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The World Swimming Coaches Association

NEWSLETTER

Grand old man of the pool still kicking strong

March 11, 2007



Pioneer: Coaching guru Forbes Carlile continues to seek the performance edge.
Photo: Jacky Ghossein

Grant Hackett, Jodie Henry and many others at the world championships in Melbourne from next week have reason to honour Forbes Carlile, David Sygall writes.

IN FORBES Carlile's home of nearly half a century, countless artefacts reveal a life-long love affair with swimming. Monuments and plaques of success and gratitude adorn mantelpieces. Numerous documents and reams of film catalogue decades of aquatic endeavour. Dusty trinkets, posters and books are scattered about shelves, walls and desks.

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FINA Coaches Clinic - AHO

Curaçao, Netherlands Antilles - May 21-26, 2007

SCATNZ Seminar 2007

Wellington, New Zealand - May 23-25 (coaches); 25-27 (teachers), 2007

2007 ASCA World Clinic

Town & Country Resort, San Diego, California, USA - September 4-9, 2007

2007 National Coaches Workshop

Marriott Airport Hotel, Toronto, Canada - September 21-23, 2007

BSCA Conference 2007

Edgbaston Cricket Ground, Birmingham - September 28-30, 2007

<<< *continued from page 1*

An assistant sits at one end of the house converting years of videos to DVD. Mothers arrive at the building's rear, where their kids learn to swim in Sydney's first indoor pool.

The house in Sydney's north-west is something of a museum, not only a history of swimming, but a narrative of the man who has completely changed the sport.

Carlile is best known as Shane Gould's coach. At 15, she won five medals at the 1972 Munich Olympics and held every freestyle world record. He coached other champions, including Karen Moras and Jenny Turrall, continuing the golden era started by Dawn Fraser.

Yet, his coaching career was just one triumph in a list of incredible achievements.

In becoming Australia's first Olympic pentathlete in 1952, Carlile worked closely with Australia's first sports scientist, Frank Cotton. They studied links between science and swimming and, over many years, Carlile introduced to the sport what are considered essential elements.

He founded interval work-outs, the pace clock, heart-rate tests, log books, ECGs and two-beat kicking. He pioneered work looking into physiological adaptation to stress and adapted goggles for swimming. He introduced to Australia lane ropes and circular swimming - using both lane sides so numerous swimmers could train simultaneously.

His 1963 book, *Forbes Carlile on Swimming*, introduced more revolutionary concepts, such as tapering, now a permanent inclusion in sporting lexicon.

He commented on the ABC for 31 years and filmed and directed seven movies on swimming. He instigated swimming's professional era and played a role in the formation of the World Anti-Doping Agency.

His Carlile Swimming Club is one of the world's biggest learn-to-swim businesses, consisting of seven pools, 300 staff and about 13,000 lessons per week.

He was awarded an MBE and the Queen's Jubilee Medal and is in the International Swimming Hall of Fame and Sport Australia Hall of Fame.

His passionate stance on difficult subjects and a willingness to confront authorities, mixed with a sometimes prickly nature, left him on the periphery of Australian swimming for decades.

Finally, a couple of years ago, Carlile was awarded life membership of Swimming Australia. The 85-year-old is swimming's most influential figure. This week, his 75-year contribution, and that of his wife of 49 years, Ursula, will be celebrated at a black-tie dinner in Sydney.

CARLILE is chatty and jumps sharply from one era to another, one issue to the next. He vividly recalls his days with Cotton.

"He was into exercise physiology and I became his right-hand man," he says, sitting near one of his several computers.

"But I concentrated on swimming. We started applying science to sport. Our approach was empirical and swimming hadn't been scientific at all till then."

Ursula, who was Australia's first female head swimming coach, often finishes his sentences. Carlile talks over others, but when Ursula speaks, he stops. She often fills in the blanks in his musings.

"The improvements in swimming have been incredible," he says. "We have kids doing the same times as open swimmers were. There's many reasons: technique, science, streamlining and propulsion ..."

"Better pools, more people doing it," Ursula interjects.

"Yes, yes," Carlile agrees.

"My book in 1963 was the first to link testing and measurement to performance. We introduced several new concepts - keeping log books, which Shane did very well."

