

June 15, 2018

## Coach's Chair Report

Coach Shubert and I have been working on getting ready for the September 16th Clinic. Heads up if you didn't have that date. Here are the details related to the clinic.

Date/time: 9/15/2018 at about 9 am

Location: Marguerite Aquatic Center Mission Viejo.

Guest: Dr. Genadijus Sokolovas, Senior Physiologist Global Sport Technology  
<https://www.linkedin.com/in/genadijus-sokolovas-a5315611/?trk=public-profile-join-page>

Format: Lecture then water time then more lecture, Q and A ect.

Who is attending? A joint clinic with USA Swimming and SPMS. Coaches should bring an athlete to get in the water.

Here are various topics for classroom sessions:

- Freestyle Swimming Technique for Elite Level Swimmers
- Backstroke Swimming Technique for Elite Level Swimmers
- Breaststroke Swimming Technique for Elite Level Swimmers
- Butterfly Swimming Technique for Elite Level Swimmers
- Mistakes in Freestyle Swimming Technique and Drills to Improve It (classroom and pool sessions)
- Mistakes in Butterfly Swimming Technique and Drills to Improve It (classroom and pool sessions)
- Mistakes in Backstroke Swimming Technique and Drills to Improve It (classroom and pool sessions)
- Mistakes in Breaststroke Swimming Technique and Drills to Improve It (classroom and pool sessions)
- Dives and Turns (classroom and pool sessions)

- Athlete Development in Long-Term Training
- Seasonal Training Design Using the Rate of Adaptation
- Development of Aerobic Conditioning in Swimming
- Development of Anaerobic Conditioning in Swimming
- Fatigue and Recovery in Swimming
- Warm-Up and Cool-Down in Swimming
- Using Heart Rate to Guide Training
- Using Lactate to Guide Training
- Vibration Training: Strength, Flexibility, Recovery, and Rehabilitation

I am open to any and all of these topics. My interest is in fatigue and recovery, heart rate guide to training and using lactate to guide training.

We are in the planning stage still and hope to firm up details in the next few weeks and will get further details as they come available.