



# 2017

# ADVANCED BREASTSTROKE CLINIC MAY 12-13

## FEATURING COACH BRET LUNDGAARD!



The Advanced Breaststroke Clinic provides an in-depth experience to the coach looking to master the stroke in all its aspects. It is suitable for coaches of all ages and breaststroke expertise. Don't miss this opportunity to learn from one of the most successful breaststroke coaches in the world today!

### Guest Speakers:



#### COACH BRET LUNDGAARD University of Tennessee, Assistant Coach

Bret Lundgaard is in his fifth season as an assistant coach for the Tennessee men's and women's swimming and diving program. He works primarily with the breaststrokers and butterflyers, as well as, the middle distance groups. He has influenced the development of many of the Tennessee breaststrokers including: Molly Hannis (2016 US Olympian - 200 Breast), Peter John Stevens (2016 NCAA Runner up), and Brad Craig (US National Team). Lundgaard also serves as the Volunteers' recruiting coordinator and camp director.



#### COACH JOHN LEONARD, ASCA Executive Director

The leader of the American Swimming Coaches Association for 30 years, and one of the best known names in the world of swimming today. Still an active coach with his coach-owned "SWIMFAST" swim team in South Florida, Leonard as much as anyone has the credentials to speak on effective leadership and swim meet coaching. Involved in every aspect of swimming from learn-to-swim to international competition, Leonard was gifted with the ASCA Coaches Hall of Fame Award by his Board in 2015.

### Clinic Schedule:

#### FRIDAY

8:00 AM - 5:00 PM ASCA Level 3 Physiology School  
Coach John Leonard  
with Lunch Break  
This course is for all ages and abilities.

#### SATURDAY

ASCA's Advanced Breaststroke School  
8:00 AM On-Site Registration  
8:00 - 9:30 AM The History of Breaststroke  
(A Video Presentation)  
Coach John Leonard, ASCA  
9:50 AM - 12:00 PM Breaststroke Technique  
Coach Bret Lundgaard,  
(Coach of 2016 Olympian - Molly Hannis)  
12:00 - 1:30 PM Lunch Break  
1:30 - 3:30 PM Breaststroke Training  
Coach Bret Lundgaard  
3:45 - 4:45 PM Teaching Breaststroke to Young  
Children  
Coach John Leonard

### Clinic Location:

**Marriott Portland Downtown Waterfront** - Room Rate \$169.00  
1401 SW Naito Parkway, Portland, OR 97201 | 1-877-901-6632  
In order to book a hotel room for an overnight stay, CALL 1-877-901-6632 OR,  
go online to: <https://aws.passkey.com/go/swimcoaches>. Reference American  
Swimming Coaches Association to get our special rates.

**Training Session For Program Directors\***  
*SwimAmerica* Thursday - 5:00 - 9:00 PM | Coach John Leonard, ASCA  
\*Contact Julie Nitti to Register: 1(800) 356-2722

## 2017 Advanced Breaststroke Clinic

- \$70.00: Friday Only     \$99.00: Saturday Only     \$140.00: BOTH DAYS  
 \$120.00: BOTH DAYS IF REGISTERED BEFORE FEB. 1, 2017  
Current ASCA Member? Y / N     Add New Membership - \$40 Introductory Rate



American Swimming Coaches Association  
5101 NW 21st Ave, Suite 530  
Fort Lauderdale, FL 33309  
Phone: (954) 563-4930 or (800) 356-2722  
[www.swimmingcoach.org](http://www.swimmingcoach.org)

Name \_\_\_\_\_

Email \_\_\_\_\_ Primary Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Amount Enclosed / Total: \$ \_\_\_\_\_ Payment:  Check Enclosed (US Funds Only)    or pay by:     MasterCard     VISA     AMEX     Discover

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Or Register Online at: [SwimmingCoach.org/register-breaststroke](http://SwimmingCoach.org/register-breaststroke) or by phone 1-800-356-2722