

Coaches Committee Quarterly

United States
Masters
Swimming



Spring/Summer
2003

Do you have yardage monsters in your workouts? How much of your workouts do you focus on technique (drills, basic balance drills)? How do you keep the tight-interval, mileage-hungry masters swimmers happy while including the technique sets?

Every Masters group has yardage monsters, you just have to know how to feed them. A good set is 10 x 200: "Yardage monsters" go all 10; Middle distance people swim 1-4, #5 is an easy 100 then repeat; Sprint/stroke go 100's on the same interval. This way everyone is happy

The coach simply needs to communicate with the lanes before the set starts.

Usually we work on technique after general warm up for 8-10 minutes. This usually gives us a chance to bring up the heart rate before the main set. If pool space allows, we will send the "yardage monsters" on a set that will keep them busy and devote a couple of lanes to those that want to focus on technique.

We have *Aloha Friday* practices sometimes and I will have the whole pool do skills and drills. The "yardage monsters" are usually ready for a break by the end of the week.

*Eric Neilsen
San Diego Swim Masters*

Most of my master swimmers are Triathletes and/or open water swimmers, so, yes I do have yardage monsters! Especially when they first join up. It usually takes me about a month or so to convince them that it is all about technique. I am a technique fanatic. The is isolated for swimming. I am always trying to get new ideas, drills and the latest on swimming. I travel to other teams to get new ideas from other coaches.

Although I have been coaching 1 years, I realize that there are always new ideas to improve my coaching. I bring a TV on deck and show videos of swimming. I try to tape any swimming that is broadcasted

on TV. I order tapes, show drills and then have the swimmers repeat it immediately. Having new videos all the time helps everyone want to do drills. I make sure that, despite working on drills, that everyone still leaves feeling that they had a work out.

*Dale Bogard
Lake Tahoe, California*

Our workouts, in the faster lanes, average 4,250-5,500 for 90-minute weekday practices (depending on what we do) and 5,000-6,500 for two hour weekend afternoon practices. We believe that *most* technique work belongs in our regular clinics or special event clinics.

Drills are 10% or less of a given workout. We have one coach on deck for 25-35 swimmers at a time and feel that if the coach does not watch everyone closely and continually correct drill technique, then it is a pointless exercise that reinforces bad drill technique and bad technique in general. We do only one drill per stroke (one arm fly, one arm back, 2K 1pull breaststroke and fingertip/thumb freestyle drill) so what minimal one to one coach/athlete attention may be possible in our average practice setting gets maximized.

When we can have small groups the swimmers appreciate the value of constant and difficult drilling. Special clinics have great attendance but can happen only occasionally.

*Conrad Johnson
YWCA Masters Swimming*

I do have distance swimmers and open water swimmers. I have three days a week

during the fall sessions (Sep - Dec) that are specified as endurance days with long sets and two days a week stroke workouts. In Jan we change to three days a week stroke and two days of distance. I incorporate drills in many of the workouts even if it is distance workout.

My swimmers have managed to settle into the regular routine with out much arguing. If there are empty lanes in the intermediate side of the pool they can use them to do longer sets on their own. My swimmers do a lot of technique sets on Saturday workout when I can watch them and give more pointers because we have more time and they are not rushed to go to work.

We do this type of workout about twice a month. Distance swimmers also have Sunday if they want to do more distance on their own.

*Carol Macpherson
Rinconada Masters, 30 years
Palo Alto, CA*

We have a small but vocal minority of swimmers on our team who like to grind out as many yards as we can give them in the shortest amount of time possible. We approach these swimmers from two directions.

First, we provide practices for our swimmers on certain days that focus specifically on technique. Swimmers are aware of this ahead of time and plan their workouts accordingly. Those who do not want to concentrate on mechanics often do not attend the technique workouts. Other swimmers take the technique days as

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Favorite Taper Workouts

This 100 IM taper workout could be done 1-2 weeks out from the taper meet.

