



10th Annual ISCA Hall of Fame Summit
Clearwater Beach, FL
August 27-30, 2019



**ST.PETE
CLEARWATER
SPORTS & EVENTS**



**10th Annual ISCA Hall of Fame Summit
Clearwater Beach, FL
August 27-30, 2019**

The International Swim Coaches Association Summit is an annual professional gathering of the best swim coaches and sport scientists of our time. Our mission is to provide swimming coaches and teachers with exceptional, science-based education, while fostering an international network of professional coaches. Let us together define the future of swimming!

Celebrating Our 2019 Inductees To The Hall Of Fame



COACH GREGG TROY

RETIRED,
UNIVERSITY OF FLORIDA



COACH JIM ELLIS

SALVATION ARMY
KROC AQUATICS



Greetings Coaches

A special welcome from all of us here at the International Swim Coaches Association (ISCA) to our annual Hall of Fame Coaches Summit. This is a particularly special year as we celebrate not only the induction of coaches Gregg Troy and Jim Ellis into the ISCA Hall of Fame, but the 10th anniversary of this humble gathering.

ISCA is dedicated to creating both exceptional competition opportunities for swimmers, and also professional opportunities to help coaches everywhere elevate the standard of their coaching. Together here with some of the greatest sport scientists in the world, we invite you to join in the conversation, ask questions, take notes, and return for a powerful new swim season this fall. We also encourage you to keep learning (we've got some great online courses by premier sport scientists in our catalogue), and empower your teams through your own science-driven education. Together may we truly define the future of swimming!

Thank you for your support. We are delighted to have you with us.

Sincerely,

A handwritten signature in black ink that reads 'Doug Fonder'.

*Doug Fonder
President/CEO, ISCA*





General Schedule

Back by popular demand, ISCA's "Lunching with Legends"



On Wednesday, August 28th, through Friday, August 30th, Summit attendees will have the opportunity to sign up for lunch with some of the ISCA Speakers of the day. Daily signups will be available starting at 8:00am for no extra cost, but will be limited to 5 attendees per speaker. (Attendees are responsible for bringing their own lunch and/or purchasing their meals at lunch).

This is a great way to have face-to-face conversation with some of the most influential people in the sport of Swimming!

SHARE LUNCH
SHARE LEARNING
SHARE EXPERIENCES





Daily Agenda

Tuesday, August 27th, 2019

- 8:00-9:00 am **REGISTRATION OPEN** --Please join us for Coffee & Networking in the Main Hall
- 9:00 am - 4:00 pm **TIDEWATER ADAPTIVE SWIM COACH CERTIFICATION** (*\$200 Add-On Course with Amanda Pope. Separate registration required here)
- 9:00 am - 1:00 pm **WATER SAFETY CERTIFICATION RENEWALS** (*Add-On Courses)
Recertification for Lifeguarding/CPR/First Aid (\$100)
USA Swimming Water Safety for Swim Coaches In-Water Training (\$60)
**Please arrive with swimsuit prepared to complete the in-water portions of the renewal certifications. Add-on pricing is only available to registered attendees of the ISCA Summit.*
- 1:00 pm - 5:00 pm **CLUB LEADERSHIP & BUSINESS MANAGEMENT SCHOOL (CLBMS 201)**
(*Sign Up With Dave Thomas, USA Swimming--dthomas@usaswimming.org)
- APPLIED SCIENCE LECTURES**
- 1:00 - 3:00 pm “Effective Season Planning Design For Today’s 12-18 Age Swimmers”
(Callan)
- 3:00 - 4:00 pm “How to Improve Aerobic Capacity in High School Aged Swimmers.... With Limited Pool Time” **(Westerberg/Thorton)**
- 4:00 - 4:15 pm *BREAK*
- 4:15 - 5:00 pm “Potential for Impact of Habitual Exercise on Training” **(Hammond)**
- 4:00 - 6:00 pm *ISCA Board of Directors Meeting (Closed)*
- 5:00 - 7:30 pm *International Coach Mixer (Open to All Coaches)*





Daily Schedule

Wednesday, August 28th, 2019

- 7:30 - 8:15 am **REGISTRATION OPEN** --Please join us for Coffee & Networking in the Main Hall
- 8:15 - 8:30 am **WELCOME & INTRODUCTION** Doug Fonder, Executive Director, ISCA
- 8:30 - 10:00 am **FEATURE PANEL:** “Building A Successful Age Group Program From 8-14 – And How To Make It Last” (Brooks, Himes, Orr, Havriluk, Heil)
- 10:00 - 10:15 am *BREAK*
- 10:15 - 11:20 am “How To Stay Out Of The Loony Bin: Coaches Health & Wellness” (Sprang)
- 11:20 - 12:45 pm *LUNCH BREAK*
- 12:45 - 2:00 pm **DISTINGUISHED SCIENCE PANEL:** “Shoulder Sustenance: Holistic Strategies For Injury Management & Athlete Recovery ” (**Havriluk, Heil, & Special Guests**)
- 2:00 - 3:00 pm **DISTINGUISHED SCIENCE LECTURE:** “ “Statistics From Major Swimming Competitions” (**Arellano**)
- 3:00 - 4:15 pm **FEATURE LECTURE:** “Autism 101 for Swimming” (**Pope**)
- 4:15 - 5:15 “Coaching Optimism” (**DeSantis**)