He goes on a tangent about Gould and his other world record-breakers before returning to the topic.

"We were the first to put up a pace clock so they could time their efforts. We took heart rates to measure effort, we used lane ropes and circular swimming. Another concept was tapering, which I remember I coined when I was with Professor Cotton. Now it's a universal phrase, tapering off - easing your training intensity leading up to a meet.

"We saw the value of goggles. We took a pair of workplace goggles to America, where they were first used in a pool."

Carlile's mind begins to race over many topics.

Do you have regrets? Silence.

"Well, I can't think of any," he says, before Ursula adds: "None that we worry about."

"One is that, because you've been anti-establishment, you've missed being Olympic coach."

Carlile picks up the point. "I missed out because I was always fighting the union [Swimming Australia], but two years ago they made me a life member."

"Art Buchwald, the writer and humorist, once said: 'If you fight the establishment long and hard enough, they eventually make you one of them'."

"The biggest fight was over professionalism. Coaches weren't allowed to be team members. We couldn't even get passes to the meets. That's why I worked for ABC, so I could get in."

Ursula says: "The officials big-noted themselves, but the coaches weren't allowed on the team."

Carlile: "Other countries had professional coaches and it was baloney that we couldn't.

"The officials were just protecting themselves. I called them the 'inflexible oligarchy', which they didn't like.

"In 1984, it finally changed."

Ursula talks about how swimmers were caught up in "shamateurism".

"They couldn't accept any prizes. It was crazy," she says. "Shane got nothing. She would have made millions today."

GOULD and Carlile met at the Commonwealth Games trials when she was 13. Her stroke was rough but Carlile saw talent.

In 1970, Gould's father got a job in Sydney and she began learning from Carlile. Within nine months, she broke her first world record.

"I was very fortunate to have him as my coach and I don't think I would have achieved what I did if he hadn't coached me," she says. "His training allowed me to do sprinting and long distance, as well as medley and butterfly. He gave me concepts and principles and let me fill in the dots. I loved the order and structure.

"We would fill in log books so he could tell if there were reasons we wouldn't be training well. We'd hand it in on Sunday and get it back on Monday with encouraging comments."

Carlile's style suited Gould but it wasn't for everyone. There were conflicts and some swimmers had trouble relating to him.

"Sometimes he didn't have much patience," she says. "There were people who found him prickly and didn't have time for him.

"Don Talbot and Forbes were completely different. Don could organise and motivate, while Forbes was more a scientist, lobbyist and innovator.

"Some people found him a pain because he'd constantly write letters. He lobbied for compulsory physical education in schools, then it was about the establishment of an international drugs testing agency, then onto something else. He was like a terrier, onto something and never give up. I admired him for that, but not everyone did."

Gould says Carlile also lacked organisational skills. "I remember turning up to North Sydney pool and Forbes turned up with all these kickboards in his car," she says.

"Ursula got out carrying the blankets, food and clothes, while Forbes just slid in with his kickboard and stopwatch, straight to business.

"He would always have the latest gadgets. He had a camera with a water housing and he'd do underwater filming of me.

"He's probably the geekiest person you'll ever meet. He's got mountains of really valuable swimming memorabilia. They've had to buy the house next door to fit everything in. It's like a museum."

Carlile's influence on Gould stretched beyond her career. He taught her about water's healing qualities and when she gave birth she received a long letter from him detailing why she should get the child immediately into the water, which she did.

"And, in 1996, he wrote me a five-page letter telling me about this great thing called email," Gould says. "So I went to do a computer course. He had an effect on my life way beyond swimming."

CARLILE checks his emails first thing each morning. At 5.30, he and Ursula have a swim in the backyard pool, before a light and healthy breakfast.

"Then he sits on the exercise bike for an hour and reads the paper, while I go to the gym," Ursula says.

"He'll then be on the computer, talking to people overseas and working on issues that he's pursuing. We'll have lunch about noon and then he gets back on the computer.

"We'll have dinner about 7.30pm, watch TV - something educational or an opera - and go to bed early."

They often go to the theatre, opera and ballet. They travel a lot and have a trip to China planned to see the Olympic venues.