*Eric Neilsen
San Diego Swim Masters*

Warm up

15 minutes mixing all strokes and some kicking to get feel for water.

Rev up/Heart Rate

12 x 50

#1 kick/drill by 25

#2 drill/swim by 25

#3 ez/fast by 25

Do 1 round of each stroke

Main Set: IM Transitions

3 x (3 x 50 descend 1-3 + 1 x 100 ez to loosen)

- Descend 50's 1->3 in each round

- 1 x 100 is ez to loosen up

- Round 1 is Fly/Back

- Round 2 is Back/Breast

- Round 3 is Breast/Free

• The goal is to swim #3 in each round at your projected race pace.

Fine tuning

4 x 25 dive sprint Fly.

- Just to get # of strokes/kicks down for 1st 25 of race and practice a few starts.

Warm Down nice and ez for 8-10 minutes.

This covers most people, chase sets are done at individual levels. These sets are ok within a week of race day really works intensity.

Fred Nelis

Always start with kicking easy to hard about 600-800 yds. (with fins), 500-1200 warm up (depending on soreness) and finish with 4 x 50 on 1:00, pick-up.

Easy pull 300

16 x 25 IM on 40 (slow to fast 25)

Main set

Choice 1: 3 x (4 x 50) on :35 (or fastest possible send-off), with 150 easy between sets

Choice 2: 4 x 100 on 3:00. This is a 3 person set of *Chase 100's* where each swims 4 x 100's and the other two swimmers swim pace 50's as a relay. Then they switch so a new person now does 4 x 100 at their pace and the other two swimmers relay. Last swimmer does last 4 x 100 on choice pace. Everyone totals 800 yds.

Choice 3: Chase 200's 3 x swimmers (set like above) 3 x 200 on 5:00 and the others swim 100's (relay) at chosen pace. Switch after 3. Everyone does 1200 yds.

The "rule of thirds" takes the average distance (per week) swum during the hardest part of the season (pre taper period) and reduces it by one-third by the end of each week. Then the remainder is reduced by one-third the following weeks. All along the intensity and attention to detail is made more apparent every time we leave the wall except for recovery swims. Example: 4000 yards per session with 4 sessions per week before taper begins. Starting number is 16,000 yards which needs to be reduced by thirds...down to 10,700 yards at the end of the first week. How we divide these yards per session is up to me and what I want my swimmers to work on per session as long as we are down to this much at week's end. At the end of the 2nd week, we are down to 7200 yards. The last week is composed mostly of the elements that require the most skill: starts, turns and finishes. For our purposes of illustration, here we would be doing about 5000 yards by week's end. Again, each session has its own demands for big meet preparation.

*Coach Ed Nessel
Rutgers Masters Swim Team*

Here's one of my favorite taper workouts

*Eric Bean
Head Coach, Stanford Triathlon
Stanford*

Warm-up involves some general swimming, some fast paced aerobic swimming, and some very short speed.

For example:

- 500/400/300 pull/kick/swim IM.

- 8 x 100 free on cruise+5 send-off holding cruise-5.

- 100 easy.

- 2 sets of 4 x 25 as easy/fast (by half laps), fast/easy, all easy, all fast

Main Set: 3 x (1 x 75 FAST, 1 x 75 easy)

The goal on the 75's fast is to go as fast as you can, keep your stroke rate as high as possible while maintaining distance per stroke and without your technique falling apart. To do this you can't overload on lactate, so the intervals are like swimming the enjoyable part of a 100, and you stop just short of the misery setting in. For the recovery, instead of doing it on a fixed interval, just swim a 75 easy, regroup, and rest until the swimmer feels locally recovered. The idea is to go fast and develop the required neuromuscular coordination, so rest as much as needed.

We do not have swimmers that train for more than 3-4 times a week at the most so I don't taper them for more than two weeks if they are focusing on a major meet or postal swim. I find that in taper it is important to *kick* more to maintain the legs versus the upper body needing to do the same. I do more speed work two weeks out and then keep the feel of the water the last week. I do one straight longer swim with a breathing pattern each practice to do this.