Daily Agenda

Thursday, August 29th, 2019

- 8:00-8:30 am **REGISTRATION OPEN** --Please join us for Coffee & Networking in the Main Hall
- 8:30 am - 10:00 am **FEATURE LECTURE “Getting Your Balance in Breaststroke” (Sergio Lopez “The Breaststroke Whisperer” & Chuck Katis)****
- 10:00 - 10:30 am *BREAK*
- 10:30 - 11:30 AM **“Five Important Teaching Principles For The New University Coach” (Troy)**
- 11:30 - 12:30 pm **DISTINGUISHED SCIENCE LECTURE: “Altitude Training & Altitude Monitoring Indicators” (Pla)**
- 12:30 - 1:30 pm *LUNCH BREAK*
- 1:30 - 3:00 pm **FEATURE PANEL: “Breaking the Glass Ceiling Under the Water” (Capitani, Brackin, Ellis)**
- 3:00 - 3:15 pm *BREAK*
- 3:15 - 4:15 pm **“Reciprocity, Not Compromise: Creating a Mutually Beneficial High-School and Club Environment” (Barnes)**
- 4:15 - 5:15 pm **“A Framework for Changing a Club’s Culture” (Wellock)**

- 7:00 pm **2019 HALL OF FAME INDUCTEE DINNER Honoring Coach Gregg Troy & Coach Jim Ellis***

**Coaches, please note this event requires Business-Casual dress.*

***Coaches, please note this lecture is offsite at the City of Clearwater Pool. In the event of inclement weather, the Friday morning feature lecture (Gambetta) will switch places with this lecture.*





Daily Schedule

Friday, August 30th, 2019

- | | |
|------------------|--|
| 8:00 - 8:20 am | REGISTRATION OPEN --Please join us for Coffee & Networking in the Main Hall |
| 8:20 - 9:10 am | “Strength & Conditioning for Age Group Programs” (Blenk) |
| 9:15 - 10:30 am | FEATURE PANEL: “Challenges and Trends From 50 Years & Into the Future” (Maglischo, Simon, Troy, Ellis) |
| 10:30 - 10:45 am | BREAK |
| 10:45 - 11:45 am | DISTINGUISHED SCIENCE LECTURE: “Index of Coordination to Optimize Freestyle Performance” (Chollet*) |
| 11:45 - 12:45 pm | <i>LUNCH BREAK</i> |
| 12:45 - 1:45 pm | “Simple Quantitative Load Evaluators for Training” (Dobrowolski) |
| 1:45 - 2:45 pm | “Business Planning for An Effective & Sustainable Club” (Orr) |
| 2:45 - 3:00 pm | <i>BREAK</i> |
| 3:00 - 4:30 pm | FEATURED PANEL: TBA |
| 4:30 pm | CLOSING – “Looking Towards Tokyo 2020” (Doug Fonder, ISCA) |



ISCA Executive Board



DOUG FONDER
President/CEO – ISCA
Head Coach – Virginia Gators



DON LEMIEUX
Greenwood Swimming



MARY RUFFIN



ROB RICCOBON
West Hartford
Aquatics Team



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INDUCTEE

COACH GREGG TROY

RETIRED, UNIVERSITY OF FLORIDA

Coach Gregg Troy has coached sixty-eight Olympians, including multiple world champions and world record holders. He is best known as the Head Coach of the University of Florida Men's Swimming & Diving from 1999-2018, coaching notable athletes such as Ryan Lochte and Caeleb Dressel. Prior to taking over the UF program, Troy was the head coach of The Bolles School in Jacksonville, FL, where he won fifteen boys' state championships and eleven girls' state championships.

Coach Troy was the Men's Head Coach for the 2012 Olympic Games. He also served as the Women's Assistant Coach for the 1996 Olympics, Men's Head Coach for the 1999 Pan-Am Games, and Men's Assistant Head Coach for the 2008 Olympics.

Coach Gregg Troy's Career Highlights:

- U.S. Olympic team men's head coach (2012)
- U.S. Swimming Coach of the Year (2010)
- NCAA Men's Coach of the Year (2010, 2004, 2002)
- SEC Men's Coach of the Year (2010, 2007, 2002, 2000)
- U.S. National team head coach for Pan Pacific Games (2010)
- U.S. Olympic team men's assistant coach (2008)
- U.S. National team women's assistant coach for FINA World Short Course Championships (2004)
- U.S. National team men's head coach for World Championships (2001)
- U.S. National team men's head coach for Pan American Games (1999)
- U.S. National team women's head coach for World Championships (1998)
- U.S. Olympic & Swimming Developmental Coach of the Year (1997)
- U.S. Olympic Team Women's Assistant Coach (1996)
- U.S. National Team Head coach for Pan American Games (1995)
- Coached 68 Olympians
- Coached over 230 All-American swimmers
- Coached swimmers who set 155 U.S. & International records





INDUCTEE COACH JIM ELLIS

SALVATION ARMY KROC AQUATICS



Coach Jim Ellis is coach of the Salvation Army Kroc Aquatics (SAKA), one of Philadelphia's premiere swimming programs. He is most notable as the subject of the 2007 feature movie, *Pride*, and for his organization of the PDR swim team in 1971--the first African American swim team.

Among Coach Ellis's athletes was Michael Norment, the first black swimmer on the U.S. National Team. Coach Ellis's programs have also sent athletes to every Olympic Trials since 1992.

In May 2007, Coach Ellis received the President's Award from the International Swimming Hall of Fame (ISHOF). Over a hundred of his swimmers have attended college on swimming scholarships.

