



**10<sup>th</sup> Annual ISCA Hall of Fame Coaches Summit**  
***August 27-30, 2019 · Clearwater Beach, FL***



***GENERAL SCHEDULE***



## 10<sup>th</sup> Annual ISCA Hall of Fame Coaches Summit

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



On Wednesday, August 28<sup>th</sup>, through Friday, August 30<sup>th</sup>, 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**



# 10<sup>th</sup> Annual ISCA Hall of Fame Coaches Summit



## DAILY AGENDA

***Tuesday, August 27<sup>th</sup> 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](mailto: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/Thorton)**

4:00 – 4:15pm                    **BREAK**

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

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

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



# 10<sup>th</sup> Annual ISCA Hall of Fame Coaches Summit



## DAILY SCHEDULE

***Wednesday, August 28<sup>th</sup> 2019***

|                    |   |
|--------------------|---|
| 7:30 – 8:15 am     | <b><u>REGISTRATION OPEN</u></b> --Please join us for Coffee & Networking in the Main Hall   |
| 8:15 – 8:30 am     | <b><u>WELCOME &amp; INTRODUCTION</u></b> Doug Fonder, Executive Director, ISCA  |
| 8:30 – 10:00 am    | <b><u>FEATURE PANEL:</u></b> “Building A Successful Age Group Program From 8-14 –And How To Make It Last” ( <b>Brooks, Himes, Orr, Havriluk, Heil</b> )                         |
| 10:00 – 10:15 am   | <i>BREAK</i>  |
| 10:15 – 11:20 am   | “How To Stay Out Of The Loony Bin: Coaches Health & Wellness” ( <b>Sprang</b> )   |
| 11:20am – 12:45 pm | <i>LUNCH BREAK</i>  |
| 12:45 – 2:00 pm    | <b><u>DISTINGUISHED SCIENCE PANEL:</u></b> “Shoulder Sustenance: Holistic Strategies For Injury Management & Athlete Recovery ” ( <b>Havriluk, Heil, &amp; Special Guests</b> ) |
| 2:00 – 3:00 pm     | <b><u>DISTINGUISHED SCIENCE LECTURE:</u></b> “ “Statistics From Major Swimming Competitions” ( <b>Arellano</b> )  |
| 3:00 -3:15         | <i>BREAK</i>  |
| 3:15 – 4:15 pm     | <b><u>FEATURE LECTURE:</u></b> “Autism 101 for Swimming” ( <b>Pope</b> )  |
| 4:15 – 5:15 pm     | “Coaching Optimism” ( <b>DeSantis</b> )   |



# 10<sup>th</sup> Annual ISCA Hall of Fame Coaches Summit



## DAILY AGENDA

**Thursday, August 29<sup>th</sup> 2019**

|                  |  |
|------------------|--|
| 8:00 – 8:30 am   | <b>REGISTRATION OPEN</b> --Please join us for Coffee & Networking in the Main Hall   |
| 8:30 – 10:00 am  | <b>FEATURE LECTURE</b> “Getting Your Balance in Breaststroke” ( <b>Sergio Lopez “The Breaststroke Whisperer” &amp; Chuck Katis</b> )** |
| 10:00- 10:30     | <i>BREAK</i>   |
| 10:30 – 11:30 am | Five Important Teaching Principles For The New University Coach” ( <b>Troy</b> )   |
| 11:30 – 12:30 pm | <b><u>DISTINGUISHED SCIENCE LECTURE:</u></b> “Altitude Training & Altitude Monitoring Indicators” ( <b>Pla</b> )                       |
| 12:30- 1:30      | <i>LUNCH BREAK</i>   |
| 1:30 – 3:00 pm   | <b>FEATURE PANEL:</b> “Breaking the Glass Ceiling Under the Water” ( <b>Capitani, Brackin, Ellis</b> )                                 |
| 3:00 – 3:15      | <i>BREAK</i>   |
| 3:15 - 4:15 pm   | “Reciprocity, Not Compromise: Creating a Mutually Beneficial High-School and Club Environment” ( <b>Barnes</b> )                       |
| 4:15 – 5:15 pm   | “A Framework for Changing a Club’s Culture” ( <b>Wellock</b> )   |

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7:00 pm                    **2019 HALL OF FAME INDUCTEE DINNER** Honoring Coach Gregg Troy & Coach Jim Ellis\*

\*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 30<sup>th</sup> 2019***

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