A 10-time Big West Conference champion and 1990 NCAA Division I All-American, Wales qualified for the Olympic Trials in both 1988 and 1992.