



For years, the swimming and diving coaches in Indiana have made several trips to the central part of the state for clinics, mandatory meetings, social events, fundraisers, etc.

This year, IN Swimming, the HSAA, and the Indiana High School Swim/Dive Coaches Association have combined these events. The goal is for our busy coaches to be able to make one trip to Indy and spend the rest of their time doing what they do best - COACHING!

THIS CLINIC IS FOR ALL INDIANA SWIM AND DIVE COACHES - it does not matter if you coach High School, Club, YMCA, Country Club, etc. The Speaker Lineup is simply awesome - it was designed for you! Please plan to be there so that we can make this an annual event.

fALL Coach's Clinic

October 4th, 5th, & 6th
Fishers, IN

Sponsored by:



Clinic Lineup and Schedule

DAY 1 - October 4th, 2007

River Glen Country Club (www.riverglencc.com 12010 Clubhouse Drive, Fishers, 46038)

- 8:30 am Registration - River Glen CC Clubhouse
9:30 am "My Favorite Sets and Ones that Work at Auburn"
Brian Barnes, University of Auburn
11 am "Coaching Balance with Michelle McKeehan-HS Nat Record and Pan Am Gold!"
Jim Todd, Center Grove HS
12:30 pm Box Lunch
1:30 pm IHSSCA Business and HOF Planning Meeting
3 pm Hall of Fame Golf Outing
River Glen Country Club
8 pm Annual Awards Dinner
Keynote Address - "Training with a Purpose"
Jim Sheridan, Columbus North HS

DAY 2 - October 5th, 2007

Fishers Conference Center (www.fishersconferencecenter.com 9775 North by Northeast Blvd, Fishers, 46037)

- 9 am "Improvement of Breastroker Sam Pelkey-Wet and Dry"
Bill Wadley, the Ohio State University
10:30 am "Coaching NCAA Runner-up Ben Hesen in the 100 AND 200 Back"
Donny Brush, Indiana University
Noon Lunch-on your own
1 pm IHSAA Rules Meeting
2 pm "Exciting Trends in the Science of Swimming"
Joel Stager, Counsilman Center for the Science of Swimming
3:30 pm "HS Diving - Where is it Headed and How Does Indiana Stay on Top?"
John Wingfield, USA Diving
5 pm "Motivational Stories - Indiana Kids!"
Ray Lawrence, National Coach of the Year at Carmel HS
6 pm Dinner - Cookout and cornhole tournament
Coach Pedersen's House
8 pm Social at Bennigan's
Sponsored by Kast-a-Way Swimwear

DAY 3 - October 6th, 2007

HSE High School (www.hse.k12.in.us/hhs 13910 E 126th Street, Fishers, 46037)

- 8 am OPTIONS:
USA Swimming Facilities Presentation - Mick & Sue Nelson, USA Swimming
All Coaches and Club Rep Presentations - Ruby Newell-Legner (www.rubyspeaks.com)
Officials Presentations - Pat Lunsford, FINA Official Starter
Parent Presentations - Randy Julian, USA Swimming
Coaches/BOD Break-out Sessions
12:30 pm Box Lunch
1 pm IN Swimming HOD Registration and Open Coaches Meeting
1:30 pm Keynote Speaker - Ruby Newell-Legner, Author, Trainer, and Speaker
3:30 pm Annual HOD Meeting & IN Swimming Elections

For more information on the IN Swimming HOD/Clinic, please check www.inswimming.org
or contact Tony Young at 317-237-5780 or tony@inswimming.org

Signup Form & Hotel Information

SIGNUP FORM-*please email, fax or mail*

<i>Sign up for:</i>	<i>Date</i>	<i>Price</i>
<input type="checkbox"/> Clinic - DAYS 1 & 2 (includes 1 lunch and 2 dinners)	Oct 4 & 5	\$75
<input type="checkbox"/> Hall of Fame Golf Outing	Oct 4	\$65
<input type="checkbox"/> Foursome for HOF Golf Outing	Oct 4	\$250
<input type="checkbox"/> VIP Hole Sponsorship HOF Outing (includes a foursome)	Oct 4	\$300
<input type="checkbox"/> HOF Outing Hole Sponsorship	Oct 4	\$100
<u>Clinic - DAY 3 and HOD</u>	Oct 6	
<input type="checkbox"/> USA Swimming Member		Free
<input type="checkbox"/> Non-IN Swimming Member		35.00
<input type="checkbox"/> Totals from Membership App - next page		