This taper workout is for those who normally train 3500-4000. Things are cut down depending on the level of swimmer.

Angie Friday

Warm Up: 300 Free

Reverse 300 IM (Kick/Drill/Build by 25's)

Main Set:

4 X 100 for time on 3:00

#1 Full Swim

#2 Break at the 50 for :10

#3 Break at the 25 for :5

#4 Break at the 25 for :10

12 X 25 FAST kick on 1:00

300 Free Breathe 3-5-7 by 50's x 2

8 X 25 Build Choice @ :45

Warm Down: 200 EZ

With an average attendance of 3-4 practices a week I ask what is there to taper from? 15-20,000 yards a week hardly constitutes a heavy workload that is taperable training.

We do reduce the volume and intensity 7-10 days out and tell people to stay loose and most importantly get some sleep. Performance has been determined generally on the level of commitment and specifically on the number of eight hour sleep nights they get before an event. The number one impediment to harder and better quality training is that people are not sleeping enough in their everyday lives. Number two is inconsistent eating habits. The third the fact that days have only 24 hours.

*Conrad Johnson
New York, N.Y*

I don't think that most masters swimmers need a significant taper, because most don't really train enough to need a lot of recovery time. In general, during taper time I talk about and have them practice race strategy, do sprint work (but being careful not to over sprint) and give them more and more rest as the meet gets closer.

*Erik Scollon
Long Beach Grunions*

Our club is all over age 55. We don't do much tapering. I emphasize keeping up the aerobics all the time. Seniors lose it fast if they taper. However, we also monitor carotid pulses constantly. If I did have younger swimmers, I would not be arbitrary with a set time to taper, but would have each swimmer individually taper according to their needs. I agree with the recent articles by Goldsmith and others on recovery-based training.

*Chuck Magill
Sun City Stingrays*

Attached is a one-hour taper workout I give them 2 weeks before the meet and then I will eliminate items reducing the workout down to 1200 yds 3 days before the meet and then 3 days of rest. This is for all swimmers.

Barney Hungerford

Warm-up: 200 Free, 200 Kick, 100 specialty

1st Set: 8 X 75 with 15 sec rest after ea.

#1-2: 50 Free, 25 Fly

#3-4: 50 Free, 25 Back

#5-6: 50 Free, 25 Breast

#7-8: 25 Free, 50 Specialty

2nd Set: Turns Practice, all strokes

3rd Set: 4 x (1 x 100 + 2 x 50 + 1 x 100)

- 1st 100: 100 IM, 20sec. rest

- 2 x 50: 25 kick, 25 swim, :10 rest after each. These 50's are IM order, the 1st 2 are fly, the next back, etc.

- 2nd 100: 100 FREE

4th Set: 16 X 25 kick/sprints

- All strokes, 10 sec. rest after each 25

Swim Down: 100 yds. easy

I have been using the same taper workout for many years. All my swimmers get the same one and it works for experienced and less-experienced swimmers. We taper down by 200 or 300 yards per day two weeks out from the meet. The last two days we just warm up, do a couple of dives and sprints, and warm down. Rest is the key now.

Carol Macpherson

600 WU

1 x 200 IM

- Reverse order, Alt k25,S25, ea stroke

1 x 25,50,75,100

- Pull med speed, 20 sec after ea distance

6 x 100 Free

- Alt 100 EZ,100 Super fast, 2 min rest

1 x 100,75,50,25 choice K

- med speed, 20 sec after eac distance

2 x 75,50,25 one Free, one stroke build speed on ea., 1min. rest between

1 x 200 WD (total: 2400)

From Eric Chang, YNS Masters:

Warm Up:

1 x 250 Swim

6 x 50 Kick/drill/50 on 1:15

Main Set:

8 x [1 x 100 IM on 2:00 + 4 x 25 on :45]

