



MID WEST COACHES CLINIC



WHEN: April 17 & 18, 2020

Presenters:

James Leath: Unleash The Athlete

Megan Oesting: ASCA National COY

Jay Chambers: USA-Swimming
Performance Development Manager

LOCATION INFO: Fishers High School

Address 13000 Promise Rd, Fishers, IN 46038

To Register: Go to the Indiana Swimming website
www.inswimming.org/MidwestCoachesClinic

Presented by Indiana Swimming and USA Swimming

Rate: \$75 Single Registration: \$125 For Entire Staff

James Leath James is the Founder of Unleash the Athlete and former Head of Leadership and Character Development at IMG Academy.

“I help parents and coaches use athletics to build character driven, positive leaders”

Megan Oesting was recognized as the ASCA National Age Group Coach of the Year.

Quote: *“We’ll be talking about the flow of technique, training and key values we’d like to instill at each level of growth as we take our turns guiding these athletes though a successful swimming career.”*

Friday, April 17

5:00pm

REGISTRATION: Enter Door FH6(East side of Building)

5:30- 6:30pm
LGI

James Leath: “Do Say Be” for Coaches: Creating of framework of leadership development for athletes

6:45 – 7:45pm
LGI

James Leath: The Resilient Athlete: Five-part series on the foundations of sports psychology. Each section has a mental tool and mental muscle. “Able to access their talent regardless of the situation at the highest level they are capable on a consistent basis”

Saturday, April 18

8:30am

REGISTRATION: Enter Door FH6(East side of Building)

9:00-9:45am
LGI

Megan Oesting: Program Wide Stroke Progressions: Acquisition to Mastery
Introducing drills that promote long term stroke development by identifying fundamental components, sequences and power flow to promote strength and endurance.

10:00-10:45am
LGI

Megan Oesting: Building a Base: How Age Group Development Sets up Senior Success: How do we prepare our 10&Unders to be engaged, hungry 11-14 year olds that are set up to succeed at the senior level? What are the technical aspects involved and how does the training expand progressively?

11:00-12:00pm
LGI

Megan Oesting: Playing the Long Game: Helping Age Group Swimmers Transition to Senior Swimming: How to manage this pivotal time in a swimmer’s experience through education and expectations. What are the tasks of the age group coach and the senior coach, respectively, as the athlete moves towards more individualized training in a unified program?

12-1:00pm
LGI

Lunch -Box Lunch provided for all registered participants

1:00-1:45pm
LGI

Jay Chambers: Developing a Growth Mind Set in Your Athletes
Growth Mindset: Athletes with a growth mindset will be more coachable and less anxious in practice as well as competitions. This is key to high performance.

1:50-2:45pm
LGI

Jay Chambers: Hidden Training: Nutrition, Sleep & Recovery
Hidden Training: Everything that is accomplished in practice can be for naught if our athletes have the wrong habits outside the pool. It’s not rocket science, and the information is readily available.

5:30pm

Coaches Social: Location TBD

Guest Presenters



James Leath is a mental performance coach and the founder of Unleash the Athlete. With a bachelor's in communication, a masters in Performance Psychology, and almost 20 years of coaching experience, James teaches leadership, character, and mental residency to elite performers in sport, theater, and business through keynotes, workshops, and online courses. He has worked for companies like USA Swimming, IMG Academy, and the Dallas Cowboys. He is currently a mental performance coach for the Chicago Bulls organization and splits his time between Dallas and Chicago.



Megan Oesting is a former USA National team swimmer, UCLA national championship water polo player, and Masters swimming national champion who owns the Eastern Iowa Swim Federation, their Endless Pools lessons program, and MOST Swim Tech. Her MySwimEars are used all over the world fundamentally changing the way coaching is done in the sport of swimming. In her time in Iowa, her athletes have set and reset over 100 state records, posted over 30 swims in the All Time Top 100 Age Group rankings, half of which were in the top 10 all time, including 1 National Age Group Record. She was the 2019 Southern Zone Head Coach and the ASCA Age Group Coach of the year. Her purpose in coaching is to empower people to build trust in themselves and their ability to create the experiences they want to have in life. Megan is a certified Newfield Life Coach, helping clients of all ages reach their highest potential in their life goals.



Coach Jay Chambers is a Manager of Performance Development for USA Swimming with 41 years of coaching experience at the Club, High School and NCAA D I levels. He has coached in Ohio at the Athens Swim Club and Ohio University, but most of his 41 years of experience were in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team & Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, Heritage Christian HS, Washington Township Swim Club, and Fishers Area Swimming Tigers/Fishers HS, where he coached numerous National Champions and Record holders. Jay holds a master's degree in physical education from Ohio University.