

2013 SCHEDULE OF EVENTS

WOMEN IN COACHING CLINIC

Friday, April 12

7:00 pm: Coaches Mixer at Nola's (535 Ramona St, Palo Alto, CA)

Saturday, April 13

7:30 - 8:45 am	Open Registration: on Upper Deck of Avery Aquatic Center
6:00 - 7:00 am	Stanford Masters: <i>Attendees may participate free of charge but with a valid US Masters Registration Card</i>
7:00 - 8:45 am	Observe Stanford Women's Team practice <i>(breakfast provided)</i>
8:45 - 9:15 am	Walk through Stanford Campus
9:15 - 9:30 am	Welcome by Dana Kirk & WICC 2013 Planning Committee
9:30 - 10:15 am	Stefanie Fryberg: Teaching the Growth Mindset
10:15 - 11:00 am	Glenn Mills: Technology in our Sport
11:00 - 11:45	Discussion Group #1 <i>(light snacks)</i>
12:00 - 12:45 pm	Dr Susan Wood: The Untapped Potential of Women in Business
12:45 - 1:45 pm	Discussion Group #2 <i>(lunch)</i>
1:45 - 2:45 pm	Lori Seymour: Pilates & How to Handle Common Injuries in Swimmers <i>workout and observation</i>
2:45 - 4:00 pm	Rachel Straton-Mills: Topic TBA
4:00 - 4:45 pm	Tara Kirk Sell: Transitions & Finding Your Voice
4:45 - 5:30 pm	Laura Mitchell: Creating a Vision: Social Justice Swimming
5:30 - 6:15 pm	Discussion Group #3 <i>(light snacks)</i>
6:15 - 6:30 pm	Closing Session

7:00 pm: Coaches Dinner at Pluto's (482 University Ave, Palo Alto, CA)

8:30 pm: Coaches Mixer at Old Pro (541 Ramona St, Palo Alto CA)

Sunday, April 14

Informal Coaches Breakfast (Time & location TBA @ Clinic)

Please consider attending: **Summer Recreational and "Learn-to-Coach" Clinic, Orinda CA**
Contact Julie Nitti at 1-800-356-2722 or jnitti@swimmingcoach.org