



2019 INDIANA COACHES CLINIC

Friday April 12th & Saturday April 13th, 2019

Fishers High School

13000 Promise Road | Fishers, IN 46038

Co-Sponsored By: 

Schedule

	Presenter	Class Title	Location
Friday, April 12th			
6:00PM - 9:00PM	John Leonard	Dryland Training for Swimmers of All Ages	Classroom
Saturday, April 13th			
9:30AM - 10:30AM	Megan Oesting	Communication In and Out of the Pool	Classroom
9:30AM - 10:30AM	Jim Sheridan	College Recruiting "What Coaches Need to Know"	Classroom
10:45AM - 11:45AM	Megan Oesting	Developing Coachable Athletes	Classroom
10:45AM - 11:45AM	Panel Discussion	Under Water Racing Skills	
12:00Noon - 1:00PM	All Presenters	Panel Discussion	Cafeteria
1:15PM - 2:45PM	Megan Oesting	Technical Progressions for Age Group Swimmers	Pool
1:15PM - 2:00PM	Jim Sheridan	How to Develop a Successful high School Program & Championship Culture Part 1	Classroom
1:30PM - 2:45PM	Rick Walker	Open Water Coaches Clinic	Classroom
2:15PM - 3:15PM	Jim Sheridan	How to Develop a Successful high School Program & Championship Culture Part 2	Classroom
3:00PM - 5:00PM	Rick Walker (assisted by other clinic coaches)	Open Water Pool Clinic for Athletes (Separate Registration) To register visit the Indiana Swimming Website https://www.teamunify.com/SubTabGeneric.jsp?_stbid_=0&team=czinlsc	Pool

Saturday Clinic Registration \$100

Friday Clinic Registration \$100

Register Online: www.swimmingcoach.org/clinics

Name _____

Phone _____ Email _____

Mailing Address _____

City _____ State _____ Zip Code _____ Country _____

Amount Total: \$ _____ Payment: cash check (US Funds Only) or credit card (American Express, Discover, Master Card or Visa)

Card Number _____ Exp. Date _____ Signature _____

AMERICAN SWIMMING COACHES ASSOCIATION

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Guest Presenters



Megan Oesting: Owner Head Coach of Eastern Iowa Swimming Federation

Megan Oesting grew up swimming in Seattle, WA. She went to UCLA and became a multiple time All-American in swimming setting multiple school records and also took up water polo where she was All-Conference and scored the opening goal to help win UCLA's first Women's Water Polo National Championship, UCLA beat Cal 8-2 for the Title.

Megan was the first Head Coach of the Iowa Flyers, setting their program foundation, curriculum and culture. She won the Iowa State Championships in her 3rd season where her swimmers set numerous Iowa State records in both relays and individual swims and qualified 3 swimmers to the USA Swimming Zone Camp where she was also selected to coach.

Megan is a part of the Women in Leadership conference held by USA Swimming at the Olympic Training Center and the National Team Coach's Conference as well as an active member of the USA Swimming National Team Alumni Association.



Jim Sheridan: Head Coach Greensboro College in Greensboro NC. Former Columbus IN Head High School Coach & Donner Swim Club Head Coach

Jim Sheridan is the Greensboro College's head men's and women's swimming coach. Previously, Sheridan served as the Dean of Students and head swimming coach at Columbus North High School in Columbus, Ind., while also serving as the co-president of the local swim club. During his time at Columbus North, Sheridan had numerous athletes achieve High School All-American swims and had four athletes qualify for the Olympic trials. Prior to his stint at Columbus North, Sheridan served as the head swimming coach at Clemson University, where led the women's team to a top-20 ranking while rebuilding the men's program.



Rick Walker: Head Coach Southern Illinois University & Former Open Water National Team Coach

Rick Walker is in his 32nd year as a swimming coach at Southern Illinois University. He has served as men's head coach since 1992 and added women's head coaching responsibilities in 2005.

Walker's 29th year was a memorable one, as he led the Saluki women's swimming and diving team to their first Missouri Valley Conference championship since 2007. The Salukis scored 799.50 points to edge out second-place Missouri State by just half a point.

During his tenure in Carbondale, Walker has earned 13 Coach of the Year honors and is a three-time Eastern Independent Championships Coach of the Year (1993-95), two-time National Independent Championships Coach of the Year (1996, 97), four-time Missouri Valley Conference Coach of the Year (1995, 96, 98, 2002), two-time MVC Invitational Coach of the Year (2004, 05) and two-time Mid-American Conference Coach of the Year (2012,15).



John Leonard: Executive Director of The American Swimming Coaches Association

John has been the ASCA Director since January, 1985. Prior to that, he coached in Syracuse New York and Lake Forest, Illinois. In both places, he coached his club teams to national top ten team finishes. He helped develop his first Olympian in 1976 in Syracuse. He is still an active Coach today, with his coach owned team, SwimFast, in Fort Lauderdale. His special coaching interest now, is ten and under and novice swimmers.

At the ASCA, John has grown the association from 1,100 to 11,000 Members, created the most respected Coach Certification Program in the world (over 22,000 certified coaches), built a national Learn to Swim program, SwimAmerica, and led the ASCA efforts in Advocacy, especially in Anti-Doping, support of collegiate swimming, creation of the professional swim league for athletes, and oversees an educational program of over 28 courses for swimming coaches. He is one of the best known names in world swimming circles.

He will retire from full time work for the Association in December, 2020, and work part time in his "retirement".