

# 2014 SCHEDULE OF EVENTS

# WOMEN IN COACHING CLINIC

## Friday, April 11th

**7:00 PM:** Coaches Mixer at LYFE Kitchen (67 North Hamilton Ave Palo Alto, CA)

## Saturday, April 12th

6:00 - 7:00 am	<b>Stanford Masters:</b> Attendees may participate free of charge, valid US Masters Registration Card required
7:15 - 8:15 am	<b>Breakfast &amp; Registration:</b> on the Upper Deck of Avery Aquatic Center while observing Stanford Women's Team practice (breakfast provided)
8:15 am	Walk through Stanford Campus to <b>SCRA Sport Complex</b>
8:30 - 8:45 am	<b>Welcome</b> by the WICC 2014 Planning Committee
8:45 - 9:30 am	<b>Aimee Lehr:</b> Developing team & group identities
9:30 - 10:00 am	<b>Verónica Hernández:</b> Leadership development & getting involved in LSC & national organizations
10:00 - 10:30 am	Discussion Group #1 ( <i>light snack</i> )
10:30 - 11:30 am	<b>Abi Liu:</b> "Video Combo" drills & stroke progressions
11:30 am - 12:30 pm	<b>Dana Kirk:</b> Building dynamic dryland workouts
12:30 - 1:00 pm	Discussion Group #2 ( <i>lunch</i> )
1:00 - 1:30 pm	<b>TeamUnify:</b> Team management technology
1:30 - 1:45 pm	<i>Light snack</i> & coach's Q&A with <b>TeamUnify</b>
1:45 - 2:45 pm	<b>Pam Swander:</b> Keynote Speaker
2:45 - 3:30 pm	<b>Pam Swander:</b> Pool Session
3:45 - 4:30 pm	<b>Marcia Benjamin:</b> Masters swimming, 8 & unders with drivers licenses
4:30 - 5:15 pm	Athlete speaker & presentation ( <i>speaker TBA</i> )
5:15 - 6:00 pm	<b>Closing Discussion</b> with WICC Planning Committee

## Sunday, April 13th

**Informal Coaches Breakfast** (Time & location TBA @ clinic)

**Please consider attending:** Summer Recreational & "Learn to Coach" Clinic, Orinda CA (*all-day clinic*)