



10th Annual ISCA Hall of Fame Coaches Summit
August 27-30, 2019 · Clearwater, FL



EVENT SCHEDULE

(Last Updated 25 July 2019)



COMMIT SWIMMING

Making  Waves





10th Annual ISCA Hall of Fame Coaches Summit ***Clearwater, FL***

2019 FEATURED SPEAKERS:

- ***Carol Capitani (University of Texas)***
- ***Gregg Troy (University of Florida – Retired)***
- ***Jim Ellis (Salvation Army Kroc Aquatics)***
- ***Tom Himes (North Baltimore Aquatic Club)***
- ***Doug Fonder (Virginia Gators)***
- ***Sergio Lopez (Virginia Tech)***
- ***Vern Gambetta (GAIN Network)***
- ***Chuck Katis –(Bodbox & Fmr USA National Team Member)***
- ***Amanda Pope (Tidewater Adaptive Aquatics)***
- ***Kim Brackin (Brackin Elite Swim Training -BEST)***
- ***Dr. Rod Havriluk (Swimming Technology Research)***
- ***Dr. John Heil (Swim Sport Psychology)***
- ***John Barnes (Blackline Aquatics)***
- ***Michael Brooks (Weymouth Waves)***
- ***David Orr (Cascade Swim Club)***
- ***Matthew Sprang (Greater Philadelphia Aquatic Club)***

With Lectures Also By

Dr. Raúl Arellano · Dr. Didier Chollet · Dr. Robin Pla

***Gordy Westerberg · Ryan Callan · Tim Hammond · Tyson Wellock ·
Wojciech Dobrowolski · Richard Thorton · Cheryl Blenk · Chris DeSantis***



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Back by popular demand, ISCA's "Lunching with Legends"



On Wednesday, August 28th, through Friday, August 30th, Summit attendees will have the opportunity to sign up for lunch with some of the ISCA Speakers of the day. Daily signups will be available starting at 8:00am for no extra cost, but will be limited to 5 attendees per speaker. *(Attendees are responsible for bringing their own lunch and/or purchasing their meals at lunch).*

This is a great way to have face-to-face conversation with some of the most influential people in the sport of Swimming!

**SHARE LUNCH
SHARE LEARNING
SHARE EXPERIENCES**



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DAILY AGENDA

Tuesday, August 27th 2019

8:00 – 9:00 am **REGISTRATION OPEN** --Please join us for Coffee & Networking in the Main Hall

9:00am – 4:00 pm **TIDEWATER ADAPTIVE SWIM COACH CERTIFICATION**
(\$200 Add-On Course with Amanda Pope. Separate registration required [here](#))*

9:00am – 1:00 pm **WATER SAFETY CERTIFICATION RENEWALS** (*Add-On Courses)
○ Recertification for **Lifeguarding/CPR/First Aid** (\$100)
○ **USA Swimming Water Safety for Swim Coaches In-Water Training** (\$60)

**Please arrive with swimsuit prepared to complete the in-water portions of the renewal certifications. Add-on pricing is only available to registered attendees of the ISCA Summit.*

1:00pm -5:00pm **CLUB LEADERSHIP & BUSINESS MANAGEMENT SCHOOL (CLBMS 201)**
*(*Sign Up With Dave Thomas, USA Swimming--dthomas@usaswimming.org)*

****APPLIED SCIENCE LECTURES****

2:00 - 3:00pm “Effective Season Planning Design For Today’s 12-18 Age Swimmers” **(Callan)**

3:00 – 4:00pm “How to Improve Aerobic Capacity in High School Aged Swimmers.... With Limited Pool Time” **(Westerberg)**

4:00 – 4:15pm **BREAK**

4:15 – 5:00pm “Potential for Impact of Habitual Exercise on Training” **(Hammond)**

