



MID WEST COACHES CLINIC



WHEN: April 19, 2020

Presenters:

Megan Oesting: Head Coach Eastern Iowa Swim Federation

Jay Chambers: USA-Swimming Performance Development Manager

LOCATION INFO: Valparaiso High School Aquatic Center

Address 2727 Campbell Street Valparaiso, IN 46383

To Register: Go to the Indiana Swimming website www.inswimming.org/MidwestCoachesClinic
Presented by Indiana Swimming and USA Swimming

Rate: \$50 Single Registration: \$100 For Entire Staff

Megan Oesting was recognized as the ASCA National Age Group Coach of the Year. (See Bio on Clinic Flyer)

***Quote:** "No matter what group you coach, your swimmers are coming from a previous experience and going forward to a new one. How do you bring them together to learn what your team has prioritized as target skills and set them up for success at the next level? 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 through a successful swimming career."*

Sunday, April 19

8:30am

REGISTRATION

Enter Door TBD

9:00-9:45am

Pool

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

Location TBD

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

Location TBD

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

Location TBD

Lunch -Box Lunch provided for all registered participants

1:00-1:45pm

Location TBD

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

Location TBD

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.

10:00am-Noon

Location TBD

Jay Chambers: (Parent Presentations) Supporting the long-term development of your athlete

Guest Presenters



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.