Asked what his greatest achievement has been, Carlile says: "Well, I'm very glad I married Urs. She's made things very easy for me."

How did you meet? "That's a good story. You go ahead, Urs."

"I was doing physical education at Adelaide University ["I might say she came top of the year and was the best student they ever had," Carlile adds] and my parents came to live in the Hunter Valley and then Sydney," says Ursula, 15 years younger than Carlile.

"I needed to learn to swim to gain my degree. My father was headmaster at Trinity Grammar and told me of a guy there who could teach me. That's how I met him."

It has been a great partnership.

"We are very fortunate that we've always been great mates, got on really well together," she said.

"There's been times when he's been frustrating. He's very keen to get his own way. He's had great fights with officialdom, which have been disruptive for us. But I belong to the old school, where a wife should back her husband 100 per cent.

"I believe I've done that." ●

How to do well

From: Jack Alexander, Coach, USA

To: My Daughter, Paulina

Since I am writing this to you, I probably shouldn't be sharing it, but your friends need this information - and so do most kids - so don't beat me up!

There are really 4 basic steps. The first thing is to prepare well. The second is to warm-up appropriately for the race. The third step is to have a right frame of mind before your competition. And fourth, take care of your body after you have competed.

1. Preparing right is building habits.

Habits come from doing the right things in practice over and over again. Training right means building your season training around your race strategy. It starts the first day of practice and runs through the last meet. Why do something wrong and have to hope for a miracle at the end? Hope is not a strategy.

Why do something that is counter to your race? Most races are a blend of aerobic and anaerobic demands, so train aerobically with spikes into anaerobic.

"Little things make a big difference," so when you do drills, do them perfectly! Train for the distance you're going to race. I can't imagine training 3 miles a week and trying to race a marathon. Nor can I imagine racing a 200 freestyle after training for a 50!

2. Warm-up is counter-intuitive!

Getting the body ready to race depends on the length and intensity of the race. Generally, the shorter the race - the higher the intensity. The higher the intensity - the longer the warm-up.

It is essential to gradually warm-up to race speed, so that the body is prepared. Don't be afraid to touch race speed in warm-up.

Each race should have its own warm-up that accounts for different strokes, distances, and sequence in the meet. If you swim 3 races, you should have different warm-ups.

3. Pre-planning is essential!

Go through the entire race in your head. Some people call it visualization, for me, it's just planning. Mentally rehearse every detail and every contingency. (What if your cap comes off? What if your goggles fill up with water? What if you see your dad before the race? Forget that one...)

Know how you will feel in each part of the race. Have one or two key phrases that will help you stay focused on your race plan. If you visualize your race and have your key phrases ready, the actual race is like watching a movie that you have seen many times before.

4. Cool down after each race.

Both muscles and mind need to recover. Warm-down is what gets you ready for your next race or practice.

All the waste products need to be removed from your muscle cells through active recovery. Your heart needs to slow down gradually and your body needs to cool. Taking this time to care for your body also lets your mind and emotions come down and relax, as well.

Then you might be ready to talk to me, or ask for money to go shopping!

In addition to being Paulina's dad, Jack Alexander was a 1980 Canadian Olympian. Jack has coached swimming for over 25 years and is currently a #1 ranked triathlete in his (very old) age group. ●

Fresh Air – Fresh Water

USA Swimming

We have been “circling the wagons” with the “pool atmosphere” concept for quite a few years now. There are literally a dozen or more “expert” opinions on water and air quality and almost all of them have some good points. At the present time over 50% of the Facilities Development Department’s “please solve my problem” type calls have to do with poor air quality. The information listed below is written in laypersons’ terminology and may help you investigate and solve your specific problem.

