

Women In Coaching Clinic

April 13, 2013 - Stanford, CA



Our Mission

To celebrate women in coaching and to use this clinic as a time to educate and empower coaches of all genders through developing support networks and facilitating a positive and productive dialogue.

We acknowledge that sexism exists in our community but we believe that through thought-provoking workshops, dynamic conversations, resource sharing and community building we can support each others' professional and personal aspirations and work toward greater gender equality in all levels of our community.

We will spend the day looking at the messages that we send out athletes of all genders and discuss how we can work to empower and support all athletes and coaches to reach their highest potential. Our 2013 conference aims to explore how we grow, build, nurture and align coaches at all levels as community and mentorship are invaluable resources.

Most of all we hope that this conference will serve as a launching point for an ongoing positive conversation.

Hotel Information:

Sheraton Palo Alto \$129/night for 2 bed rooms
1-800-325-3535

*Have roommates name, mention Women in Coaching
* see the "rooms" board on the website to find a roommate.

4/12- Friday Night Events:

Drinks and Dinner @ Nola's
535 Ramona St, Palo Alto, CA

4/14- Sunday Morning Events:

Brunch @ TBA based on Numbers

Schedule of Events

4/13/12

Swim with Stanford Masters: 6-7am
*Observation of Stanford Women's Practice: 7-9am
Registration Opens: 8:15 am

- Light breakfast available during registration

Welcome and Intro- Dana Kirk: 9-9:10am

Glenn Mills- Technology in Training: 9:10-9:30am

Stefanie Fryberg- Topic TBA: 9:30-10:15am

Discussion Group 1: 10:15-11am

Pilates Workout or Observation- 11:10-12pm

- Pilates for your Dryland and Age Group Program-

Rachel Stratton-Mills- Topic TBA: 12:15-1:30

Discussion Group 2: 1:30-2:30pm

- Lunch served

Dr Susan Wood- Topic TBA: 2:30-3:15pm

Tara Kirk Sell- Transitions and Finding your Voice:
3:15- 4pm

Discussion Group 3- based on SF talk: 4-4:45pm

Athlete Talk- Topic TBA: 4:45- 5:30pm

Discussion Group 4- Final Goals Discussion:

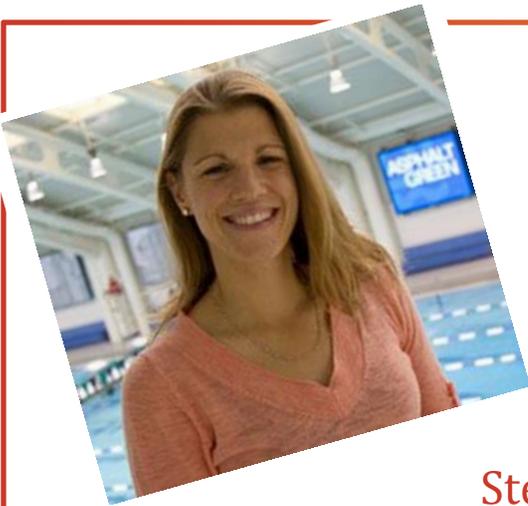
- Not so light Snacks: 5:30-6:30pm

Drinks @ Old Pro: 541 Ramona St, Palo Alto @ 8:30pm

Pre Registration until 3/1/13: \$40

Registration 3/2-4/5/13: \$50

Week of Registration 4/6-4/13/13: \$60



Rachelle Stratton-Mills

Rachel Stratton-Mills is the head age group coach of Asphalt Green (AGUA.) This summer she helped guide 17-year-old Lia Neal to the Olympics. Stratton-Mills is also one of the most successful young female coaches in the nation. She has a great perspective, advice for other younger female coaches, and insight on being a female head coach.

Stephanie Fryberg

An Associate Professor of Psychology at the University of Arizona and former coach for Palo Alto Stanford Aquatics, Stephanie Fryberg has a unique perspective on performance, expectations and accomplishments for kids both in and out of the pool.



Tara Kirk Sell

Tara swam at Stanford University for Richard Quick and Lea Maurer and was a member of the USA national swim team for 8 years. In 2004 she broke the world record in the 100 breaststroke (SCM) and she earned a silver medal at the 2004 Olympics in Athens. She and her sister Dana were the first sister pair to make the US Olympic Swim Team.

Athlete Speaker- TBA

Organizers are currently nailing down an athlete speaker. We have several exciting options and are looking forward to each unique story. Stay tuned to the website for upcoming announcements!



Organizers

This years clinic was organized by Pacific Swimming coaches Dana Kirk (PASA), Laura Mitchell (PASA), Tisha Steimle (PASA), and Abi Liu (PEAK).