

ADDITIONAL COURSES

If you wish to register for these additional courses, please note in the appropriate space on the registration form & include payment payable to Central States Swim Clinic.

The Methodology for Balanced Training

Fri. May 19th 9am-5pm

(\$99 with clinic registration/\$149 without)

Spend the day with Ernie Maglischo (PhD), Author of “Swimming Faster” & “Swimming Fastest”. Ernie is well known and respected for his scientific research as it applies to the sport of swimming. The basis of the class is training for optimal performance. Through the study of molecular biology one can explain some of the “mysteries” of training. For example, why do some athletes work harder and swim slower, why do they train for one stroke or distance and improve only in other strokes and distances. Is it best to do land training before or after swim training? Is there a value to what we have, in the past, called garbage yards. How will training cause athletes to improve their times or become overtrained? Ernie will also cover the following:

1. Understanding the proper use of energy zones
2. The periodization of a season
3. What is cycle training & how to apply it to workouts
4. The Proper Balance of anaerobic & aerobic training

Swim Specific Dryland Training

Fri. May 19th 6-7pm

(no charge)

This course, presented by Bethany Tilson, covers dryland training for ALL levels and ages. How to train beginners and how to build the dryland with minimal effort. We will go through what exercises to do, the muscle chains and how to schedule exercises. We will also go over how to train different swimmers and how to advance each swimmer. We will discuss budgeting and what equipment to invest in.

SIGN UP TODAY!! – DON’T MISS THIS CLINIC

Don’t forget your hotel reservation for special clinic rate



Recent IST Clock Raffle Winners



CLINIC SCHEDULE (Swimmers sessions in blue italics)

FRIDAY

6:00-7:00pm **Dryland Class**
7:00-8:00pm **Technology Corner**
8:00-9:15pm **Informal Social** in the Exhibit Hall

SATURDAY

7:30-8:15am Registration & Exhibit Hall open (Breakfast available)
8:00 am *Buses leave for pool with swimmers*
8:30-11:15am *Beisel & Jones with Swimmers at the pool*
8:15-9:15am Bauerle: Breaststroke – Teaching Progressions & Common Errors
9:15-9:45am Visit the Exhibit Hall
9:45-10:45am Murray: Creating Dynamic Practices Applicable to All Ages
10:45-11:15am Visit the Exhibit Hall
11:15am *Buses leave pool for hotel*
11:30-12:15 *Beisel & Jones with Swimmers Q&A*
11:15-12:15pm **Lundsten:** Backstroke – Teaching Progressions & Common Errors
12:15-1:30pm **Lunch Break** (Lunch available - Exhibit Hall)
1:30-2:30pm **Bauerle:** Short Season Planning - Quality vs Quantity
1:30-2:30pm *Murray with Swimmers*
2:30-3:00pm Visit the Exhibit Hall
3:00pm Exhibit Hall Closes
3:00-4:00pm **Jones/Beisel:** What Do You Want to Know? Q&A
3:00-4:00pm *Bauerle with Swimmers*
4:15-6:00pm *Lundsten with swimmers at hotel - Olympic & World Championship Races Videos Technique Discussion*
4:15pm Buses Leave for the Pool (Coaches only)
4:30- 6:00pm **Pool Practicum for Coaches:** Murray & Bauerle with Beisel & Jones
Drill Demonstration
Clinic Social & Raffle

SUNDAY

7:30am **Exhibit Hall Open** (Breakfast available)
8:00-9:00am **Troy:** Freestyle – Teaching Progressions & Common Errors
7:45am *Buses leave for pool with swimmers*
8:15-11:00am *Beisel & Jones with Swimmers at pool*
9:00-9:30am Visit the Exhibit Hall
9:30-10:30am **Lundsten:** Training Aids – When & How to Use Them
10:30-11:00am Visit the Exhibit Hall
11:00am *Buses leave pool for hotel*
11:15-noon *Beisel & Jones with Swimmers (Autograph time)*
11:00-noon **Murray:** Butterfly – Teaching Progressions & Common Errors
12:00-1:00pm **Lunch Break** (Lunch available - Exhibit Hall)
1:00pm Exhibit Hall Closes
1:00-2:00pm **Jones:** Increasing Diversity in Our Sport
1:00-2:00pm *Troy with Swimmers*
2:00-3:00pm **Troy/Beisel:** Coach/Athlete Relationships – Why It’s Important for Success
2:00-3:00pm *Jones with Swimmers*
3:00-4:00pm **Open Forum** for *Swimmers* & Coaches: All Speakers & Olympians (autograph/mingle time at end)

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Central and Eastern States
Swim Clinics
PO Box 209
Southern Pines, NC 28387

JOIN the Excitement at this Exceptional Educational Opportunity for Coaches & Swimmers!!