First & Foremost: Air Quality and Water Quality are dependent on each other. Air quality will be affected by:

- **The amount of fresh air that is being introduced into the building every hour.** *A 90% change of air every 20-25 minutes works well.*

- **The condition of the air handling equipment filters.** *The filters should be cleaned or changed every 3 months. There are micro-filters that filter out more air-borne contaminants than the standard fiberglass or paper filters.*

- **The type of air handling system you have.** *Do you have a Desert-Air type system and is it regularly serviced and working properly?*

- **Routine maintenance must be done and tracked on all pieces of air handling equipment.** *Vents and louvers must be checked and lubed at least 4 times a year to make sure they are working properly. Motor belts and fuses also need to be checked.*

If the air smells like chlorine – something is wrong. That acrid smell we sometimes associate with chlorine is usually an ammonia-like compound. In the swimming pool industry the “cause of this odor” is called “chloramines.” Chloramines (combined chlorine) occurs when free chlorine combines with ammonia and other nitrogen compounds. This “combining process” can be accelerated by perspiration, urine, saliva, body oils, lotions and some shampoos/soaps, fertilizers, and many industrial or household cleaners. The odor is created when water is not properly balanced. The odor intensifies when swimmers agitate the water – as in kicking or general warm-up swimming. The odor is worse at water level but can be extremely irritating at deck level or in the viewing area. Many times not only an odor is noticeable but eye irritation is also experienced. Sometimes the water may be hazy – but not always. Many times, the water will appear perfectly clear and the water test for free chlorine and pH reads normal.

This has become such a widespread problem in indoor pools that literally hundreds of people are hospitalized each year. People with asthma can find themselves in Intensive Care if exposed to this type of pool condition for even a short period of time. Most of the problems occur in indoor pools. Outdoor pools have plenty of fresh air and

sunshine (ultraviolet light) so they are not as susceptible to the chloramines problem.

Chloramines formation can be accelerated by:

1. Swimmers not properly showering before entering pool.
2. People using the pool rather than getting out and going to the restroom.
3. People doing a high level of aerobic activity and sweating in the water. (everyone sweats in the water – the same as if they were doing exercise on land)
4. Residues from ammonia-based cleaning products that are used on decks or in shower rooms/lavatories.
5. Residues from fertilizers used on landscaping (nitrogen based) that get tracked into building on everyone’s shoes.
6. Poor air circulation and lack of fresh air introduction into the pool building.
7. Over use of “shocking” the pool for maintenance purposes.
8. Improper use of certain brands of chemicals not suitable for conditions specific to a geographic area.
9. The municipality artificially adding chloramines to the water supply – this is becoming common practice throughout the country.

So – what do we do if this occurs ?

Let’s divide the answer into 2 parts:

1. short term solution
2. prevention

SHORT TERM SOLUTIONS:

If Chloramines are detected, the most prevalent solution is to “shock” the water. This means super-chlorination (break-point chlorination) or raising the level of chlorine in the pool to 10 parts per million. Normally a dry chlorine powder or a liquid chlorine is used to achieve super-chlorination. Recent studies show that many times this is not as effective as Hyper-chlorination which is raising the level of chlorine to 20 parts per million.

These methods may temporarily “burn out” chloramines but will also necessitate the pool being closed for a few days. This is not practical for most pools. More than the normal amount of fresh air will also have to be introduced during this process. Shocking the pool can create a whole new set of problems.

Some success has been realized with a non-chlorine shock additive. Adding an Oxidizer (Potassium Peroxy, Monosulphate = brand names Oxykleer or Oxybrite) to the water to convert the available chlorine to free chlorine can release the available chlorine to free chlorine. If this process is done in the evening, swimmers can usually be in the pool the next morning. The more often this is done to the same water, the less effective it becomes. There are new enzyme oxidizing products that show some promise but they have not been in widespread use long enough to recommend them. Fresh air introduction is still important.

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PREVENTION:

Usually more than one thing needs to be changed to alleviate the problem.

The most common methods are:

1. Change the air circulation system to include more fresh air introduction and better turnover, or more efficient closed system circulation and dehumidification.
2. Evaluate the type and brands of chemicals being used to treat the pool water for both chlorine and pH control
3. Evaluate the pool filtration system to see if a filter that filters down to a more effective micron rating (like DE at 4 microns) would help.
4. Check the labels on all cleaning products to make sure they do not contain ammonia or are not nitrogen enriched.
5. Have your staff attempt to get the users of the pool to take showers before entering – this is usually required by state health codes.
6. Consider installing a medium pressure 100% flow-through ultraviolet (UV) water treatment system that cuts down on the amount of chlorine you have to use and also "breaks down" chloramines.