Total

Please list who you would like to be paired with at the golf outing:

For the cornhole tournament, we will use teams of two. We can pair you up on site or you may select your team ahead of time - please indicate here your preference:

Name	
Address	
Phone	
E-mail	
Method of Payment	
<input type="checkbox"/> Check	<input type="checkbox"/> MasterCard
<input type="checkbox"/> Fax-pay on arrival	<input type="checkbox"/> VISA
Credit Card No.	Expire Date
Signature	

3 WAYS TO REGISTER

- 1) **EMAIL** - please indicate what you are signing up for and how you will pay
- 2) **FAX** - this form to number below (attention Andy Pedersen)
- 3) **MAIL** - this form to address below (please make checks payable to IHSSCA)

2007 Swim/Dive Coaches Clinic
c/o Andy Pedersen, Treasurer
HSE High School
13910 East 126th Street
Fishers, IN 46038
Phone: 317-691-6711
Fax: 317-594-0096
E-mail: apedersen@hse.k12.in.us

HOTEL INFORMATION

There are several hotels at the intersection of I-69 and 96th street (exit #3) on both the east and west side of the interstate. The River Glen CC clubhouse and golf course is 5 minutes away and the Fishers Conference Center is within walking distance. HSE High School is just up I-69 at exit #10. The cookout site for Friday night is 5 minutes away and the Bennigans (site of the Friday night social) is within walking distance as well. If you are unable to use one of these hotels or choose another, please keep in mind that the clinic activities are on the east side of I-69.

Cutoff Date is 9/21/07 - code is "IHSSCA Clinic"

Holiday Inn Express

9790 North by Northeast Blvd
Fishers, IN 46037
317-578-2000
Standard Kings - \$104/night
Suites - \$124/night

Hilton Garden Inn

9785 North by Northeast Blvd.
Fishers, Indiana 46037
317-577-5900
Standard Kings - \$114/night
Doubles - - \$114/night

****Both located adjacent to Bennigan's*



Indiana High School Swimming Coaches Association
2007-2008 Membership Application

Coach's Name, Last _____
School _____
City & ZIP _____
E-mail _____

First _____
Work Phone # _____
Home Phone # _____
Cell Phone # _____

*COACHES CURRENT INFORMATION
INSERTED HERE...*

To pay by credit card please fill info below:
VISA ____ MC ____
Card Number _____
Signature _____
Expiration Date _____

- I coach with the GIRLS program ONLY.
- I coach with the BOYS program ONLY.
- I coach with BOTH BOYS and GIRLS programs.
- Number of years coaching.
- I am an ASSISTANT coach.
- I am a DIVING coach.

Please check the appropriate box depending on what multiple organizations (if any) you are joining in addition to IHSSCA.

- \$ 25.00 **Individual IHSSCA Membership.** *IHSSCA membership follows the fiscal year of NISCA (November 1st-October 31st). This rate is for all levels of coaches (i.e. Head, Assistant, Dive, or Associate). All members receive full benefits.*
- \$ 75.00 **Special School Membership Rate – IHSSCA Membership.** *This will cover all of the coaches for both Boys and Girls programs. Please provide individual information for each coach on a separate sheet. This incredible rate will only be available for a limited time, so take advantage of this now!*
- \$ 75.00 **Individual IHSSCA & NISCA Membership.** *The National Interscholastic Swimming Coaches Association exists to support High School Swimming, Diving, and Water Polo Coaches. Notably, all national recognition (i.e. All-American Teams, Academic All-American Teams, National Records, etc.) is handled by this entity. This fee includes the bi-monthly NISCA Journal.*
- \$ 225.00 **Special Team/School Membership Rate – IHSSCA & NISCA.** *This fee will cover all of your IHSSCA memberships (unlimited) and up to 4 NISCA memberships.*
- \$ 145.00 **Individual IHSSCA, NISCA, and ASCA Membership.** *The American Swim Coaches Association publishes and distributes 6 ASCA Magazines, 12 Newsletters, and The Journal of Swimming Research each year.*
- \$5.00
 \$10.00
 \$20.00 **IHSSD HOF Donation.** *Please indicate here if you would like to donate money to the Indiana High School Swimming and Diving Hall of Fame – please circle amount.*

TOTAL. *Please enclose a check made payable to IHSSCA or complete the credit card information above.*

SEND TO
ANDY PEDERSEN
HSE High School
13910 E 126th Street
Fishers, IN 46037