

# **PROPOSED MEET BIDS FOR SHORT COURSE 2008 – 09**

## **August 16 – March 31** **AND PROPOSED LEGISLATION**

SE DELEGATES MEETING – SATURDAY, APRIL 19, 2008

Guest speaker Steve Haufler will cover the following topics. Great for Age Group Coaches and for Senior Coaches. Every team should for a coach present for this presentation. Times TBA.

Steve Haufler - Head coach-Orinda Country Club, Orinda Aquatics Masters

In his 30 years of coaching, Steve has enjoyed success at the summer recreational, masters and USA Swimming levels. As the head coach (1981-1995) of the Montclair Swim Team in Oakland, California, Steve developed numerous National Age- Group Top 16 swimmers, as well as many Junior National Qualifiers and a Junior National Champion in 1995. Most recently (1999-2008), as the Head Coach of the Orinda Country Club, Steve has increased team membership from 140 to 300, won 7 straight league championships, and developed many age-group swimmers now competing for Orinda Aquatics, where he serves as a Fall assistant and Masters coach. Steve specializes in teaching proper competitive swimming techniques in young swimmers through practices, clinics and private lessons. Steve has been a featured speaker at many coaching clinics, including the Pacific Swim Coaches Clinic, the Oregon Swimming Coaches Association Swim Clinic, the Western States ASCA clinic, the Legends of Texas coaching clinic, and the ASCA World Clinic in San Diego in 2007

### **“Teaching Tools and Toys: My Bag of Tricks”**

Learn unique, fun, and creative ways to teach competitive swimming skills through the use of visual aids, kinesthetic teaching tools, and swim team equipment.

### **“Coaching the Details: Turns, Underwaters, Breakouts, and Finishes”**

First, you will learn specific teaching progressions for the seven competitive turns, underwaters , breakouts and finishes. Next, you will learn new ideas to help your more advanced swimmers have fast and efficient turns, powerful underwaters, well-timed breakouts, and winning finishes.

### **“Tips, Techniques and Ideas for Coaching Age-Group Practices”**

Steve discusses various topics necessary for successful coaching including workout presentation, productive use of assistant coaches, teaching vocabulary, workout etiquette and skills, lane and workout organization, techniques for teaching feel of the water, equipment use, dry land ideas, warm-up variations, race details, weekly plans, taper ideas, and the top 12 things you can do to improve your coaching.

### **“101 Ways to Have Fun in Workout”**

Learn new ways to add some fun to your workouts and keep the kids coming back for more excitement.

### **“In the water demonstration of teaching progressions”**

Steve will demonstrate teaching progressions of the four competitive strokes and turns while working privately with young competitive swimmers. Watch how he teaches new competitive swimmers the basics of excellent technique as well as methods to correct stubborn stroke flaws in more advanced swimmers.