When does the pool water need to be changed?

That depends on:

1. The size of the pool
2. The water temperature the pool is kept at
3. The bather load
4. The type and brand of chemicals used
5. The type of filter and the turnover rate

In general – the smaller the pool the more frequently the water has to be changed. Hot Tubs in the 300-600 gallon range need to be drained and refilled at least monthly.

Many State Dept. of Public Health's require that exact schedule.

Many specialty pools – such as lessons pools or therapy pools in the 1,500 to 5,000 gallon range need to be drained every 3-4 months. The warmer the water and the higher the bather load the more frequent the water needs to be changed.

Larger pools – such as lap pools and competitive pools can actually go years before needing to be drained. Because of the large surface area of these pools exposed to evaporation, new water is constantly being added. In effect the water is always in a state of renewal. I have seen pools with perfect water that have not been drained for 4 years or more. And - since the city water may have chloramines in it, what does changing the water really accomplish?

Some things that can shorten the life of the water and necessitate early draining:

1. Improper chemicals with non-soluble buffers or binders and poorly designed "inert ingredients"
2. Poor quality filtration
3. Continually "shocking" pool to break up chloramines
4. Users not taking showers before entering pool

Problems cannot be ignored. Serious health and safety issues are involved. Everyone who works in an aquatic facility needs to be made aware of the importance of a clean and healthy environment. ●

*For more information please contact:
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719-866-3522 mnelson@usaswimming.org*

Correcting over rotation: Eye dominance and bilateral breathing drills

Carolyn J. Heymann, Lake Oswego Swim Club, OR February 2007

Swimmers commonly over-rotate while breathing during freestyle. Typical to the swimmer's dominant side, over-rotation can also present as the swimmer corrects to the weak side during bilateral breathing. From the pool deck, coaches may notice that they can see both goggles as the swimmer turns to breathe. Advising the swimmer to "hide their breath" may correct the over-rotation, but it is easier to ask swimmers to focus on what they see. A simple exercise using a swimmer's dominant eye can quickly correct over rotation.

Binocular vision, or vision with two eyes, depends on the brain to merge two dissimilar images into one. Every swimmer can relate to the childhood trick of holding a cardboard tube next to their hand and, with both eyes open, seeing a "hole" appear. When the images are in the same plane, the dominant eye tells the brain what it sees.

Eye dominance is easy to determine and critical to swimming drills which correct over-rotation. With both eyes open, give the "thumbs up" with one hand and visually align it with any vertical line on the horizon (backstroke

flagpole, doorjamb, etc.). Closing first one eye and then the other will demonstrate which eye is dominant: the image stays aligned for the dominant eye, shifts for the weak eye.

When a swimmer is made aware of their dominant eye, they can be coached about over-rotation while breathing. When the head is properly rotated, one eye will be above the waterline and the other below. During bilateral breathing, the dominant eye will alternate being above and below the water. With the dominant eye below the waterline and the weak eye above it, the brain will merge the two images and the swimmer will "see" an underwater image. With practice, swimmers will learn to focus on what they see as they breathe and self correct over-rotation when reminded.

Summary: When a coach notices over rotation (two goggles) during breathing, determine a swimmer's dominant eye and run a bilateral breathing drill focusing on seeing underwater.

What is authentic leadership?

Kamal Vinodrai Shah

Over the last few months a lot of people whom I know closely have been pondering on the issue of authentic leadership. Many of them align authentic leadership to title, financial success, being in a position of influence, being a celebrity, etc. These explanations on authentic leadership are correct and therefore it has led me to write on what are the fundamentals of authentic leadership. Each and every one of us is a leader in our own way. Each and everyone is in a leadership role at one time. Whether you are in business, have a family, at a social among your friends, a shop attendant, you are a leader. Your actions will influence others whom you directly interact with and the decision you make or the action you take will directly or influence them.

Leadership is about influence. Every human being influences someone in his or her daily lives. Just have a think about it: if you are parent, spouse, manager, a friend or a business partner, you influence the people around you on a daily basis. When your children come to you for assistance and advice on what they should do with their lives you are the perceived leader. If your team member comes to you for assistance to finalize a report or provide guidance to him/her on developing a business plan, you are in the position of leadership. It is very important that as a leader, in your own life you take personal responsibility for your actions. From an Indian proverb, "There is nothing in being superior to others. True nobility lies in being superior to your former self."