- 100's are IM or Free on 2:00

- 25's are stroke on :45

1st 2 rounds: 4 x 25 are fly

Next 2 rounds; 4 x 25 are back

Next 2 rounds: 4 x 25 are breast

Last 2 rounds: 4 x 25 are free

Max Set: 8 x 50 Free on 3:30

Warm Down: 200 Drill / Swim / 50

Total: 2750 yards

USMS Club Profile

The Olympic Club Masters

By Scott Williams,
Head coach and Aquatics/Triathlon Sports Director
The Olympic Club

The Olympic Club was founded in San Francisco in 1860 as primarily an athletic club. In 1924 The O Club purchased property by the beach now known as The Lakeside Club featuring golf and tennis. The Club has hosted 3 US open golf tournaments and now sponsors 22 very competitive athletic teams. The website is: www.olyclub.com. The Aquatics program has been one of the most successful programs the Club sponsors.

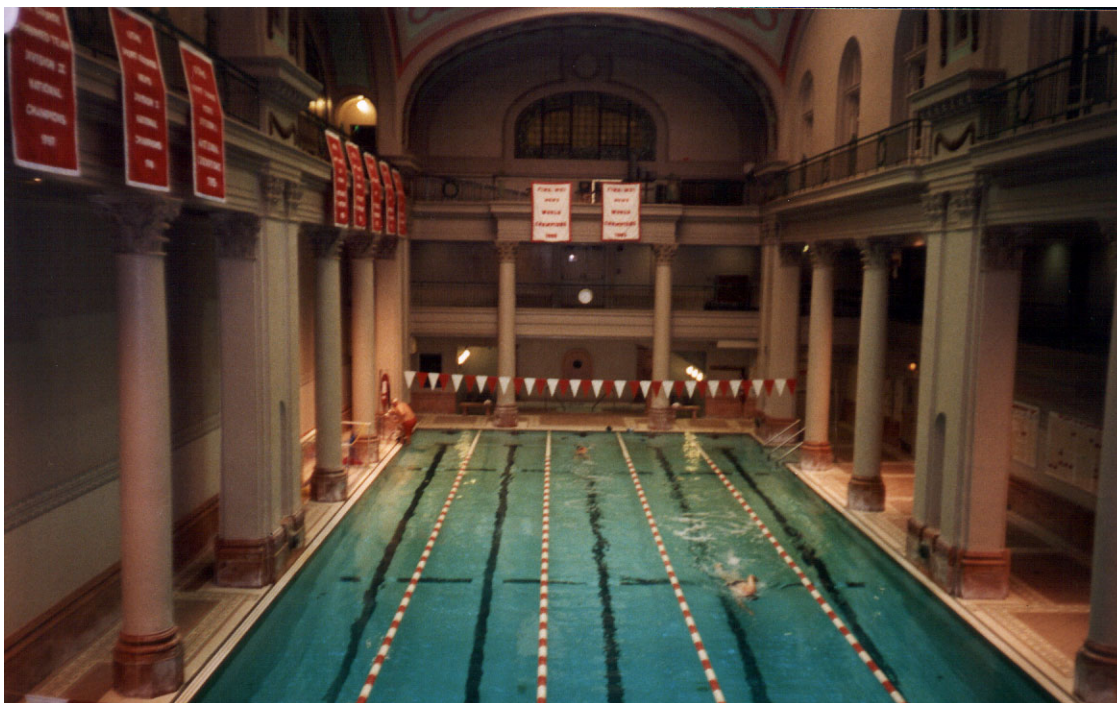
Unlike traditional masters swim teams; the O Club can only have existing members compete for them. One has to be a member first, and then they can participate on any of the teams if they qualify. The coaches are on deck every day except Sundays. Whether there are 10 swimmers or 100 swimmers, the workouts continue with a very thoughtful and innovative seasonal program. We believe in periodizing the programs on a year round basis. The coaches are required to attend clinics and workshops, and also give lectures and clinics several times during the year. I was recently selected to coach at the High Altitude Training Camp at the Olympic Training Center in Colorado Springs. It was an awesome experience to be at the OTC along side Mike Collins

(Nova Aquatics), Chris Houchins (Indy Swimfit), and Nancy Rideout (TAM). Bringing this experience back to The Olympic Club has been a great experience for the coaches as well as the members.

