

# High School Season Planning:

*Crafting training for physiology and technique changes in 18 weeks*

## at TISCA 2010

September 10+12, 2010 • Omni South Park Hotel, Austin

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The American Swimming Coaches Association will offer a modified version of its Level 3 course (The Physiology School) at the 2010 TISCA Clinic in Austin. The class will target season planning for an 18-22 week season with a high school team. ASCA staff member Matt Hooper will teach the course beginning September 10 (9:00 a.m.-Noon) and continuing on September 12 (from 9:00 a.m.-Noon). Cost to take the course is \$50 for ASCA members; and \$105 for non-ASCA members. Course includes a copy of the ASCA Level 3 course.

**Course:** High School Season Planning

**Dates:** Friday, September 10 and  
Sunday, September 12 (9 a.m.-noon, both days)

**Cost:** ASCA members-\$50;  
non-ASCA members-\$105 (includes membership)

Questions about the course should be directed to Matt Hooper at [mhooper@swimmingcoach.org](mailto:mhooper@swimmingcoach.org).

To register for the course, please complete the form below and send it by **September 7, 2010** as indicated below.



### HS Season Planning: TISCA 2010

Sept. 10+12, 9:00 a.m.-noon (both days)

#### Registration form

Name: \_\_\_\_\_

Team: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

If paying by credit card, please complete this information:

Credit card #: \_\_\_\_\_ Ex: \_\_\_\_\_

Signature: \_\_\_\_\_

ASCA accepts: Visa, MasterCard, American Express or Discover.

**Please selection an option:**

- ASCA member (\$50)
- Non-ASCA member (\$105)  
Course & ASCA membership

**Method of payment:**

- Cash  Check  Credit Card
- Please make checks out to: ASCA.

**Mail completed form(s) and payment to:**

American Swimming Coaches Association  
attn: TISCA 2010

5101 NW 21<sup>st</sup> Avenue, Suite 200  
Fort Lauderdale, FL 33309

**or fax to:** (954) 563-9813

### **About the course...**

This High School Season Training class is based on ASCA's Level 3 course (The Physiology School), with elements of season planning worked in it and a focus on high school teams and swimmers. A copy of the ASCA Level 3 course is included with the class. Class will review physiological systems and how to implement a training system confined to a 18-22 week season for high school swimmers. Overall team planning and goal setting will also be covered.

More about Level 3: *ASCA Physiology School* is the course which corresponds to the ASCA's third level of certification, and is part of the requirements to becoming ASCA Level 3 certified. The Level 3 School is designed to introduce coaches to physiological areas related to the sport and how training can affect the body. Level 3 follows Level 1 (the Foundations of Coaching), which provides an introduction to knowledge areas of which swimming coaches should be aware, and Level 2 (The Stroke School), which provides a way of constructing and correcting the strokes, starts and turns.

### **About the presenter...**

Matt Hooper is a former USA National Team swimmer and UIL State Meet record holder. He has coached at both the club and summer-league level, as well as provided administrative support to high school and club programs. He has also served as a representative to the annual conventions of USA Swimming and U.S. Masters Swimming. Currently, he works for the American Swimming Coaches Association, assisting with clinic presentation, the World Swimming Coaches Association (WSCA) and the College Swimming Coaches Association of America (CSCAA); as well as with ASCA's coach mentoring program: the ASCA Fellows.

### **About ASCA membership...**

The American Swimming Coaches Association (ASCA) was founded in 1958 with the purpose of providing education for swimming coaches. Currently ASCA has over 5,000 members working at all levels of swimming: club and high school coaches, college and YMCA teams, from novice to senior levels. ASCA provides access to books, videos and home study courses; participates at and conducts clinics around the country (such as TISCA); and provides a certification program for swimming coaches.

Membership is currently \$70 per year, and includes 6 issues of ASCA's magazine (*American Swimming*) as well as 12 newsletters, access to certification, discounted member pricing on the products ASCA sells, and information and assistance from our office staff via a toll-free number.



## **American Swimming Coaches Association**

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