"As a real-life role model, Ellis' story strikes a chord with all types of audiences. Coach Ellis is a loveable storyteller whose inspiring true-to-life story captivates and motivates audiences to always remember the influential power of one."

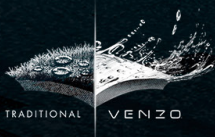
—International Swimming Hall of Fame



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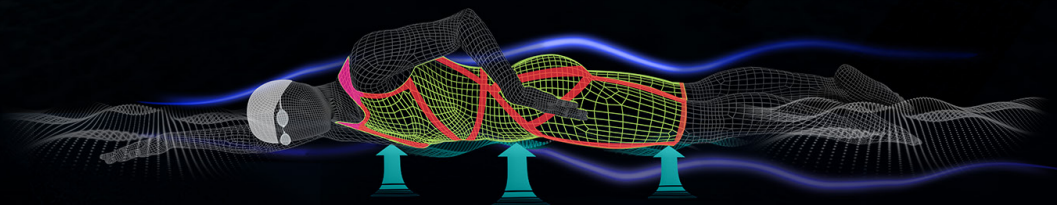


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FEATURED SPEAKERS



COACH JOHN BARNES

Blackline Aquatics/
St. Thomas Academy

John has been the Blackline Aquatics (BLA) Program Director since 1996 and the Head Coach at Saint Thomas Academy since 1998. He is also the Director of Community Relations and Special Projects at Saint Thomas Academy. His coaching highlights include being named the 2018 NHSACA National Swimming Coach of the Year, and holding 15 State Championship Team Titles in his career (the most state swimming championships in the history of Minnesota High School Swimming).

Coach Barnes is an ASCA Level 5 Coach who has trained 7 Olympic Trial Qualifiers, 15 National Qualifiers, 30 Junior National Qualifiers, and 2 World University Game Gold Medalists. He has three times been selected as Minnesota High School Coach Of the Year (1996, 2014 and 2015).

John was a 4-time high school All-American and a 12-time college All-American. He has been married to his wife Ann since 1988. They have two children, Tyler and Ryan.



DR. STEPHEN BLACK

Florida Gulf Coast
University

LEARN ABOUT DR.
STEPHEN BLACK
AND HIS PRACTICE:



Dr. Black is a wellness and functional fitness specialist with more than 40 years experience in supporting and helping a diverse clientele of individuals (across all ages and backgrounds), athletes, and corporate entities. He has rich experience in various aspects of health, fitness, wellness, programming for active and rehab needs, sports coaching, and lifestyle techniques at a holistic and operational level.

Dr. Black has conducted health & fitness workshops for leading corporations, conditioning and training camps for various sports communities, and personal training programs for CEOs, athletes, and junior/senior sports professionals. Leading sports companies frequently utilize his services as a Foot & Gait Analyst to conduct specialized training programs for various sports across the country, and guide on appropriate foot-wear selection for athletes according to foot type, gait and movement biomechanics. This also includes teaching coaches on incorporating essential strengthening and corrective program designs. Black is especially sought after by people with challenging health conditions (chronic health issues, lifestyle related health conditions/disease, injuries, cardiac rehab, total joint replacement etc.), of all age groups to help regain functionality (balance, strength, agility, flexibility, performance) and progress with their health, fitness and life coping abilities. His motto is “If I treat you I help you today, if I teach you I help you for a lifetime.” His combination of specialties, client profile and range, and extensive work experience, makes him unique.



COACH KIM BRACKIN

Brackin Elite
Swim Training (BEST)

With over 20 years of collegiate swim coaching experience, Kim Brackin has proven her dedication to helping swimmers reach their potential as successful student-athletes. Including international experience at the highest levels of competition, Coach Brackin has led elite collegiate programs, such as Auburn University (Co-Head Coach 1997-2005) and the University of Texas (Women's Head Coach 2006-2012). She has also acted as head coach for the Zimbabwe National Team, coaching swimmer Kirsty Coventry to Olympic gold across the 2004, 2008, 2012 and 2016 Olympic Games.

Today, Brackin continues working one-on-one with driven athletes. She is thrilled to launch her St. Petersburg, FL-based Brackin Elite Swim Training site in the fall of 2019. Her business model is designed around both coaching swimming technique in the water and coaching student-athletes on the specific skill sets needed to successfully transition to college athletics.

“After coaching college swimming for 23 years, I recognized that most freshman weren’t walking onto campus ready for the accountability that comes in the athletic arena or in the classroom. In talking with other college coaches across the country we agreed that if student athletes were more prepared on day one, it would make a positive impact on their overall collegiate experience. At BEST, I introduce student athletes to a set of tools so they can take the initiative to navigate the unique collegiate environment. We address resiliency, how to confidently and effectively communicate, confidence in advocating for themselves, and their leadership style. Most importantly, I challenge student-athletes to embrace the idea of accountability. This is the skill set that successful coaches, professors and employers want to see young people demonstrate in order to thrive!”

-Coach Kim Brackin

LEARN MORE ABOUT BEST:



FEATURED SPEAKERS



COACH MICHAEL BROOKS

Weymouth Waves
Swim Team

Coach Michael Brooks is the Head Coach of the Weymouth Waves Swim Team. With over 20 years of coaching experience, he has been the Coach of the Meet Award recipient at the 2010, 2012, 2013, and 2015 Short Course YMCA National Championships, the Middle Atlantic Senior Coach of the Year in 2014 & 2015, a Member of USA Swimming's National Age Group Development Committee, the Assistant Coach of Team USA at Junior Pan Pacific Championships in 2014, and was Head Coach of the 18 & Under USA National Team at World Cup meets in Doha & Dubai in 2015

A featured speaker at numerous major coaches' clinics across the country and internationally, he is an eloquent lecturer and has spoken on a wide range of topics--such as creating a culture of excellence, teaching technique effectively, age group coaching for long-term success, creating talent in a small town and small team, coaching IM'ers, etc. In 2011, his book *Developing Swimmers*, a guide for age group swim training, was published by Human Kinetics. It would go on to become a celebrated and foundational text not just in the United States, but across the world, on the training of age-groupers.



