

May 17, 2018

Coach's Chair Report

Coach Shubert and I have been working on getting ready for the September 29th Clinic. Heads up if you didn't have that date. Here are the details related to the clinic.

Date/time: 9/29/2018 at about 9 am

Location: Marguerite Aquatic Center Mission Viejo.

Guest: Dr. Genadijus Sokolovas, Senior Physiologist Global Sport Technology
<https://www.linkedin.com/in/genadijus-sokolovas-a5315611/?trk=public-profile-join-page>

Format: Lecture then water time then more lecture, Q and A ect.

Who is attending? A joint clinic with USA Swimming and SPMS. Coaches should bring an athlete to get in the water.

What's going on? Two topics are a possibility and maybe touch on both.

Power testing and Recovery. I know these are somewhat ambiguous in describing exactly what will go on. Power testing is a popular topic for many USA swimmers. From my experience, and others have mentioned this issue also, Masters swimmers have more interest in recovery on the day of the meet as well as from one practice to the next. If anyone has a topic that they would like addressed by Dr. Sokolovas we can look at that also.

We are in the planning stage still and hope to firm up details in the next few weeks and will get further details as they come available.