



Pacific Swimming Coach Education

The best of coach education to Pacific Swimming

Pacific Swimming's Club Development program is continuing our arrangement with the American Swimming Coaches Association to bring the best of coach education to our (ASCA) member coaches. This is an innovative and groundbreaking offer that brings the invaluable video library of the American Swimming Coaches Association to Pacific Swimming coaches at no cost for one year. In the past, we have sent coaches to ASCA clinics and we have offered the purchase of books and DVD's, but this is without question the most generous, efficient, and cost effective opportunity to help educate our coaches, and ultimately benefit our 17,000 athletes. We are grateful to the American Swimming Coaches Association for facilitating and extending this opportunity.



Educational Opportunity

- 1) Over **200 hour-long presentations from ASCA's World (2017 coming soon) and Regional Clinics** are now available to Pacific Swimming coaches. On an individual basis, these video presentations cost \$15 or more. Examples of featured speakers are Bob Bowman, Eddie Reese, Dave Salo, Bruce Gemmell, Sergio Lopez, Mike Bottom, Wayne Goldsmith, David Marsh, Matt Kredich, ASCA's John Leonard and Guy Edson, and Cal's Teri McKeever and Dave Durden, as well as our own coaches such as Hall of Fame Coach Don Swartz. Presentation topics include training, technique, elite athlete development, dry land, motivation, culture, age-group development, etc. Also see the new **Advanced Freestyle and Breaststroke courses**.
- 2) Additionally, ASCA will make available over **50 hours of certifying course material including ASCA Level 2 - Stroke School, Level 3 - Physiology School, Foundations of Coaching, and Summer-League Certification**
- 3) Also included is the **entire Audio library** of recorded presentations from ASCA World Clinics back to 2010.

Eligibility

USA Swimming certified coaches and ASCA members (note: This is an ASCA product made available to ASCA members. *Please use integrity with the pass code*). This will be a one-year renewable program through 11/1/2018.

Process:

1. Pacific Swimming ASCA members log into swimmingcoach.org - (non ASCA members must join ASCA to receive full access to Online Education). Note: **PacSwim will pay for first-time registration.**
2. Visit the ASCA store via the drop down menu and click on the category Online Education or Sound Library
3. Add any videos, certification courses, or audios you wish to access to your cart
4. Check out using the coupon code **pacificfree**
5. Visit the **My Courses** link at the top of the ASCA home page to view your videos

Questions:

Member login: membership@swimmingcoach.org; General: DHeidary@PacSwim.org/don@orindaaquatics.org

Also, each Pacific Swimming club will receive a CD with over 300 pages of text presentations from the ASCA World Clinic in Washington DC.