COACH CAROL CAPITANI

University of Texas
Women's Swimming

Coach Carol Capitani is the current Head Coach of the University of Texas Women's Swimming and Diving. Since taking the helm at Texas six years ago, Capitani has led the Longhorns to five NCAA top-10 finishes and six straight Big 12 team titles. Capitani coached swimmer Madisyn Cox to a bronze medal at the 2017 FINA World Championships (200 IM), and Laura Sogar to an NCAA individual title in 2013. She was named Women's Head Coach for Team USA at the 2017 University Games and Assistant Coach for Team USA at the 2013 University Games.

Prior to her tenure at Texas, Capitani was Assistant Coach, then Associate Head Coach at the University of Georgia. She was part of four NCAA team titles (1999, 2000, 2001 and 2005) and seven NCAA second-place finishes (2002, 2003, 2004, 2006, 2008, 2011 and 2012) for the Lady Bulldogs.

Capitani has served on several national team staffs. She was an assistant coach for the U.S. National Team during the 2011 World University Games in China. She was also the Singapore head coach for the 2009 Southeast Asian Games and the 2009 Asian Youth Games. Coach Capitani also served as an assistant coach for the U.S. National Team at the 2007 Japan International Grand Prix in Tokyo and the 2005 World University Games in Turkey.

She and her husband, Kevin, have two daughters, Carmen and Tatum.



**DR. ROD
HAVRILUK**

Swimming Technology
Research

Dr. Rod Havriluk earned his Ph.D in human performance from Indiana University in 1987. He specialized in biomechanics under the direction of Dr. John M Cooper (widely recognized as the “father of modern biomechanics”). While at Indiana, Rod also studied under the legendary Dr. James “Doc” Counsilman. Rod has a M.S. in exercise physiology from Florida State University. He taught biomechanics at Indiana University and was most recently an adjunct professor at both Florida State University and Thomas University.

Rod has coached swimming at all levels—from age group to NCAA Division I. He is a long-time member of the American Alliance of Health, Physical Education, Recreation, and Dance; the American College of Sports Medicine; and the International Swim Coaches Association (on which he serves as Advisory Board Member). He serves on the advisory board for the Counsilman Center for the Science of Swimming, the editorial board for the Journal of Swimming Research, and the review boards of numerous sport science journals.

Dr. Havriluk’s research is focused on three primary areas: Improving technique, preventing/rehabbing shoulder injuries, and accelerating skill learning. His research produced three US patents and prompted the development of software and hardware products, including Aquanex+Video and MONA. Rod has presented his research findings at many international conferences, including: IOC, FINA, USA Swimming, American College of Sports Medicine, and Biomechanics and Medicine in Swimming. Rod has conducted clinics in the Caribbean, Asia, Europe, the Middle East, and North and South America. He has worked with thousands of swimmers and triathletes, including world record holders and Olympians from many countries.

LEARN MORE ABOUT
SWIMMING TECHNOLOGY RESEARCH:



FEATURED SPEAKERS



**DR JOHN
HEIL**

Swim Sport
Psychology

Dr. John Heil is a sport psychologist with Psychological Health Roanoke and with Swim Sport Psychology. He works with Olympic, professional and youth athletes across a wide variety of sports, and has consulted at 3 Olympic Games.

He is on the Sport Science Board of the International Swim Coaches Association and served for 25 years on the Board of Directors for Virginia Amateur Sports. Dr. Heil was a consultant to the USA Army World Class Athlete program in Modern Pentathlon during the Sydney Olympic cycle. He also has served as Chair of Sports Medicine & Science for USA Fencing and as Director of Sports Medicine for the Commonwealth State Games of Virginia.

Dr. Heil is widely published in sport and performance psychology and is author of the original Psychology of Sport Injury. Dr. Heil is a licensed clinical psychologist, a Certified Mental Performance Consultant, and a member of the United States Olympic Committee Sport Psychology Registry. He is a Fellow in American Psychological Association and the Association of Applied Sport Psychology, and is past president of the American Psychological Association Society for Sport, Exercise and Performance Psychology.

LEARN MORE ABOUT
SWIM SPORT PSYCHOLOGY:





**COACH
TOM HIMES**
North Baltimore
Aquatic Club (NBAC)

Coach Tom Himes has 38 years of coaching experience in addition to five years of summer league coaching. He has coached swimmers to more than 500 National Top 25/Top16/Top10 rankings, including 81 number one rankings, 37 National Age-Group Records and more than 450 Maryland State Records. He has coached some of the best swimmers in the world as age groupers, including Olympic Champions Michael Phelps and Beth Botsford. His swimmers have consistently gone on to become collegiate swimmers, USA Swimming JR Team Athletes, and USA National Team Athletes.

Tom has served on the Maryland Swimming Board of Directors for more than 30 years in various capacities including the General Chairman, Age Group Chairman, Technical Planning Chairman, Zone Team Coordinator, Zone Team Head Coach and member-at-large. In addition, Tom was appointed to the National Age Group Development Committee for the 2017-2020 period.