THE 41st ANNUAL CENTRAL STATES SWIM CLINIC

Saturday & Sunday
MAY 20th & MAY 21st 2023
OAK BROOK MARRIOTT HOTEL
1401 WEST 22nd STREET
OAK BROOK, IL 60523
(630) 573 8555

Sponsored by: Susan Davis, Jill Greenleaf & Doug Fonder
www.swimclinic.com & on Facebook

Established in 1981, the Central States Clinic is the most comprehensive & personalized coaches’ clinic in the United States. This is an excellent clinic exclusively for the education & advancement of coaches & swimmers & one of the best lineups of speakers ever!

Our Eastern & Central States Clinics are the largest & most respected privately run clinics in the United States. Our clinic offers you a special opportunity to be with top age group & university coaches. The 2023 Clinic proudly offers the following prestigious line-up of speakers & the special opportunity to meet & work with Olympic swimmers Elizabeth Beisel & Cullen Jones.

Jack Bauerle: Head Olympic Coach ‘08, Asst. Coach ‘20, ‘16, & ‘00, Former Head Coach Georgia Men & Women

Ian Murray: Head Coach Dynamo Swim Club

Gregg Troy: Olympic Head Coach ‘12, Olympic Asst. Coach ‘08 & ‘96, Former Head Coach Florida Men & Women

Kate Lundsten: Head Coach Minnesota Aquajets & Coach of Olympian Rachel Bootsma

Elizabeth Beisel: 3x Olympian ‘08, ‘12 & ‘16, Silver & Bronze medalist

Cullen Jones: 2x Olympian ‘08 & ‘12, 4 Gold, 4 Silver, 1 Bronze medalist, American Record Holder

Recent attendee’s say:

“I learned from each speaker & have a lot to take back to our team to help us improve & have fun!”

“Best clinic I’ve attended in 30 yrs, great speakers & the opportunity to connect informally with coaches outside my area.”

“My swimmers had fun meeting other participating swimmers & were motivated by the Olympians & speakers both in & out of the pool.”

[Come to this clinic and make your program better than ever!](#)

SPECIAL FEATURES

In addition to ten outstanding talks listed in the Clinic Schedule (see reverse side), during the morning pool sessions Elizabeth Beisel & Cullen Jones will work on stroke drills with the swimmers. You, as coaches, will have the opportunity to ask stroke related questions at the Sat. afternoon pool session when you observe Bauerle & Murray with Beisel & Jones demonstrating drills.

Both days you are welcome to meet informally with our speakers to ask questions specifically related to your program. On Sunday there will be an **open forum** at which time you will have the opportunity to discuss subjects of personal interest and meet with our speakers & Olympians personally.

For swimmers – A special opportunity to work with our country’s top coaches & **Olympians Beisel & Jones**. There will be 2 pool sessions and a lecture series with our speakers.

Fri. eve. 6-7pm Swim Specific Dryland Training (for coaches & swimmers)

Fri. eve. 7-8pm Technology Corner (for coaches) Select vendors will present a lecture/demonstration session regarding the use of their products.

Both days we have planned a **specially priced breakfast & lunch in the Exhibit Hall**. This will give you further opportunity to meet with our vendors to inspect & learn about the latest equipment for coaches & swimmers.

Fri. There will be an informal gathering for coaches & swimmers in the **Exhibit Hall**. All of our vendors will be present to answer questions regarding their products.

Sat. The clinic social will be a gathering with our speakers & a special **clinic raffle** with prizes donated by all the vendors including an IST digital clock. You must be present to win.

THE TRADE FAIR

The 2023 Trade Fair will be an extensive display of swimming equipment provided by local & national distributors including A3, Agon, D&J Sports, Elsmore, Finis, Fitter & Faster, IST, One, Total Performance & Swim Outlet. Together they will have for your perusal the latest suits & swim products, the newest innovations in timing systems, training aids, & equipment.

