



COACHING TIPS & TOOLS CLINIC



Saturday May 19, 8am – noon @ Shouse Village
OR
Sunday June 17, 8am – noon @ Lee Graham



Please email NVSLcoachclinic@gmail.com to sign up!
Include your coaches names, team, age group(s) coaching this year,
And number of prior years coached



Program Highlights: (The information is invaluable and the cost is free :)

PLANNING FOR SAFETY - from practice to meet warm-ups to meets

SPECIFIC TECHNIQUES FOR DEVELOPING MINI'S - progression tools

KEY USES OF TOOLS FOR VARIOUS AGE GROUPS - stretch cords, noodles, fins, etc

STROKE MECHANICS - detection and correction, starts, turns and finishes

LEARN FROM YEARS OF COACHING EXPERIENCE - ways to deal with situations encountered in and out of pool ...dealing with large practices, swimmer personalities and group dynamics ...effective communication with swimmers and adults



LEADERSHIP AND SPORTSMANSHIP– 24/7 !!! – the keys to a good season and mentoring your swimmers for life!



This is a great opportunity to learn new practice and training techniques, various ways to deal with difficult situations, and ideas for making this season even more fun!

PLEASE BRING WATER, SUNSCREEN, A PENCIL/PEN AND NOTEBOOK :-)

This is designed with young coaches in mind, though seasoned coaches can find new tips and tools as well

ENCOURAGE YOUR COACHES TO SIGN UP via email

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Here's to another great NVSL Season!

The will to win is not nearly as important as the will to prepare to win. – Vince Lombardi