The Olympic Club has captured 13 National team titles. The swimmers have set over 50 National records (not including relays), over 20 world records, and 18 World titles. Just recently, at short course nationals in Tempe, the 25-29 year old men's relay broke the National record that had been in place for 13 years. The program focuses on the short course nationals, long course and open water seasons, and the World Championships held every 2 years. We also have a very successful triathlon program, which is part of the Aquatics program as well. One of many of the unique concepts here is the opportunity to swim alongside former Olympic gold medallists or just swimming in the indoor 33&1/3 yard pool. The natatorium looks like a Greek/Roman aquatic center, with a stained glass dome ceiling. (Backstroke is fun in this pool). Currently, the Club is building a second indoor, state of the art aquatics center to be completed by the spring of 2004.



*The Olympic Club Members at
Spring Nationals 2003*



The Olympic Club's most amazing natatorium speaks for the history and tradition of the club.

We like to use several different modalities when we work out. Two of the most popular apparatus are the "Rack" and "Stretch Cordz". We incorporate the use of apparatus during different phases of the program. We "always" focus on speed and power work all season long. Even during the distance phase of training, we include the speed and power components of training (because everyone needs speed work!)

Currently, the focus of the program is on open water swimming and the long course season (we host the Trans Tahoe Relay Invitational on July 19, 2003). After this summer season we will be preparing the team for the Maui channel/Waikiki rough water swims and the Fina World Championships in Riccione in Italy, June 3-13, 2004, where we plan on sending approximately 40 swimmers from the Olympic Club.

A Favorite O-Club Workout

10-minute warm-up

12 x 33's – slow, medium, fast (choice)

6 x 66's – kick/swim, drill/swim

400fr. (@5:00) followed by 4x100's fr. @1:10

300fr. (@4:00) followed by 3x100's fr. @1:10

200IM @3:00 followed by 3x66's stroke @1:00

100fr. @1:30 followed by 3x33 SPRINT'S!

kick – 5 x 100's @2:00 (build each lap to sprint kick!)

3 set's of 4 x 100's:

set#1. aerobic interval

set#2. anaerobic threshold

set#3. fastest possible interval (FPI)

500 swim working on breath control, stroke count, and turns!

(and we are *serious* about the turns)

2 x All Out sprints from the blocks

Swim down



Do you teach private lessons outside of workout? If so please elaborate on your lesson program including: How much do you charge? Does your club or facility take a percentage? How long is a typical lesson?

I do not teach many private lessons. I will be teaching clinics this summer. The clinics are one-hour long and cost \$10 per swimmer with a max of ten per clinic. I will do a video analysis twice this summer.

Again the session is one-hour long but will cost \$20 per swimmer with a max of five. The clinics have 15 minutes of dry-land/lecture and 45 minutes in the pool. I am doing the clinics more as a community service because with the prep time I will not be making much money. The breakdown for private lessons and the clinics is 55/45. The Rec. Center take 45% for just letting me use the pool. The teams, including the high school, rent the pool for \$40 dollars an hour. LTCC pays more to include a lifeguard on deck. I am required to have current lifeguard credentials as well as Coaches safety, and CPR.

*Dale Bogard
Lake Tahoe, CA*

Some of the coaches do private coaching, mostly triathletes. Charges run from 70-90/hour. The YWCA does not take a cut unless its a regular gig, then it takes one-third.

*Conrad Johnson
YWCA Masters Swimming
New York, N.Y.*

I do teach private and group lessons in my swim school for beginning masters swimmers. I charge \$35.00 to \$45.00 per one-half hour. My club does not take any proceeds. I also have an assistant coach that does private lessons during the masters times. He charges \$35.00 per one-half hour and he keeps the proceeds. If one of my swimmers needs a little extra attention I will get in the water and work with them no charge.

