



## American Swimming Coaches Association Dryland Training for All Ages & How to Write Workouts for Age Group Swimmers



Learn to develop a dryland training program for your swimmers to help them become more powerful and explosive in the water, while reducing injuries. **PLUS** learn to write goal-based season workout plans for age group swimmers to optimize their training and improve their performance.

<b>Course Duration</b>	8 hours, 9am - 6pm
<b>Course Date</b>	23 Oct 2019
<b>Course Fees</b>	\$299.60 (inclusive of 7% GST)
<b>Grants Available (T&amp;Cs apply)</b>	UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year
<b>Continuing Education Credits (if applicable)</b>	8 CoachSG CCE Hours will be awarded upon completion
<b>Registration Deadline</b>	14 Oct 2019



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## Course Objectives and Schedule

### Dryland Training for Swimmers of All Ages (4 Hours)

This course is designed to help you develop a dryland program for your team, regardless of age, experience and equipment available.

- Three chapters fully develop the place of dryland training in all programs: from young age group/novice athletes to elite athletes.
- One chapter develops the idea of how we relate what we do on dryland to faster swimming in the water.
- One chapter develops a “cookbook” approach to dryland. If you lack the time to spend on extensive dryland development and still want to be able to do some dryland training.
- Five chapters develop specific routines in different modalities, such as stretch cords, medicine balls, plyometric balls, hand-weight exercises, and exercises with little-to-no equipment needed.

Whether you coach age group or senior swimmers, this course is your primer on what to do, when and how to do it, and what it takes to effectively improve the athleticism of your athletes.

### How to Write Workouts for Age Group Swimmers (4 Hours)

Age Group swim teams should get better by plan – not by accident (or new people moving into town or simply growing 2 inches over the weekend.) This popular course presents a practical process for creating a season training plan based on goals.

The overall emphasis is that age group workouts should be written according to objectives, rather than yardage – although, yardage is important to record and evaluate. Age Group swimmers are not just little seniors and should have workouts written to their needs. Writing workouts requires a different approach and some different ideas that may upset your current mode of thinking. (That’s a good thing!) Topics include goal setting for results, identifying the components (or objectives) of workouts, setting priorities, delineating cycles (called “points of focus”), creating a workout model, constructing individual workouts, making, managing and running multiple groups, and over an hour on tips for running great workouts.

We will develop a working season training plan for an age group team during the class. The principles of the course can be applied easily to novice, age group and high school programs.



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## Award

Upon completion of the course, each participant will be awarded

- **ASCA Certificate in Dryland Training for Swimmers of All Ages**
- **ASCA Certificate in How to Write Workouts for Age Group Swimmers**

## Venue

### International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-11  
Singapore 397628  
(opposite beach volleyball courts)

## Payment

Payment can be made via:

1. **Cash**
2. **Cheque**
3. **Online Transfer**



(65) 6423 0668



1 Stadium Place #01-11 (S) 397628



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## Course Presenter

### Coach George Block

George Block is currently serving as President of the World Swimming Coaches Association and Chair Emeritus of both San Antonio Sports and Voices for Children San Antonio.

From 2009-2012, Mr. Block was COO, then CEO of Haven for Hope, San Antonio's transformational homeless center. Under Mr. Block's leadership, Haven developed its In-House Recovery Program (IHMP), a self-contained recovery and rehab program for homeless men and women. Based on that model, he initiated the development of a Mental Health Dorm, where homeless patients could receive daylong, outpatient mental health treatment and support.



The bulk of Block's career was spent in education and athletics, where he had a Hall of Fame career. As the Director of Aquatics and Assistant Director of Athletics for the Northside School District he developed the Northside Aquatic Center into an internationally recognized center for athlete development.

In his over three decades at Northside, Coach Block has developed 9 Olympians, 50 UIL State Gold Medallists, over 285 All-Americans, Olympic Trials qualifiers in 1984-88-92-96-2000 and 2008, and numerous National and Junior Champions. He has produced Olympians in three different sports (swimming, triathlon and pentathlon) and Olympic swimmers from four different countries (United States, Nicaragua, Egypt and Algeria).

In 1987, Coach Block was awarded the Phillips 66 *Performance Award*. In 1992, Coach Block was the Coca-Cola *Texas Coach of Honor*. In 1997, the United States Water Fitness Association named the Northside Aquatics Center the *Top School District/Community Facility* in the nation and Coach Block its *Top Aquatics Director*. In 1998, he received the NISCA Outstanding Service Award.

From 1997-98, Coach Block served as the President of the American Swimming Coaches Association and in 2000 Coach Block was been awarded the *Silver Award of Excellence* for 20 years of USA Swimming National finalists. In 2011, Block was inducted in to the American Swimming Coaches Hall of Fame and in 2012, he was awarded the United States Olympic Committee's "Rings of Gold" award. He is a past Vice-President of USA Swimming and is currently President of the World Swimming Coaches Association. In 2016 he was inducted in to the San Antonio Sports Hall of Fame.



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## What is the ISA Professional Certification Series?

A series of programmes designed to provide participants with the necessary skills and knowledge to excel in the sports and fitness industry. Certifications provided include the highly popular and internationally-recognised Certified Personal Trainer Course by American Council on Exercise (ACE), and National Strength and Conditioning Association (NSCA) Strength and Conditioning Specialist Course, as well as ISA Certificate in Basic Sports Massage and American Swimming Coaches Association (ASCA) certifications.

## Who Should Attend?

Just a handful of our professional certification courses require some prior knowledge of sports and fitness, otherwise our courses are by and large suitable for all learners who want to get a head start in the sports and fitness industry.

## The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of academic programmes, professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by leading industry employers such as Virgin Active, True Fitness, the Pure Group, Triple Fit, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness among others.
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