Most great leaders around the world have faced adversity head on and come out as winners. Our founding father Mzee Jomo Kenyatta proved that he was a great leader. He ensured that Kenyans were able to be free from colonial rule and strive as a country today. During his speeches to the general public his vision for this country was to be a prosperous nation and to date this vision is being fulfilled. Furthermore, the great leaders such as Nelson Mandela, Mahatma Gandhi, Bill Gates, and Jack Welch have done the same. To become an authentic leader you need to realise that it is all about being the person you know in your heart you have always been destined to be. To be a better spouse, father, mother, business partner, friend, etc., here are some tips on what authentic leaders do:

1. They speak the truth: In all aspects of life, we frequently 'swallow the truth'. We say things to please others and look good in front of the crowd. Authentic leaders do things differently. They consistently talk the truth. They would not betray by using words that are not aligned with their values and beliefs. This does not give anyone a licence to say things that are hurtful to people. Speaking truth is simply about being clear and honest

2. They lead from the heart: Life is about people: Leadership is about people. The best leaders wear their hearts and are not afraid to show their vulnerability. They genuinely care about other people and use their time to develop others around them. They are like the sun. Each

day the sun gives out all the light it has to the plants and the trees and in return the plants and trees grow towards the sun.

3. Rich Moral Fibre: What you do in terms of your actions speak louder than what you speak. Authentic leaders develop their character. They walk their talk and are aligned with their values. They gain respect, trust and listen to the people they lead.

4. They build communities: Authentic leaders create environments where people blossom. Furthermore, they foster human linkages and lasting friendships. They want to make an impact that leaves a legacy behind.

5. They are courageous: Authentic leaders take the road less travelled. It takes inner strength to do what you think is right even though it may not be easy. Furthermore, taking the road less travelled is not easy but it is the right thing.

6. They are dreamers: The famous Albert Einstein said that imagination is more important than knowledge. All great beginnings or changes in life start in the mind first before action is taken. Authentic leaders dare to dream the impossible. They see what everyone sees and then dream on how it can be improved upon or what changes can be made for the better. They close their eyes and visualize what type of life they want, what type of corporations they want to have, what type of people they want to hire and develop, etc.

7. They are constant learners of life: Each and everyday is a workshop. Why? You keep learning something new. Authentic leaders understand themselves intimately. They take time to identify their strengths and weaknesses and play on their strengths. They also face their fears head on.

8. They take care of themselves: Authentic leaders ensure they exercise regularly, eat well, spend time with nature and reflect on what they are doing in their lives.

9. They commit to excellence: Authentic leaders key everything to excellence. No human being is perfect and they constantly keep pushing in raising their standards and the people that they lead.

10. They leave a legacy: To live in the hearts of the people around you is to never die. Success is wonderful but significance is even better. Authentic leaders want to contribute and to leave a mark on the people around them. They are constantly building their legacies by adding deep value to everyone that they deal with and leaving the world a better place in the process.

As you become a better leader remember self-leadership is key to becoming an authentic leader. As Winston Churchill said, "The price of greatness is responsibility." ●

BSCTA

British Swimming Coaches & Teachers Association

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44th BSCTA Conference Booking Form

28th September – 30th September 2007

Bookings for the 2007 BSCTA Conference are now being taken as follows:

3 day attendance at the Warwickshire County Cricket Ground, Edgbaston, Birmingham including attendance at the BSCTA Annual Awards Dinner:

For bookings fully paid for by 17th August 2007 the following discounted rates apply

<u>Booking Option</u>	<u>Full Conference * Rates</u>	<u>Price</u>	<u>Please tick</u>
BSCTA Members	Member <u>before</u> 1 st May 2007	£220.00	
	Member <u>after</u> 1 st May 2007 (inc)	£270.00	
Non-members		£310.00	

Full Conference Bookings received from 18th August onwards will be subject to a £50 surcharge

Additional Booking options (Please tick as appropriate)

