



COACHING TIPS & TOOLS CLINIC



Saturday - May 18, 2019 12:30pm-4:30pm @ Shouse Village
[1432 Towlston Road, Vienna, VA](http://www.1432TowlstonRoad.com)



Sunday - June 2, 2019 8am-Noon @ Lee Graham Pool
[7319 Lee Highway, Falls Church, VA](http://www.7319LeeHighway.com)

If you would like to host a coaches clinic please email askNVSL@gmail.com

We need 4 hours of pool time for demonstrations as well as a meeting room or covered protected area for 60 coaches. Usually starting at 8am/1pm pre-season or 8am in season



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 - 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

nvslcoachclinic@gmail.com



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