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For Immediate Release

## **Women in Coaching Clinic 2013 Announces Speakers**

The 2013 Women in Coaching Clinic held at Stanford University has opened registration and announced the speaking line up for this spring's clinic. Headlining the 2013 clinic will be Rachel Stratton-Mills of Asphalt Green Unified Aquatics (AGUA). In the summer of 2012, Rachel was one of only three female coaches to put an athlete on the US Olympic Team and the only female coach to have a swimmer on both the US National Team and the US National Youth Team. Rachel has created a history of excellence including being named to the US National Team staff in 2011 and receiving the Certificate of Excellence for outstanding coaching in the US in 2010 and 2011.

Joining Rachel will be former PASA coach Stefanie Fryberg, who is currently an Associate Professor of Psychology at the University of Arizona as well as the Director of Cultural Competency and Learning Improvement. Stefanie will be presenting on the psychology of motivation and mindsets as made popular in Carol Dweck's research and publications.

Dr. Susan Wood a former lacrosse coach who has blazed a path through the male dominated field of technical research and development. She has two sons that currently compete with PASA and is a mentor creating paths and opportunities for women moving up in the R&D field.

Tara Kirk Sell a 2004 Olympian who has been coached by some of the greatest legends in coaching and found success under both male and female coaches. Tara will be speaking on make the transition from high school to college and then from a college athlete to a professional athlete and how that affected what she looked for from her coaches. She will also comment on how those coaches helped her find her voice as an athlete.

Other presentations will include Glenn Mills of goswim.com demonstrating the growing use of technology in our sport and how we can use these new technologies in our programs to improve our coaching and our swimmer's performances. The clinic participants will also be invited to swim with the Stanford Master's program Friday through Sunday, observe a Stanford Women's Team workout and participate in or observe an hour long Pilates work out where the instructor, who works with PEAK Aquatics, will speak on and demonstrate how to incorporate these skills into age group dryland programs.

What sets this clinic apart is the format. Unlike most where speakers are simply speaking at the participants, our format includes discussion groups where all of our participants are encouraged to share their experiences and help find solutions to problems that we all face. This clinic is in its second year and has been organized by a group of Californian coaches including Dana Kirk (PASA), Laura Mitchell (PASA), Abi Liu (PEAK) and Tisha Stiemle (PASA).

Click here to register:

<http://womenincoaching.files.wordpress.com/2013/01/womenincoachingclinic2013.pdf>