In 2005, Coach Tom was inducted into the Maryland Swimming Hall of Fame. In 2015, the American Swimming Coaches Association honored him with the National Age Group Coach of the Year award. To recognize his service to Maryland Swimming, the Maryland Swimming Age Group Coach of the Year Award was renamed in his honor.



**CHUCK
KATIS**
BODbx, Inc.

Chuck Katis is an American record holding swimmer, magician, and entrepreneur who competed both at Harvard and the University of California: Berkeley, where he earned a B.A. in Economics. Chuck is the creator of the BODbx, an artificial intelligence training robot, as well as founder of the Magic of Miracles, a nonprofit he designed to perform and teach magic to young cancer patients and others in need.

LEARN ABOUT
CHUCK'S BODbx:



FEATURED SPEAKERS



COACH SERGIO LOPEZ

Virginia Tech
University

Sergio Lopez Miro is currently Head Coach of Virginia Tech University. He is a three-time Olympic team coach, having previously served as Head Coach for Singapore at the 2016 Rio Games, Assistant Coach for Singapore at the 2012 London Games, and Head Coach for Netherlands Antilles at the 2008 Beijing Games. His list of notable swimmers includes Olympic gold medalists and NCAA champions Ryan Murphy and Joseph Schooling.

Coach Lopez Miro joined Virginia Tech after developing successful programs at West Virginia University (where he was a two-time Big East Men's Coach of the Year), the prestigious Bolles School in Jacksonville, Florida, and the Singapore National Training Center.

A former athlete, Lopez Miro was a member of the Spanish national team from 1984-96. He won a silver medal at the 1993 World Championships and has held European records, U.S. Open records, and 14 Spanish records. Lopez Miro claimed a bronze medal at the 1988 Olympics in the 200 breaststroke.



DR. ERNEST "ERNIE" MAGLISCHO

Arizona State
University (Retired)

Dr. Ernie Maglischo retired from active coaching in 1998 after 35 years during which he coached at both the college and club levels. Over 29 years of college coaching, his teams won a total of 13 NCAA Division II Championships and 19 Conference Championships at three different Universities. He was selected NCAA D-II Swimming Coach of the Year on several occasions, and was also the 1991 recipient of the National Collegiate and Scholastic Swimming Award. His last coaching position was as Men's Swimming Coach at Arizona State University where his teams had three top ten NCAA finishes during his five years at the helm. He was chosen PAC-10 men's swimming coach of the year in 1995, and during his stay at Arizona he coached 3-time World Short Course Champion, Francisco Sanchez, as well as several Olympians from Ecuador, Brazil, Iceland, and Mexico.

Ernie has authored or co-authored seven textbooks and three booklets on various aspects of competitive swimming. He has also authored or co-authored more the 50 papers concerning topics pertaining to competitive swimming and original swimming research. His last book was *A Primer for Swimming Coaches, Vols. 1 & 2*.

He has lectured on aspects of competitive swimming in nearly every state in the US and in more than 20 different countries. He has also been a presenter of original research at 4 different meetings of the Society for Biomechanics and Medicine in Swimming.

His academic training includes a Ph.D. in Physical Education from Ohio State University in 1974, an M.S. degree from Bowling Green State University in 1961 and a B.S.Ed. degree from Ohio University in 1960. He presently resides in Prescott, AZ.



COACH DAVID ORR

Cascade Swim
Club

Mississippi. Coach Orr held coaching positions throughout college, graduating from Mississippi State University with a BA degree in Communications. Coach Orr took his creative skills to Los Angeles, where he pursued a career as an actor and an award-winning independent filmmaker—and Masters swimmer, swimming for Rose Bowl Masters and competing at the 2006 FINA Masters World Championships. After Worlds, Coach Orr returned to the sport full time, serving as an assistant coach with Mississippi Makos before accepting head coaching duties with Sunkist in 2010. Coach Orr is certified ASCA Level 5 and an NFHS para-professional high school swim coach.

Coach Orr promotes a positive growth mindset and a creative “team first” philosophy to help swimmers reach their highest potential in and out of the pool. Buoyed in positivity and passion, Coach Orr lives by his mantra SWIMYAH: Swimming With Intensity, Mastery, Yearning and Heart.

David Orr is the current Executive Director/Head Coach of Cascade Swim Club, Seattle’s oldest and largest year-round swim club. The club supports 700 swimmers at 8 sites with a staff of 20 coaches. Founded by hall of fame coach Bob Miller, Cascade has provided inclusive competitive swimming opportunities to the communities of Seattle for swimmers of all levels since 1959.

Prior to Cascade, Coach Orr served as Head Coach/CEO of Sunkist Swim Team, elevating the program from ranking 7th in the LSC to winning 7 straight LSC championships. Coach Orr also received national recognition at Sunkist, winning 5 USA Swimming #SwimBiz Crystal Kickboards, including Marketing Club of the Year three years in a row for 2015, 2016 and 2017, and 1 Crystal Kickboard for Marketing LSC of the Year in 2018. Under his tenure, Sunkist swimmers achieved 25 national Top Ten age group times with 11 national #1 and broke 274 LSC records. Coach Orr was honored as the LSC Age Group Coach of the Year award in 2014.