4:00 - 6:00pm **ISCA Board of Directors Meeting (Closed)**

6:00-7:30pm **International Coach Mixer (Open To All Coaches)**



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DAILY SCHEDULE

Wednesday, August 28th 2019

7:30 – 8:15 am	<u>REGISTRATION OPEN</u> --Please join us for Coffee & Networking in the Main Hall
8:15 – 8:30 am	<u>WELCOME & INTRODUCTION</u> Doug Fonder, Executive Director, ISCA
8:30 – 10:00 am	<u>FEATURE PANEL:</u> “Building A Successful Age Group Program From 8-14 –And How To Make It Last” (Brooks, Himes, Orr, Havriluk, Heil)
10:00 – 10:15 am	<i>BREAK</i>
10:15 – 11:30 am	“Five Important Teaching Principles For The New University Coach” (Troy)
11:30am – 12:45 pm	<i>LUNCH BREAK</i>
12:45 – 2:00 pm	<u>DISTINGUISHED SCIENCE PANEL:</u> “Shoulder Sustenance: Holistic Strategies For Injury Management & Athlete Recovery ” (Havriluk, Heil, & Special Guests)
2:00 – 3:00 pm	<u>DISTINGUISHED SCIENCE LECTURE:</u> “ “Statistics From Major Swimming Competitions” (Arellano)
3:00 -3:15	<i>BREAK</i>
3:15 – 4:15 pm	<u>FEATURE LECTURE:</u> “Autism 101 for Swimming” (Pope)
4:15 – 5:15 pm	“Coaching Optimism” (DeSantis)



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DAILY AGENDA

Thursday, August 29th 2019

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| 8:00 – 8:30 am | REGISTRATION OPEN --Please join us for Coffee & Networking in the Main Hall |
| 8:30 – 10:00 am | FEATURE LECTURE “Getting Your Balance in Breaststroke” (Sergio Lopez “The Breaststroke Whisperer” & Chuck Katis)** |
| 10:00- 10:30 | <i>BREAK</i> |
| 10:30 – 11:30 am | “How To Stay Out Of The Loony Bin: Coaches Health & Wellness” (Sprang) |
| 11:30 – 12:30 pm | <u>DISTINGUISHED SCIENCE LECTURE:</u> “Altitude Training & Altitude Monitoring Indicators” (Pla) |
| 12:30- 1:30 | <i>LUNCH BREAK</i> |
| 1:30 – 3:00 pm | FEATURE PANEL: “Breaking the Glass Ceiling Under the Water” (Capitani, Brackin, Ellis) |
| 3:00 – 3:15 | <i>BREAK</i> |
| 3:15 - 4:15 pm | “Reciprocity, Not Compromise: Creating a Mutually Beneficial High-School and Club Environment” (Barnes) |
| 4:15 – 5:15 pm | “A Framework for Changing a Club’s Culture” (Wellock) |

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| 7:00 pm | <u>2019 HALL OF FAME INDUCTEE DINNER</u> Honoring Coach Gregg Troy & Coach Jim Ellis* |
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*Coaches, please note this event requires Business-Casual dress.

**Coaches, please note this lecture is offsite at the City of Clearwater Pool. In the event of inclement weather, the Friday morning feature lecture (Gambetta) will switch places with this lecture.



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DAILY AGENDA

Friday, August 30th 2019

8:00 – 8:20 am	REGISTRATION OPEN --Please join us for Coffee & Networking in the Main Hall
8:20 – 9:10 am	“Strength & Conditioning for Age Group Programs” (Blenk)
9:15 – 10:30	FEATURE PANEL: “Challenges and Trends From 50 Years & Into the Future” (Maglischo, Simon, Troy, Ellis)
10:30 - 10:45	<i>BREAK</i>
10:45 – 11:45 pm	DISTINGUISHED SCIENCE LECTURE: “Index of Coordination to Optimize Freestyle Performance” (Chollet*)
11:45 – 12:45 pm	<i>LUNCH BREAK</i>
12:45 – 1:45	“Simple Quantitative Load Evaluators for Training” (Dobrowolski)
1:45 – 2:45 pm	“Business Planning for An Effective & Sustainable Club” (Orr)
2:45 - 3:00	<i>BREAK</i>
3:00 – 4:30 pm	FEATURED PANEL: TBA
4:30 pm	CLOSING – “Looking Towards Tokyo 2020” (Doug Fonder, ISCA)