

Virginia Swimming is Proud to Present:
2009 Swimposium

ASCA Level II – Stroke School
Conducted by Brian Kupferer,
Virginia Swimming Age Group Chair

Where: Kroger Center. Richmond, VA
When: Saturday, October 3th. 8AM – 4PM (Approx.)
Cost: \$50. Includes Book and other class supplies.

Course Description:

The American Swimming Coaches Association's Level 2 Stroke School is a full day course designed to help coaches understand basic stroke mechanics, recognize stroke faults, and teach proper techniques in all strokes, starts, and turns. The emphasis of the course is in helping coaches learn how to teach strokes and how to correct strokes. Topics include: basic principles of swimming mechanics including methods of overcoming resistance and increasing propulsion using lift, drag, and resultant forces; principles of teaching; specific teaching techniques for all the skills; teaching progressions for starts, turns, and each stroke; and an extensive list of stroke faults with a shopping list of stroke drills and teaching techniques to correct those stroke faults. A 70 page workbook is included. This course is open to ALL coaches regardless of membership or certification level.

Checks are to be made out to Brian Kupferer.

Please mail registration including checks to:
Kevin Maloy
P.O. Box 1264
King George, VA 22485

Questions, please email Brian at bkcgbd@cox.net or
Kevin at kmaloy1@verizon.net

ASCA Level II Course Registration

Sent to:
Kevin Maloy
P.O. Box 1264
King George, VA 22485

Registrant: _____

Club: _____

Address: _____

Phone Number: _____

Email Address: _____

Confirmation will be sent to provided email address upon receiving registration and course fee.