OTHER FEATURES AND INFORMATION

Special guest, Ernie Maglischo (PhD), will present on Fri. May 19th at the Marriott. There also will be a Dryland session presented by Bethany Tilson at no charge. These courses will be offered prior to our clinic at The Marriott. These courses are optional & one has an additional fee. See course descriptions & fees (reverse side).

If you have questions about the clinic please contact: Sue Davis- email: sue.swarhmore@gmail.com, phone 610 348 2152 or Jill Greenleaf- email: jgreenle@skidmore.edu, phone 518 580 5368 or visit the website www.swimclinic.com. This clinic is sanctioned by ASCA. Attendance earns you 20 points toward the ASCA Coaches Certification Program.

CLINIC STAFF



Gregg Troy – Gregg retired in ‘18 as Coach of U of Florida’s men & women’s teams after an amazing career at the collegiate level. Gregg turned the program into a powerhouse in the SEC & NCAA. He is now coaching the Gators Swim Club and some of the best professional post grad swimmers. Gregg was voted 2021 ASCA Coach of the Year. He was Head Coach at the ‘10 Pan Pacs, ‘01 World Championships, ‘99 Pan Am Games & ‘95 Pan Am Games & served as an Asst. Coach at the ‘08 & ‘96 Olympics & ‘11, ‘07 & ‘04 World Championships. In ‘10 he was the ASCA Coach of the Year, 3-time NCAA Women’s Coach of the Year, 7-time SEC Men’s Coach of the Year & USA Swimming Coach of the Year. In ‘02 & ‘04, he was voted NCAA Men’s Coach of the Year & in ‘97 he was named USA Swimming Developmental Coach of the Year. Gregg was inducted into the Swimming Hall of Fame in ‘12. Swimmers such as Lochte, Beisel, Dwyer & Dressel are only a few of the 91 Olympians under Gregg’s tutelage.



Jack Bauerle – Jack, who retired in ‘22, was Head Coach at Georgia for 44 years & the most successful coach in SEC history. His women won 7 NCAA Championships and 12 SEC team titles, a remarkable accomplishment! He has been NCAA Coach of the Year 7 times & SEC Coach of the Year 18 times. In ‘00, ‘16 & ‘20, Jack was Asst. Olympic Coach & personal coach in ‘04 & ‘12. In ‘08, Jack was Head Women’s Olympic Coach when the team earned 14 medals, the most of any nation. He was Head Women’s Coach in ‘03, ‘05 & ‘11 for World Championships. He has coached 3 NCAA Woman of the Year winners: Kowal, Coole & Black. Jack is the 4th winningest coach in NCAA history. Jack is the consummate team coach & a very popular & respected speaker.

CLINIC REGISTRATION FEES
EARLY BIRD SPECIAL (through March 6)
 \$160.00 Coach registration
 \$150.00 Swimmer registration
 (group discount not applicable)
PRE-REGISTRATION (March 7 - May 8)
 \$180.00 Coach pre-registration
 \$170.00 Swimmer pre-registration (ages 8 & up)
SPECIAL GROUP DISCOUNT (March 7 - May 8)
(must register at the same time)
 register 5 swimmers get the 6th free & register 5 coaches get the 6th free
LATE REGISTRATION (after May 8 online & at the door)
 \$200.00 for coaches
 \$190.00 for swimmers
REGISTER BY MAIL OR ONLINE at www.swimclinic.com
FOR CLINIC AND HOTEL ROOMS
NO PURCHASE ORDERS ACCEPTED

HOTEL ACCOMMODATIONS
 The MARRIOTT is conveniently located across from the Oak Brook Mall approx. 30 min. from O’Hare & Midway airports. **Transportation from the airport** is available via **American Taxi** at approx. \$35 per person (Midway \$40). When ready for pickup call **800 244 1177 or 847 255 9600** (5 –10-minute wait)
 The MARRIOTT offers the following **SPECIAL ROOM RATES** (no purchase orders accepted) Single \$114, Double, Triple & Quad \$130. Make reservations early **and BY 5PM MONDAY MAY 8TH TO RECEIVE THE SPECIAL RATES** -- CALL 630 573 8555 or online at www.swimclinic.com We always fully book the Marriott.



