



# 2005 Virginia Swimming Swimposium



24-25 September 2005 --- Holiday Inn Koger Center --- Midlothian, Virginia  
For more info. on Hotel and Directions go to [www.virginiawimming.org](http://www.virginiawimming.org)

## WEEKEND SCHEDULE

### Saturday 1-5: Recertification for coaches in 1<sup>st</sup> Aid, CPR & Coaches Safety

Cost \$35 for American Red Cross 1<sup>st</sup> Aid and CPR and \$35 for American Red Cross Coaches Safety.

1-2 p.m. - 1<sup>st</sup> Aid and CPR and 2-6 p.m. - Coaches Safety (2-5 p.m. class and 5-6 p.m. pool)

You can take these Recertification courses if you have previously been certified in these courses. Bring your cards and if you have your books still you can bring them to refresh your memory. If you are taking Coaches Safety – bring your suit and a towel for a brief skills-test in the hotel pool.

### Saturday 8-12: USA Swimming Build-A-Pool Presentation with Mick Nelson

Cost \$10 each or \$25 total for more than 2 from the same team.

Includes all materials and coffee/pastry breakfast.

### Saturday 1-4: Virginia College Coach Panel Presentation

College Coaches from Virginia Colleges/University's discuss pre-submitted questions on preparing Age Group Swimmers for college swimming and the relationship between age group and college swimming in VA.

Will be presented in two sessions: 1-2:30 and 2:30-4 with different coaches each session.

### Saturday 4:30-5:30: Round Table Discussion hosted by Stu Faux from Quantico Sharks

Coach Faux will lead a short "round table" meeting on High School Swimming and USA Swimming in the State and present information he has been working on with USA Swimming and ASCA. He will provide handouts. Coaches with an interest in High School swimming, coaches that coach year-round and high school swimming and coaches that just coach high school swimming are encouraged to attend. High School Athletic Directors are also encouraged to attend.

### Sunday 8 a.m. – 4 p.m.: ASCA Level 2 Stroke School Course presented by Ira Klein

Cost: \$52 (includes lunch and course materials)

This is a great opportunity to have an excellent coach present the ASCA Stroke School course material while earning education points as well. If you are a member of ASCA this will help you work towards your Level 2 Certification. You don't have to be an ASCA member to take this course. One way to make Virginia Swimming one of the strongest LSC's is to have the best coaches. Coach's education is one way to achieve that.

----- fill out, detach, mail in -----

NAME: \_\_\_\_\_ TEAM \_\_\_\_\_

I plan to attend the following:

_____ Re-cert First Aid / CPR -----	\$35 (\$40 if registered the day of the course)
_____ Re-cert Coaches Safety -----	\$35 (\$40 if registered the day of the course)
_____ USA Swimming Build-a-Pool with Mick Nelson -----	\$10 (\$25 for more than 2 from same team – attached all forms to
_____ College Coaches Panel Discussion-----	-0- one check if this is the case.)
_____ Round Table Discussion on High School/USA Swimming ----	-0-
_____ ASCA Level 2 Stroke School with Ira Klein-----	\$52 (must register by Sept. 10 <sup>th</sup> to order Materials on time)
TOTAL-----\$ _____	

PLEASE MAKE CHECKS PAYABLE TO **VIRGINIA SWIMMING INC.** AND FORWARD WITH FILLED OUT FORM TO ALICIA JOHNSON, 14768 DARBYDALE AVENUE, DALE CITY, VA 22193 **BEFORE** Sept. 12<sup>th</sup>.  
Questions ? Contact Alicia Johnson at [coachrep@virginiawimming.org](mailto:coachrep@virginiawimming.org) or 703-670-8684