



Swimposium
OHSSCA Swim Clinic
October 14, 15, 16
2016

Embassy Suites

Columbus –Airport
 2886 Airport Dr. Columbus, Oh 43219
 614 536-0500

Clinic Registration

Name: _____
 School: _____
 Phone: _____
 E-Mail _____

- Please choose from one of the following below:
 Full Clinic Registration \$130.00
 Certification Programs only \$50.00
 (Lunch not provided with this choice)
 Diving Track only \$65.00
 (Lunch provided with this choice)

Send Check to:
 Matt Davis
 7210 Herrick Park Dr.
 Hudson, Ohio 44236
 Make Check payable to: OHSSCA
 or

Register at: www.ohssca.org
 Also, Register for Coaches Association dues at this site. (\$25.00)

Hall of Fame Luncheon

Time: 12:00—1:30
 Inductees: Jim Scullion, Pat Lunsford
 Tim Lewarchick,

Please pick one for your lunch from list below:

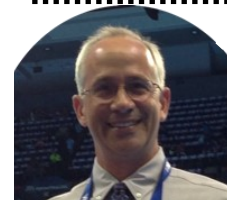
- Pan Seared Chicken
 Salmon
 Vegetarian Option:
 Eggplant Napoleon

Featured Speakers



Dustin Kaplan

Has dedicated the last 5 years to improving the health & fitness levels of his clients & athletes. He uses corrective exercise techniques & medical massage to help clients reach their optimal performance levels. He is a strength & conditioning coach at the HS level & is a certified USA Boxing coach & judge.



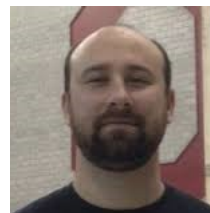
Jeff Raker

Jeff has been coaching leaders for over 25 years with a passion for helping people discover their purpose in life. He is a certified Sherpa Executive Coach. He provides 1 on 1 coaching & team training in: communication, leadership, setting expectations, team effectiveness & new leader assimilation.



Steve Voellmecke

Has coached divers at the State, National and International Levels. Received Glenn McCormick Award –2015 WHOSAM Award –1998. Referee at the 2016, 2012, 2008 US Olympic Diving Trials. F.I.N.A certified. 31 years of Club diving experience.



John Appleman

John is in his 4th season as Head Diving Coach of Ohio State Diving Club. He has coached 35 Jr. National Champions & 1 Sr. National Champion. He was the team coach of Jr. Pan Am games in 2013 & 2015. Coached FINA Grand Prix in 2014 for Team USA. He coached at Jr. World Champions in 2012, 2014, 2016. He is currently taking part in the US Olympic Committee National Team Leadership program

Featured Speakers



Mark Gangloff

Mark Gangloff— Two-time Olympian & three-time world champion, Mark is entering his 4th season as an asst. coach at Missouri. He helped the Tigers to best finishes for both men's & women's teams placing 14th at the NCAA's. A native of Akron Firestone, & former state record holder in the Breaststroke, Marks's career flourished at Auburn & on the national stage. Mark is truly one of the finest swimmers ever to come out of Ohio.



Marty Keating

Marty Keating— Coaches PACK Swim Team of Pittsford. Numerous qualifiers for Jr. Nationals & Sr. Nationals. Niagara District COY in 1987 & 1999. 2002 Rochester Press Radio Clubs COY. 2004 WHAM'S Jack Palvino Award. 2005 NHSACA COY National Finalist. 2010 NHSCA Girls' National COY. 2015 NFHS Girls' National COY. All-Greater Rochester COY -4 times. Annual ASCA World Clinic Speaker



Bob Schlegel

Bob Schlegel— 39 years of HS coaching, 30 yrs of Club coaching. 2 All Americans, many state qualifiers. Rochester City League COY several times. Referred to as the "Stroke Doctor" by many. NISCA Outstanding Service Award -2010. NISCA Special Projects Chairmen - 2001-2010. Inducted into Section V Swimming and Diving Hall of Fame -2011

Clinic Schedule

Schedule

Friday, October 14th

12:00-2:00	Coaches Cert Programs
2:30-3:30	Registration & Check in
3:45-4:45	Marty Keating "X's & O's of Set Design"
5:00-6:00	Bob Schlegel "Quality & Efficiency we've learned from Great Coaches"
6:00	OHSSCA Board of Directors Meeting

Sat., October 15th -Swim Track

8:00-9:00	OHSSCA Annual Meeting
9:00-10:00	Bob Schlegel "Benefits of Core Strength"
10:00-10:45	Dustin Kaplan "Dryland Training, periodization, Strength & Conditioning & Nutrition"
11:00-12:00	COY Panel Discussion
12:00-1:30	HOF Enshrinement Luncheon
1:45-2:45	Mark Gangloff "Everything About Breaststroke"
2:45-3:45	Marty Keating "Cross Fit Training in the Pool"
4:00-5:00	Jeff Raker "Lead Yourself First"
5:15-6:15	Panel Discussion "Marty Keating & Bob Schlegel"
6:30	Meet & Greet R.J. VanAlmen -New Director of Development for Officials -Embassy Lounge

Sat., October 15th -Dive Track

8:30-10:00	Ryan Wilson Review NFHS Diving Rules -Officials & Dive Coaches
10:05-11:00	John Appleman "Creating a Culture of Excellence"
11:05-12:00	John Appleman "How to Coach to 100's & 400's"
12:00-1:30	HOF Enshrinement Luncheon
1:45-2:45	John Appleman "How to Coach to 200's, 300's & 5000's"
3:00-4:00	Steve Voellmecke "Judging HS Diving" -Officials & Coaches"
4:15-5:45	Steve Voellmecke & Ryan Wilson "Diving video review" -Officials

Sunday, October 16

Proceed to Upper Arlington HS Pool	
9:00-11:00	Upper Arlington Pool "Water Demo's by Marty Keating & Bob Schlegel"

Clinic Information

Registration Fee: \$130.00 -All Sessions
 Certification Programs only \$50.00
 Diving Track only \$65.00
 OHSSCA Fee \$25.00

Hotel Information

Embassy Suites

Columbus -Airport
 2886 Airport Dr. Columbus, Oh 43219
 (614) 536-0500

Room Rate of \$139.00

Rooms sleep 4 -Rooms can be shared

Pool Information

Upper Arlington High School
 1650 Ridgeview Rd
 Upper Arlington, Ohio 43221