

SWIFT SWIMMING HAS 9 COACHES ATTEND WORLD CLINIC

The 2008 American Swimming Coaches Association World Clinic was held in Las Vegas from September 2-7th and was attended by 9 coaches from Swift Swimming. The coaches included Andy & Nancy Knowles, Simon Frank, Stephanie Sands, Maria Piazza, Sarah Knowles, Maria Silvester, Kristi Wong, and Ashley Sands. Four of the coaches coach for Swift in Abaco. The coaches coach all levels of swimming from the learn to swim "Swim America" program, Masters swimming, fitness level , as well as competitive swimming. This year's clinic had a special attraction as it is the Olympic year and the coaches got to hear from Michael Phelps's coach Bob Bowman. Coach Bowman spoke on "10 secrets to success" which revealed some of the work and goal setting that went into producing Phelps's 8 gold medals at this years Beijing Olympics..

One of the highlights for headcoach and program director Andy and Nancy Knowles respectively was the fact that the club was able to pay for so many coaches to be able to attend the clinic and to see them excited about implementing what they learned. Swift operates from three locations, St. Andrews School in the east, Lyford Cay School in the west, and Long Bay School in Marsh Harbour. All swim programs are offered at each location.

At the clinic there were some 120 exhibit booths representing many different suppliers. Swift was able to purchase some of the new video equipment used in filming swimmers underwater. This equipment will be used to work more on improving stroke mechanics which results in faster swimming. Here are some of the comments that the coaches had about the clinic.

The ASCA World Clinic meant a lot to me and my professional development!! It was a very inspirational and motivating experience where i learned a lot about coaching swimming and the importance of swimming as a sport. It was fantastic to listen to Coach Bob Bowman and his "10 Secrets to success" and the stories about coaching Michael Phelps. The SWIMAMERICA Program Directors Training by Julie Nitti was wonderful and very useful, with lots of ideas to apply in the upcoming season. Thank you very much to Coaches Andy and Nancy Knowles for such a wonderful experience!!

Maria Julia Piazza

excellent stroke school mechanics talk by USA Swimming's District Coach of the year Jeanine Serrano... inspirational talk by Bob Bowman, coach of Michael Phelps... valuable learn-to-swim clinics on teaching techniques for toddlers and younger children, headed up by the renowned Jim Reiser from South Carolina... panel of 6 outstanding USA Swimming coaches on program management and training techniques.

Simon Frank

The ASCA World Clinic was a great experience. The learning opportunity and valuable training will greatly assist me with the learn to swim program and the swim team in the upcoming season.

I am planning on getting my kids in the water Monday so they will be prepared for the Open Water Swim in October.

Thanks,
Sara Knowles

The ASCA clinic was an amazing experience for me, both as a swimmer and also a new coach. Being surrounded by some of the worlds greatest and longest serving coaches was both inspiring and intimidating, but over all I came away from the clinic with a stronger passion and greater motivation to inspire swimmers as a coach, just as these coaches have done for me.

Ashley Sands