*Carol Macpherson
Rinconada Masters
Palo Alto, CA*

Yes I teach outside of coaching. The cost varies. Privates (one on one) are \$25-\$30 for one-half hour and \$50-\$60 for an hour. For group lessons my rate slides depending on the number of people. For 4 people I charge \$55 per hour. For 5 swimmers I charge \$60 and for six I charge \$65.

Usually it's one hour per week, for 6 weeks. These rates are what I am paid for the lessons. The swimmers pay more. The club gets 40%-60%.

*Brad Cole
Metro Masters, New York*

No, when someone comes to me for a private lesson, I have them attend a Masters workout, correct one item (when the head is wet, it is all it can handle), and tell them to work on it for 6 weeks, and then we will correct the next item.

*Barney Hungerford
Masters Swimming Coach
Upper Main Line YMCA, Berwyn, PA*

I help anyone who has the courage to come up to me and ask for help. I can usually assist with all strokes, training techniques, and general questions. I am honored to help anyone become a better swimmer. I have never asked or required any compensation. Generally a lesson lasts about 15-20 minutes because time is limited and I don't want to over load people with information. I usually take the most obvious issue and work on it.

*Fred Nelis
Dutch Masters Team
Holland, MI*

We do teach private lessons and they typically run a half an hour at thirty dollars. Private lessons focus strictly on technique and include underwater filming, drill work, and customized workout programs.

*Eric Chang
YNS Masters
North of Boston*

Yes, I give a lot of private lessons during the year. I average about 8 lessons per week. During the indoor season, I give lessons in half-hour slots at the Rutgers Olympic aquatic complex. I do this before my masters practices. I get \$60.00 a half hour, \$110/hour, checks made out to Rutgers University but with my name in the bottom legend for bookkeeping. Rutgers has a policy of charging for private lessons, and we came to a financial agreement that works for both of us: they get \$15.00 of the \$60 half hour fee and \$25.00 of the hourly rate. During the summer outdoor season, I run my own program in addition to Rutgers. I

get about the same amount of requests for lessons per week, checks made out to me. Most of the lessons are from age-groupers throughout the state (9 different registered teams). I get more adult requests for lessons during the summer.

*Coach Ed Nessel
Rutgers Masters Swim Team
Edison, NJ*

My wife and I do one-hour videotaped single person clinics for the YMCA Masters. We volunteer our time and the \$25 fee all goes to the YMCA Children's Swim Team scholarship. My wife video tapes the entire session, which includes my analysis and instructions for improvement. Then I copy the camcorder onto a VCR tape and give it to the person.

Dick and Ruth Webber

I only teach during the summer seasons because many people don't heat their pools. I will not reveal my price because if they are interested I will then let them know what I charge. We offer private 20 min. lessons for stroke work and the club receives a percentage of that money and then taxes are taken out of what we earn. Lessons are scheduled on our own time, when it is available.

*Debra Ann Cruze
SOCAL Aquatics, Tustin, California*

We offer private lessons and stroke clinics periodically. Lesson payments are handled differently depending on the location. At one pool we simply collect cash on deck for lessons and the other pool requires that privates lessons be bought through the club in sets of four. The club's cut depends on salary of the coach doing the lesson. I make \$20 per thirty-minute lesson. The stroke clinics are for 2 hours and cost \$25 and allow for up to 20 swimmers. These involve video and classroom discussion of the stroke being offered and in-water drilling. 2-3 coaches work these at their private lesson rate. For me this would be \$80 for 2 hours.

*Angie Friday
Blue Tide Aquatics Masters*

I do loads of private/semi-private lessons outside of workouts - they account

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Yardage

opportunities to recover in-between hard workout days.

