

Virginia Swimming & USA Swimming

Welcome

Kate Lundsten

To Our

2017 Coach Clinic

Saturday, September 30

Hilton Garden Inn

Richmond Innsbrook



Considered to be one of the top age group coaches in the country, Kate served as Women's Head Coach for this year's FINA Junior World Championships. She has also served as an assistant coach for a number of National and Junior National Teams. Kate is currently head coach of the Aquajets, a team that has earned silver or gold Club Excellence status each year since 2009. A coaching veteran of twenty years, she is widely recognized as a superior stroke technician.

Schedule:

- 8:30 – 9:00 am: Registration
9:00 – 10:15 am: Season Planning
10:30 – 12:00 pm: The Power of the Team
12:00 – 1:00 pm: Lunch
1:00 – 4:00 pm: Nuts & Bolts
- Race Strategy
 - Pace Work
 - Various Types of Training
 - What's Available from USA Swimming

Please complete the registration form below and email the form to businessoffice@virginiawimming.org. Submit payment by credit card through the *Payment Center* at www.virginiawimming.org.
Cost: \$30

Coach Clinic Registration

(This form can be saved to your computer, completed online, saved again, and attached to an email. If using a Mac, select 'Print' and then 'Save as PDF' before attaching.)

Name _____ Phone # _____

Address _____

VSI Team _____ Email _____

Questions?? Please call 434-352-5451 or email: businessoffice@virginiawimming.org

DEADLINE for Registration: Saturday, September 23rd.

Registration for clinic is not complete until the registration form and payment have been submitted.