Coach Orr grew up swimming and coaching for Carl Butler, who led a dynasty program for decades in the small town of Columbus,

**FOLLOW COACH DAVID
ON TWITTER:**



FEATURED SPEAKERS



AMANDA POPE

Tidewater Adaptive
Aquatics

Amanda Pope is the founder of TideWater Adaptive Aquatics Center, the General Manager of TideWater Aquatics Club and has dedicated her life to water safety for all children. Amanda studied Psychology at Drexel University and is a Registered Behavioral Technician for ABA Therapy.

Amanda has swimming in her blood, and has been an aquatics professional for over 10 years. She is the current Middle Atlantic Diversity and Inclusion Chair, serves on the National Disability Committee for USA Swimming and has made her life goal to make swimming as inclusive as possible. She has dedicated years to developing an adaptive water safety certification course, training and resources to help start and successfully develop adaptive swimming programs.

Find out more about Amanda and Tidewater Adaptive Aquatics at www.tidewateradaptive.org/



JACK SIMON

USA Swimming,
Retired

Jack Simon is a legendary coach name not just in the United States, but across the world. Jack has over 45 years' experience as a Head Coach in the US, Mexico, Puerto Rico, China, Japan, Malaysia, Singapore, and Thailand. Jack spent over 20 years on U.S. National Coaching staffs, with numerous national champions at the Senior, Junior, and Age Group levels. He sent swimmers to three Olympics, and over 75 of his athletes achieved a "Top 25 world rankings".

Jack has served three terms on the USA Swimming Board of Directors, has led the American Swimming Coaches Association as President and Vice President, and has served on every major USA Swimming Committee. He has also authored over 20 articles in technical publications.

FEATURED SPEAKERS



MATTHEW SPRANG

Greater Philadelphia
Aquatic Club

Matthew has been with GCIT/GPAC since 1998 and has served as an assistant coach, Head Age Group Coach, and Head Coach. He became owner of the program, changing the name to Greater Philadelphia Aquatic Club, in September, 2008. Matthew has been a USA Swimming National Team Coach twice (2015 & 2016); Head Coach for the East Women at the 2007 NCSA All-American team in Honolulu, Hawaii; and Head Coach of the Central Zone Select Camp (2014). He has also served as a USA Swimming National Team Manager for the World University Games (2013 in Kazan, Russia) and World Junior Championships (2015 in Singapore). Matthew has served on the Middle Atlantic Swimming Board of Directors since 2006 and is currently the Chair of the Performance Division.

Matthew holds a Masters degree from Temple University in Sports and Recreation Administration. He lives in Gloucester County with his wife, Tjitske, and two children, Keegan and Marley. He enjoys spending time with his family, books on American history, rooting for Philadelphia sports teams, and Crossfit.

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CLEARWATER
SPORTS & EVENTS**

PLAY THE BEACH

Located on Florida's Gulf coast, St. Pete/Clearwater is home to award-winning beaches and dynamic communities boasting first-rate venues offering unique experiences to all competitors – from weekend tournaments to major international events – with 35 miles of white-sand beaches as a backdrop.

SCIENCE LECTURERS



DR. DIDIER CHOLLET

University of
Rouen

Dr. Didier Chollet is a preeminent biomechanist and Professor at the University of Rouen. His primary research interests are Motor Control and Applied Biomechanics on Performance, with focus on Swimming Coordination, Skill Acquisition and Feedback. He is editor of *World Book of Swimming: From Science to Performance*, and has published five books in French, Spanish, and English and more than 70 articles on motor control, biomechanics, coaching and sports science.

Dr. Chollet is also serves on deck as a coach. He has been Head Coach of National French University Swimming Team for over 20 years.



DR. RAÚL ARELLANO

University of Granada
& Royal Spanish
Swimming Federation

Dr. Arellano is a renowned biomechanist and Professor of Sport Science at the University of Granada, Spain. He has researched extensively on biomechanics and high-performance analytics, starting at the 1992 Olympic Games of Barcelona. Dr. Arellano has worked on performance analytic teams for the 1993 Short Course World Championships, the 2000 Sydney Olympic Games, the 2003 Barcelona World Championships, the 2012 London Olympic Games, the 2013 Barcelona World Championships, the 2016 Rio de Janeiro Olympic Games, and the 2017 Budapest World Championships. Most recently, he served as Performance Analyst in Biomechanics at the 2019 World Swimming Championships in Gwangju.

Dr. Arellano has served more than 30 years as a part-time swimming and water-polo coach. He is a frequent lecturer at the International Society Biomechanics of Sports, as well as many other national conferences around the world. His main subject of research has been fluid mechanics as applied to swimming, with additional focus on swimming starts, performance analysis, force-and-power measurement, and training in swimming.



ROBIN PLA

French Swimming
Federation

Robin Pla is a physiologist and doctoral candidate in swimming performance under the French Swimming Federation (Fédération Française de Natation). He currently also serves as National Technical Advisor at French Swimming Federation.

Pla holds a Masters degree in Sport, Expertise and High Performance, as well as a Masters Sports Organization Management. His research is devoted to analyzing and optimizing performance with a scientific approach, and his most recent work (and the focus of his presentation at ISCA) evaluates physiological adaptations during altitude training camps

Since 2013, Pla has held several positions as assistant coach, scientific advisor, and physical trainer on numerous international staffs. These collaborations have made it possible to build structured training programs that meet the needs of coaches and their athletes. In the first four years of his collaboration, Pla assisted the national coaches of the INSEP (National Institute of Sport, Expertise, and Performance) team, trying to innovate the physical preparation training of their athletes. He was also able to carry out rigorous medical and scientific follow-up with the INSEP research

department, specifically on altitude training, evaluation of muscle qualities, prevention of injury risks, training load monitoring. Their work culminated in ten qualifications for European Juniors, as well as 3 athlete selections for the French Senior Team (with most swimmers participating in the recent 2019 European Senior Championships). Pla also took the lead in the physiological follow-up for the athlete that would be world champion in the 25km open water.