The second way that we incorporate technique is specific to our more intense workout days. We try to make sure that as part of the warm-up, or as part of a preliminary set before the main set, we do some drill work that specifically prepares the swimmers to perform at their desired levels in the "harder" parts of practice.

We spend a fair amount of time explaining that the drills not only provide a more thorough warm-up, but also provide some amount of injury prevention. This seems to go over well with the "yardage monsters," and they have accepted it as a useful way of preparing to both swim hard and recover effectively.

*Chris Colburn, Ph.D.
Naperville Waves Swim Club
Naperville, IL*

We spend about 10-15% of our workout time focused on drills and technique. You see it depends on who is coaching that day. The way we are set up is that we have several of the masters swimmers on a rotating schedule so that once every two to three months you are scheduled to be on deck coaching. This works well for us and we have the headcount to make it work that way so that no one gets burnt out on coaching. Once or twice a year we have an expert come in and dedicate one whole practice to technique also.

When we are working on technique the interval is not the concern so it is pretty relaxed. Also for our Mileage hungry masters we open the pool about one hour before normal practice time so that they can get in the additional yardage they want.

Craig Oney

We spend maybe 20% on drills in each workout. There is always some technique work in warm up. We keep the yardage-hungry one happy by wearing them out before a drills set, so they're too tired to complain.

*Brad Cole
TNYA Metro Masters
New York*

About a third are yardage monsters, so I end up having 3 workouts at each practice. In a two-hour workout, 7000 yds. for the monsters, 6000 for the mix crowd, and 5000 with drills for the average masters.

About every 5th practice I try to make everyone do about 15 minutes of drills, after the warm-up. Doesn't always work with the monsters. In the warm-up, I always include some closed fists, and catch-up drills for different strokes. Some never do them.

*Barney Hungerford
Masters Swimming Coach
Upper Main Line YMCA, Berwyn, PA*

My workouts vary not so much in yardage as in specific efforts. Generally my workouts are 4000 yds. To date I have never used the same workout in three years. I have five parts (kicking, warm-up ... drills, hard set, sprints and warm-down). My workouts vary for lanes and individual needs. The main set is usually intense enough to challenge all comers.

*Fred Nelis
Dutch Masters Team
Holland, MI*

We, like many other workout groups, have the "yardage monsters." The way we satisfy mostly everyone is we begin and end every workout with drill sets. The majority of our workouts are geared towards middle distance swimmers. Each set is also designed with yardage options. For instance they can do 200's instead of 175's but on the same interval.

Our final solution to this dilemma comes during the off-season. Our yardage monsters on the team take advantage of Stiles Pond in Boxford Massachusetts. It's 3/4 of a mile each way. While our sprinters stay in the pool. Our middle distance will float back and forth between the two.

*Eric Chang
YNS Masters*

I have some yardage hounds, but they know coming to me (sprint coach that emphasizes power swimming), that big numbers in yardage is not going to happen. We stretch out using 300 repeats, not much

longer distance. But the only drills we do are done with fins: dolphin breast, one-arm fly, shoulder rolls for back and free, etc. We total maybe about 10% drills and the like.

We max out at 4200 yards with an average throughout the short course season around 3700 yards; 4000 meters daily long course. It is more important for me to get my people to swim fast with fins (which help them with their form in the water almost every time anyway).

*Coach Ed Nessel
Rutgers Masters Swim Team
Edison, NJ*

Our workouts are for only one hour four days a week. I do many different workouts for the level of masters that I have. I try and have them swim 3000 to 3500 per day, depending on what stroke we work on. Some of my master swimmers compete so I do distance sets as well as sprint sets, hypoxic and drill sets. IM sets are my best because they can work on everything.

I have one day a month that I do a broken 1650 set. I try and push them just a little bit with the intervals but you always have that one swimmer in the pool that likes to take control and ruffle everyone's feathers.