<u>Booking Option</u>	<u>Price</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Day delegate – member by 1 st May 2007	£75.00			
Day delegate – member <u>after</u> 1 st May 2007 (inc)	£95.00			
Day Delegate – non-member	£110.00			
Annual Awards Dinner only	£35.00			

Day Delegate Bookings received from 19th August onwards will be subject to a £20 surcharge

*** The Full Conference rate no longer includes meals & accommodation. As with similar events in other parts of the world, you are now responsible for booking your own accommodation & catering (with the exception of the Awards Dinner).**

To reserve your place, please complete this form and return along with a £100.00 deposit to:

BSCTA Conference, PO Box 13816, Bromsgrove, Worcs., B60 9DQ

NB: The full amount must be paid by the 18th August 2007 in order to obtain the discounted rate, or have an invoice / purchase order number from your employer.

Please make all cheques payable to the 'BSCTA'

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<i>Address:</i>			
<i>Telephone:</i>			
<i>E-mail:</i>			
<i>Deposit paid</i>		<i>Total amount due:</i>	

Non-members can pay the members rate if sending in a completed membership form along with this form before 1st May 2007– otherwise other costs apply as stated above.

If you have any queries regarding your booking requirements, please contact the BSCTA Office on 0870 428 8424 or e-mail enquiries@bscta.co.uk



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<input type="radio"/> New / Renew US Member Clinic Registration	\$389	\$439
<input type="radio"/> New / Renew International Member Clinic Registration	\$419	\$469
<input type="radio"/> Current Life Plus Member	FREE Clinic Registration	

Additional Educational Opportunities Pre- & Post World Clinic

School - Speaker	Date	Cost
<input type="radio"/> Level 2 Stroke School - John Leonard	Tues. 9/4 & Wed. 9/5	\$75
<input type="radio"/> Level 3 Physiology School - David C. Salo	Wed. 9/5	\$75
<input type="radio"/> Level 4 Administration School - Peter Malone	Wed. 9/5	\$75
<input type="radio"/> Level 5 Leadership School - Chuck Warner	Wed. 9/5	\$65
<input type="radio"/> Working Successfully with Swimming Parents - Guy Edson	Tues. 9/4	\$65
<input type="radio"/> How to Write Workouts - Matt Hooper	Tues. 9/4	\$65
<input type="radio"/> Personal Organization for Swimming Coaches - Guy Edson	Sun. 9/9	\$65
<input type="radio"/> World Class Beginnings - John Leonard	Sun. 9/9	\$65
<input type="radio"/> Certified Stroke Technician Course - Matt Hooper	Sun. 9/9	\$75
<input type="radio"/> Masters Coaching School - Rick Powers	Sun. 9/9	\$75
<input type="radio"/> Leadership Course for Athletes - Tim Welsh	Sun. 9/9	\$75
<input type="radio"/> SwimAmerica Conference - Tiffany Yip/Jim Peterfish/Brian McGuire/Bill Schalz	Wed. 9/5	\$75

Hotel Info: The 2007 ASCA World Clinic will be held at the Town & Country Resort and Convention Center located at 500 Hotel Circle North - San Diego, Ca 92108. Room Rates: Single, Double, Triple, Quad - \$121.00 plus Tax. Cut off date to be guaranteed of securing these rates is August 12, 2007. Hotel Phone: 619-291-7131 Reservations: 800-772 8527 you MUST state the group as the AMERICAN SWIMMING COACHES ASSOCIATION WORLD CLINIC in order to receive our preferential room rate.

To see the full content of the Clinic program, go to <http://www.swimmingcoach.org/worldclinic/asca2007>

Name _____

Spouse Badge (\$40) _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Amount Enclosed \$ _____ Payment Check Enclosed (US Funds Only) or pay by AMEX MC VISA

Card # _____ Exp _____ Signature _____

To register, call 1-800-356-2722, go online at www.swimmingcoach.org or fill out the order form above and send to: American Swimming Coaches Association.



MAIL TO: The American Swimming Coaches Association
5101 NW 21st Ave., Suite 200, Fort Lauderdale, FL 33309
Phone: 800-356-2722, 954-563-4930 ~ Fax: 954-563-9813
www.swimmingcoach.org