



2015 Pacific Masters Coaches Clinic

Saturday, Nov 7

Lafayette, CA



Presented by Pacific Masters Swimming, this all-day clinic brings affordable coaching education to your entire staff. Topics cover technique, training, teaching, open water, nutrition, and more.

Registration Fee - Cost is \$30 per Pacific Masters coach or \$50 for coaches outside the LMSC.

Space is limited to 30 attendees, so please register early. Complete clinic information and online registration is available at www.clubassistant.com.

Lafayette Library
3491 Mt. Diablo Blvd, Lafayette, CA
94549

- 8:00-8:55 am **Knowing What to look for and How to teach better Freestyle**
Stu Kahn, Davis Aquatic Masters
- 9:00-9:55 am **Coaching Tips: 20 Quick Fixes**
Kerry O'Brien, Walnut Creek Masters
- 9:55-10:05 am break
- 10:05-11:00 am **Sports Nutrition for Swimmers Health and Performance**
Sunny Blende, Sports Nutritionist
- 11:05-12:00 pm **Breakneck Breaststroke**
Cokie Lepinski, Swymnut Masters
- 12:00-12:40 pm lunch (provided by Pacific Masters)
- 12:40-1:25 pm **Open Water Training for Swimmers and Triathletes**
Nancy Kirkpatrick-Reno, Conejo Valley Masters
- 1:30- 2:45 pm **Killer Presentations**
Cokie Lepinski, Swymnut Masters
- 2:50-4:00 pm **Writing Workouts: A Creative Use of Their Time**
Kerry O'Brien, Walnut Creek Masters
- 4:00-4:30 Travel to Soda Pool at Campolindo High
School
- 4:30-5:30 **Free and Breast stroke drills at Soda**