*Debra Ann Cruze
SOCAL Aquatics
Tustin, California*

Every workout has a technique focus. We have a 15-minute period where some come in earlier to get in more warm-up and swim for 1.25 hours and the others come in to get just an hour. We can add an extra 1000 or so for those swimmers. After the warm-up period we always kick and drill as a group. Finally, the main set is where I can really bump up the yardage for those who want it. We do things in rounds so some do the main set 1, 2, or 3 times depending on their training goals.

Angie Friday



Lessons

for over 25% of my income. I charge \$125 per hour (+\$25/hr for each additional swimmer involved, +\$25 if video is included in the session). I've found that every time I raise my prices demand goes up, not down. I rent a lane for the lesson (anywhere from \$0-15 per hour). Typical lesson is one hour scheduled once per week. I offer 100% "money-back" guarantee (if they do not think they learned enough during the lesson they owe me nothing for the lesson). I try to schedule back-to-back lessons whenever possible. To avoid burnout, I won't do more than 3 lessons in one day or 10 in one week.

Because I charge a high price, some swimmers recruit one or more of their buddies to join them for the lesson. This means some lessons become mini-clinics (where the first swimmer did the marketing, not me) with 3 or 4 people involved. Often, this group will decide to go for TWO hours instead of one. And, for some reason, ALL such groups decide video should be included. Do the math - such a lesson-turned-clinic is good for about \$400 in a couple hours.

*Coach Emmett Hines
H2Ouston Swims*

I sometimes teach private lessons, but not regularly. Depending on the situation and person, I charge anywhere from \$30 / half hour to having them pay for dinner afterward.

*Erik Scollon
Long Beach Grunions*

Yes I teach private and group lessons outside of coaching masters. I have typically taught children, but I am currently teaching an adult class. I am an employee of an athletic center, which advertises and provides a facility for the lessons. Group lessons are 40 minutes for 8 sessions providing there are 4 or more participants registered. Private (1 participant) and semi-private (2 participants) lessons are 30 minutes each and can be purchased by the session, a group of 4 lessons, or a group of 8 lessons. I receive a percentage of the fees depending on how many participants are in the class.

*Amber Price
Kingwood Athletic Club
Kingwood, TX*

ASCA World Clinic September 2nd-7th 2003

*A quick update on the Masters Track and activities
at the ASCA clinic in San Diego*

Thursday - September 4th

Evening: Panel Discussion on Masters Coaching (TYR Sponsor) featuring:
Jim Montgomery, Mike Collins, David Salo and David Marsh

Friday - September 5th

- 1:30 - 2:30 pm Add Revenue to Your Club From Masters Swimming
Jim Montgomery
- 2:45 - 3:45 pm From Goals to Great Performances
Kris Houchens
- 4:30 - 5:30 pm Qualities of Successful Masters Coaches
Scott Rabalais

Saturday - September 6th

- 8:30 - 9:30 am Cutting Edge Techniques and Technology for Masters
Michael Collins
- 9:45 - 10:45am Program Longevity Through Building Community Spirit
Ron Marcikic
- 11:30am - 12:30pm Double Your Club Size in One Year by Using the Internet
Clay Evans
- 1:30 - 2:30 pm Advanced Breaststroke, Ideas and Drills that Work
Wayne McCauley
- 2:45 - 3:45 pm Coaching Elite Masters Swimmers
Karlyn Pipes-Neilsen
- 4:00 - 5:00 pm Video Analysis Made Easy Using Dart Trainer Software
Jonty Skinner and John Walker
- Evening Join fellow Masters coaches at a local restaurant for dinner.
More information TBA at the USMS booth or in our talks.

More links to Clinic Information:

General Information:

<http://www.swimmingcoach.org/worldclinic/ASCA2003/default.asp>

The entire schedule of events, talks and socials:

<http://www.swimmingcoach.org/worldclinic/ASCA2003/program.asp>

The Speaker Bios:

<http://www.swimmingcoach.org/worldclinic/ASCA2003/speaker%20bios.asp>

Talk Descriptions:

http://www.swimmingcoach.org/worldclinic/ASCA2003/talk_descriptions.asp