



COACHING TIPS & TOOLS CLINIC



Sunday - June 2, 2019 8am-Noon @ Lee Graham Pool
7319 Lee Highway, Falls Church, VA



ENCOURAGE YOUR COACHES TO SIGN UP via email

nvslcoachclinic@gmail.com

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



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!***



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