Ian Murray - Ian has over 25 years of coaching experience & is currently the Head Coach at Dynamo where he oversees all aspects of the competitive programs, including the nationally recognized competitive team, Juniors, Masters, and Age Group. Ian played a significant role in the development of Olympic Gold Medalist & NCAA Champion, Brooks Curry. He has guided Dynamo to team titles at the USA Swimming Futures Championships & Speedo Junior Nationals. Before Dynamo, he was Associate Head Coach of Carmel Swim Club where his swimmers set multiple USA Swimming National Age Group Records. He was on the coaching staff of the ‘16 USA Swimming College Challenge & he was Head Coach for both the USA Swimming National and Zone Select Camps. Ian was also Asst. Coach for Carmel High School & Carmel’s Head Age Group. He was named an ASCA Coach of Excellence.



Kate Lundsten - A 24x All American and D3 NCAA National Champion in 100 & 200 Back, Kate held the D3 National record in the 200 Back. She has been a USA Swimming coach for over 20 years. In ‘18, she was Jr Pan Pacs Asst. Coach & in ‘17 Head Coach for FINA Jr World Championships. Kate joined the Aquajets as Head Coach in ‘04. She is the Board Chair of Newjets, Inc., a non-profit parent organization of the Aquajets. Prior to her position at Aquajets, Kate was a 10-year head coach for the Eden Prairie HS Girls’ Swim Team. They won 4 state titles. Kate has been the recipient of numerous coaching awards including State High School Coach of the Year while at Eden Prairie. She is widely recognized as a superior stroke technician, encouraging & promoting strong technique in practice. Swimmers under Kate’s watch have achieved significant success including state & national records, 13 Olympic Trial qualifiers & Olympic gold medalist Rachel Bootsma.



Cullen Jones - Cullen is a 4x Olympic medalist & the 1st African American swimmer to hold a World record. At the ‘08 Olympic Games, he swam on the legendary world-record setting 4x100 freestyle relay team. In ‘12, Cullen won gold as Team USA’s anchor in the 4x100 MR, silver in the 4x100 FR & individual silver in the 50m free. Cullen accounts for 13 U.S. medals (seven gold) at major international competitions. At age 5, he nearly drowned while splashing around at a PA water park. Immediately after which his mother enrolled him in swim lessons. It became clear that Cullen had natural talent as a swimmer. Throughout his career, he has been passionate about bringing more diversity to the sport. One project is the Cullen Jones Diversity Invitational. The goal of the invitational is to create a truly multi-ethnic swim meet that would also combine education on water safety & the culture of competitive swimming. Cullen is also an ambassador for the USA Swimming Foundation’s Make a Splash initiative.



Elizabeth Beisel – Elizabeth made her first USA National Team when she was only 13 years old & for the last 10 yrs. she has been representing the USA around the world. She was National Champion at Florida in her favorite events, the 400 IM & 200 Back. In her first Olympics ‘08, at only 15 years old, she was 4th in the 400 IM & 5th in the 200 back. In London ‘12, she did lifetime bests, silver in the 400IM & bronze in the 200 back. Elizabeth is known as one of the hardest working swimmers in the world & was elected captain & led the women’s team to one of their most successful Olympics ever in Rio ‘16. In Rio, she broke her finger in the warmup pool & didn’t get to the podium. She has a very outgoing personality & loves encouraging the next generation of swimmers to dream big and swim big.

✂ **MAIL TODAY** with your pre-registration fee(s) made payable to: **Central States Swim Clinic c/o Sue Davis, PO Box 209 Southern Pines, NC 28387** postmarked by **Monday, May 8th**. Please only ONE NAME per registration form – please print legibly. **Mail this form with your payment or register online at www.swimclinic.com. No purchase orders accepted.**

Name _____ Street _____
 City _____ State _____ Zip Code _____
 Phone (_____) _____ Email Address _____
 Club/School Affiliation _____
 How did you hear about this clinic? Brochure Returning Coach/Swimmer ISCA Other _____

Optional Courses:

- Fri. Methodology of Balanced Training...\$99.00 (registered for clinic) \$149.00 (not registered for clinic)
- Fri. Dryland Training.....(no charge)

- Coach \$180.00
- Swimmer \$170.00 Age _____