

American Swimming Coaches Association

Level 2 Stroke School

Swim Coaches

Certification Course

When: Saturday May 10, 2008

Where: Southlake Carroll Senior High School

Address: 1501 W Southlake Blvd

Southlake, Texas 76092

Time: 10:00 am to 6pm

Fee: \$65.00 per coach

Instructor: Coach Paul Murphy-North Texas Nadadores, USA Swim Team

ASCA Senior Level 5, Age Group level 4

The level 2 Stroke School is an American Swimming Coach Association education course design to aid all levels of swim coaching.

The Instructor: An ASCA member since 1986 Coach Paul Murphy has been in the swim coaching business since 1980. In the past 28 years Coach Paul has coached novice level swimmers to Olympic trial finalist. Coach Paul has coached all four of the complete strokes to senior national and All American quality. Coach Paul Murphy is the former director of the Speedo Midwest Coaches Clinics.

This course will provide in-depth analysis and principles of all four of the complete swim strokes along with their appropriate start and turns. During this course we will discuss several different ways to breakdown and teach each stroke while learning the dynamics of the latest science in what will make the stroke work for you.

Each participant will receive a level 2 textbook. There will be a final knowledge test at the end of the course. You will be able to receive ASCA points for attending and passing this course. When passing this course each participant will receive a Level 2 certification certificate. All participants must have passed the level one certification course before you can enroll into the Level 2 course.

Be prepared to ask as many questions as you like during this comprehensive course.

If you have any questions you may contact Coach Paul Murphy at the following numbers and email address:

Cell 314-503-7442, Office 817-949-8204, Email: Swimdownhill@aol.com