

## **CLINICS FOR PNA COACHES AND PNA SWIMMERS**

**Sunday, March 29 at Stanwood-Camano YMCA**

7213 267<sup>th</sup> St NW, Stanwood, WA 98292

360-629-9622

### **Clinic Leaders:**

April Cheadle - 2018 USMS Coach of the Year and Bainbridge Masters Head Coach

Kathleen Brooks - PNA Coaches Chair and Seattle YMCA Sixgill Sharks Head Coach

Wade Praeger - PNA Fitness & Clinics Chair and Lake Washington Masters Head Coach

### **10 am – noon – FORUM for Coaches**

Focus of the forum will be on the “dry” part of coaching a Masters team. Topics to include season planning, workout creation, multi-sport athletes, team creation, retention of athletes, supplemental training, diplomacy with facilities, and team identity/mission.

The forum is fully sponsored by PNA. There is no cost to 2020 PNA registered coaches. A complimentary lunch will be served following the forum.

**Register with Survey Monkey for the Forum for Coaches here:** <https://www.surveymonkey.com/r/PNACoachForum>

Forum is limited to 32 coaches. Attending coaches are invited to volunteer to help with the swim clinic.

Deadline to register: Wednesday, 3/25 or when the forum fills up, whichever comes first.

### **1 pm – 3 pm – Swim Clinic for PNA members**

The swim clinic will focus on meet preparation, starts, and turns . . . in preparation for PNA Championships coming up April 10-11.

The swim clinic is subsidized by PNA. Cost to 2020 PNA registered swimmers is only \$20.

**Register with Club Assistant here:** <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1534&cid=85651>

Clinic is limited to 25 swimmers.

Deadline to register: Wednesday, 3/25 or when the clinic fills up, whichever comes first.

**Questions?** Contact Sally Dillon at [salswmr@comcast.net](mailto:salswmr@comcast.net) or 425-961-0023