

KEYNOTE

SPEAKERS



Coach Dan Flack is the Head Coach for the Baylor School in Chattanooga, Tennessee. The Baylor School is the top high school swimming & diving program in the state of Tennessee as well as one of the best in the United States. Coach Flack has developed multiple state champions, team championships, national records and Olympic swimmers have swam for Coach Flack at Baylor Aquatics. For more information on Coach Flack and the Baylor Aquatics Swimming program please visit: <http://www.baylorswimming.org/>



Tim Murphy is in his second season as the head coach of the Nittany Lion men's and women's swimming and diving programs in 2014. In his first season, Murphy led both the men's and women's programs to top-20 finishes at the 2014 NCAA Championships and top-five finishes at the Big Ten Championships, marking one of the most successful seasons in school history for either program. A total of 20 Penn State program records were broken throughout the season, including nine for the men's team and 11 for the women's squad. Penn State sent 19 swimmers to the 2014 NCAA Championships, where the Nittany Lion men placed 17th and the women finished 18th. For more information on Coach Murphy and the PSU Women's and Men's Swimming programs please visit: <http://www.gopsusports.com/sports/w->

AGENDA

THURSDAY:

7:00-11:00 PM COACHES' ROUND TABLE

FRIDAY:

8:15-8:30 AM Welcome by PHSSCA Board

8:30-9:30 AM Coach Dan Flack - Baylor
TOPIC – "Training the distance swimmer"

9:40-10:40 AM Coach Ed Denny – Cal U of PA
TOPIC – "Training sprint freestyle"

10:50-11:50 PM Coach Dan Flack - Baylor
TOPIC – "IM and the other strokes"

11:50 PM-1:00 PM "WORKING LUNCH"
provided by the PHSSCA

PHSSCA MEETING

Meeting for PHSSCA Members
Hall of Fame
Old and new business

1:00 PM-1:40 PM Coach Ed Denny – Cal U of PA

TOPIC – "Preparing the HS swimmer for swimming in college/recruiting the D-II swimmer"

2:10 PM-3:10 PM Coach Tim Murphy – PSU

TOPIC – "Drills & skills" pool side for all strokes at McCoy Natatorium located on PSU campus

3:20 PM-4:30 PM Coach Steve Barnes – PSU

TOPIC – "Dry land training for high school age swimmers" at McCoy Natatorium located on PSU campus

Clinic Registration Form

NOTE - all clinic attendees must be a paid member of the Pennsylvania High School Swimming Coaches' Association.

___ PHSSCA MEMBERSHIP - \$15.00

renewal occurs at STATE MEET

___ CLINIC REGISTRATION - \$50.00

if postmarked by April 1, 2015

___ CLINIC REGISTRATION - \$75.00

if paid after April 1, 2015

___ CLINIC (staff rate) - \$40.00/each additional coach

if postmarked by April 1, 2015

___ CLINIC (staff rate) - \$65.00/each additional coach

if paid after April 1, 2015

___ COLLEGE COACHES ATTEND FREE

Name: _____

Address: _____

Phone: _____

Email Address: _____

School: _____

MAKE CHECKS PAYABLE TO:

"Pennsylvania High School Swim Coaches Association"

Please Mail Checks To:

Bill Sterner
C/O PHSSCA
1918 Beck Mill Road
Hanover, PA 17331
bsterner@embarqmail.com

Ramada Inn & Conference Center

1450 South Atherton Street

State College, PA 16801

Phone: 814.238.3001

Fax: 814.867.1527

www.ramadasc.com

*Mention that you are part of the PHSSCA Clinic
to receive the reduced room rate per night.*

KEYNOTE SPEAKERS



Ed Denny has been the Head Coach at California University of PA since 2001. His teams has finished as best of the women's only teams 10 of the 12 years of team competition in the PSAC and finished in the top 5 in team scoring at the PSAC Championships 7 years, finishing 3rd 4 years in a row. Coach Denny was named PSAC Women's Coach of the Year in 2009. For more on information on Coach Denny and the Cal University of PA Women's Swimming program please visit:

<http://www.calvulcans.com/index.aspx?tab=swimming&path=wswim>



Steve Barnes is in his second season as an assistant coach for Penn State's men's and women's swimming and diving programs in 2014. He came to Penn State after spending the previous four seasons as the head coach of the Wabash College swimming and diving program. He is responsible for dry land training and weightlifting programs for the teams in addition to coordinating recruiting. For more on information the PSU Women's and Men's Swimming programs please Visit:

<http://www.gopsusports.com/sports/m-swim/psu-m-swim-body.html>

PHSSCA



It is the mission of the Pennsylvania High School Swimming Coaches Association to provide for its members and others an opportunity to learn to better themselves as coaches and thus the programs of which they are involved.

Through a venture of shared knowledge and ideas, we want to see all of our high school athletes prosper and continue with record setting and personal best performances.

This clinic is a terrific opportunity for all of us to help enhance our own individual programs, as well as Pennsylvania Swimming as a whole.

All you have to do is take 1 evening and 1 day from your schedule (most schools will recognize this as a worthwhile conference), attend the sessions, share thoughts and ideas, have fun and take home a wealth of knowledge that will assist you with your coaching efforts. Take the opportunity to become a better coach!

20th

Annual

PHSSCA

Conference

****Thursday & Friday****

**Ramada Inn &
Conference Center
1450 South Atherton Street
State College, PA 16801**