Since 2017, Pla has overseen the coordination of the scientific support for the open water French team. With the Open Water Director, he has set up a global project around high level performance that includes several elements, including mental strategies, altitude training, strength development, heat acclimatization, etc.). He has also been scientific advisor to several training structures such as the “Cercle des Nageurs de Marseille”, “INSEP”, “ES Massy,” performing heart rate variability analyses.

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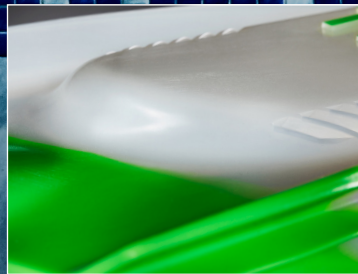
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ISCA SPEAKERS



CHERYL BLENK

University of
Rouen

Cheryl is currently the head dryland coach for Empire Swim Club in Westchester, NY; which has approximately 250 swimmers between the ages of 6 and 18. Cheryl works directly with the Extreme Team Senior Group and advises on their Excel and Lightning Division.

Cheryl also has a private clientele business designing dryland programs for individual swimmers. Her programs include designing and implementing post rehabilitative programs for post-operative and non-operative conditions referred to by physicians and physical therapists. Cheryl also consults for various hospitals, physical therapy settings and for profits fitness centers.

During her time as the Head Dryland Strength and Conditioning Coach and Swim Coach for the Nike Peak Performance Swim Camp (2009-2013), she designated and implemented the dryland program for the swim camps held nationally and internationally. She instructed the swimming component of the camps as guided by former Olympic Coach, Nick Baker. Cheryl wrote the strength and conditioning chapters for Nick Baker's book, "The Swimming Triangle" in 2012. The book highlights some of the swim specific exercises that Cheryl uses when training many of the swimmer athletes she works with.

Cheryl is a licensed athletic trainer and a certified strength and conditioning specialist as certified by the NSCA and NATA. She is also a certified Level 1 USA Triathlon Coach.



GORDY WESTERBERG

Clovis Swim
Club (CSC-NM)

After 31 years of coaching at all levels (summer league, age group, high school, senior and masters) in Albuquerque NM, Gordy and his family recently moved to Clovis, NM where he is currently coaching the 13 & Over swimmers with Clovis Swim Club. In the past 12 years alone, Gordy has sent over 35 swimmers on to collegiate programs and has had multiple Sectional, Junior National, and Olympic Trial qualifiers.

He has previously presented for the American Swimming Coaches Association and is a contributor to The Swimming Wizard.

Gordy is married to Rosa and has 2 kids, Michael and Amber, that are both swimmers.



COACH RYAN CALLAN

Fairport Area
Swim Team

Coach Ryan Callan is the head senior team coach for the FAST, Fairport Area Swim Team in Rochester NY. He will be beginning his 18th season there this coming September. He was recently awarded the Niagara LSC Coach of the Year for 2018. This past year Niagara also awarded Callan the prestigious USA Swimming Lifetime Membership for his 24 years of dedication and volunteerism to the LSC.

In 2017 Callan was a guest panelist at the annual University of Rochester dsports Summit. Hosted by U of R Sports Medicine, the event included experts in sports medicine and athletic training, as well as US Olympic Coaches, sports technology innovators, and elite national and local athletes. Callan’s panel, “Physical Performance: How Technology Is Advancing Training and Play”, he discussed and shared his experience of wearable devices- TritonWear and how he’s been able to help athletes learn how to use the metrics measured while improving specificity of their swim training. That same year he was also a presenter at the USA Swimming Swimbiz Conference in Colorado Springs, “Creating Ways to Encourage Growth in a Non-Olympic Year”.

Callan has a Bachelor of Arts Degree in Communications with a focus in Public Relations, with two minors in Business Administration and Psychology from Marist College. He also swam for their mid-major NCAA Division 1 program where he was a school record holder and team captain.

**FOLLOW COACH RYAN
ON HIS TEAM WEBSITE:**



ISCA SPEAKERS



COACH CHRIS DESANTIS

Chris Desantis
Coaching

Chris DeSantis is a former Division I coach with the University of Pennsylvania and Georgia Tech University, as well as former Danish Junior National Team coach. Currently with his own company, Chris DeSantis Coaching, DeSantis works with some of the top college teams, clubs and swimming organizations, teaching Positive Psychology and how to apply it to the daily lives of coaches, athletes and parents.

In both 2017 and 2018, DeSantis worked with Bridge Bats Swim Club out of Houston, Texas, with one Bats swimmer attaining a USA Swimming Junior National title in both the 50 and 100-Freestyle in 2018. In the 2018-2019 season, he worked with University of Houston and Washington State University. Houston subsequently won their third straight conference title, and Washington State got its first NCAA qualification in nearly a decade.

I knew I wanted to be a coach when I was fourteen years old. That was the first year I had a really great coach, and it changed me so dramatically that I knew I wanted to have the same impact.



FOLLOW COACH CHRIS ON HIS BLOG



TYSON WELLOCK

University of
British Columbia

In his 21-year career in swimming, Coach Tyson Wellock has demonstrated his ability to help athletes achieve peak performance. Tyson has been the Head or Senior Coach for three teams that collectively received two gold medal, one silver medal and one bronze medal ranking in the USA Swimming Club Excellence program. He was named to the USAS International Coach Trip list twice and is an ASCA level 5 coach. He has had numerous athletes achieve US Olympic Trials, US and Canadian Senior Nationals, and US and Canadian Junior Nationals standards.

He is currently enrolled in the High-Performance Coaching and Technical Leadership master's program at the University of British Columbia in Vancouver. Throughout his program, he has taken a special interest in organizational culture and how to identify, build and maintain it. He will graduate in May of 2020. While in school, he began Athlete Centered Consulting which specializes in assisting club sports with operations, management and leadership.



COACH WOJCIECH DOBROWOLSKI

Kuznia
Wroclaw

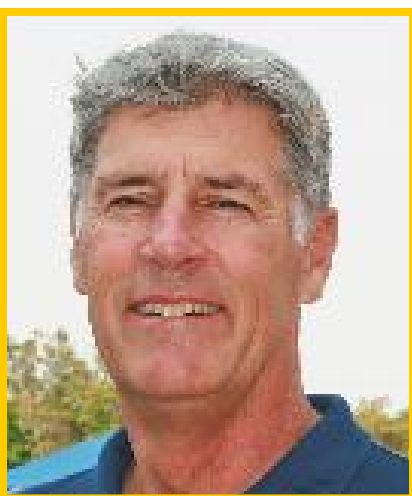


Wojciech earned his Master degree in mathematics from Catholic University of Lublin in 2008. From mathematics he split his interest to programming and coaching swimming. He opened swimming club Kuźnia Wrocław and gathered young swimmers to share his passion. He has taken knowledge about swimming from self study, and is highly inspired by great Polish coaches like Andrzej Wojtal, Bartosz Kizierowski and Piotr Albiński.

Wojciech is a head coach of Kuźnia Wrocław and also coach of Szafir Wałbrzych. He is not afraid of travelling cross the world to meet people passionate about swimming. He participated in Biomechanics and Medicine in Swimming conference in Tsukuba in 2018.

Wojciech's main interest is periodization of training and swimming technique. From mathematics he drew analytical skills and precision to swimming. This pushes him to rethink the effectiveness of long trainings, and usage of precise technique training, and neural adaptation.

FOLLOW COACH WOJCIECH ON FACEBOOK:



RICHARD THORNTON

San Ramon
Valley Aquatics (SRVA)

Richard Thorton has been the Head Coach SRVA since 1984. With over 30 years of coaching experience, Thorton has coached Olympic Finalists, World Championship Finalists, European Championship Finalists, NCAA All-Americans, and a World Record Holder. He was Head Coach for the USA World Championship Team in 1995, as well as Assistant Coach for the USA National Junior Team in 1994, and for the USA National Team in 1997. He is the recipient of the ASCA Award of Excellence 1988-1994 and was named Pacific Swimming Coach of the Year in 1997.

Thorton holds a BS Physical Education from U.C. Berkeley, and an MS from St. Mary's University. He was also himself a member of the 1980 US Olympic Team.

ISCA SPEAKERS



TIM HAMMOND

Grinnell
College

Tim Hammond is the Associate Head Men's and Women's Swimming and Diving Coach in his 13th year with Grinnell College. In the spring of 2016, Hammond was named one of the Ugandan National Coaches to train Joshua Tibatemwa '18 for his Olympic debut. Coach Hammond accompanied Tibatemwa to Rio when he represented Uganda in the 50-m freestyle. Hammond also went on to train Tibatemwa for the 2017 World Championships where he set the Ugandan National records in the 100 LCM Freestyle and 50 LCM Breaststroke.

Hammond is a graduate of Luther College with a bachelor of art degree in health, and minors in K-12 health education, Spanish and environmental studies. Hammond also holds a graduate certificate in public health from the University of Iowa and an M.B.A. with an emphasis in sustainability from Maharishi University. While competing at Luther, Hammond was named most inspirational performer on the swim team.

Hammond has earned his Level 4 coaching certification from the American Swim Coaches Association of America (ASCA) as well as

the Level 3 Paralympic coaching certification. He was the head coach at Decorah High School from 2005-6. He has also coached club swimming in Grinnell and served as an assistant at Luther.

In addition to his coaching duties at Grinnell, Hammond is the recruiting coordinator and director of the strength and conditioning program for swimming and diving, as well as the College's Director of Intramural Sports and Natatorium Coordinator. Hammond has also served as the College's Interim Director of the Outdoor Recreation Program. He continues to be inspired by his partner to train and compete himself, earning the 2018 National 1-mile open water championship in the 35-39 age group.

LEARN MORE ABOUT

COACH TIM:



ISCA



2020 EVENTS

SAVE THE DATE!

February 14 - 17, 2020

**ISCA International Elite Showcase
WEST Mission Viejo, CA**

March 24 - 28, 2020

**ISCA International Junior Cup
St Petersburg, FL**

April 8 - 11, 2020

**ISCA International Elite Showcase
EAST St Petersburg, FL**

July 28 - Aug 1, 2020

**ISCA International Senior Cup
St. Petersburg, FL**

Aug 25- Aug 28, 2020

**11th Annual Hall of Fame Coaches Clinic
Hilton Clearwater Beach, FL**

September 27, 2020

**isca International Open Water Cup
Smith Mountain Lake, VA**

AND STAY TUNED FOR NEW EVENT ANNOUNCEMENTS!

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