



March 30<sup>th</sup> 2014

## Level 2 - The Stroke School

This course is about the teaching of strong stroke skills to young children. It focuses on both construction and correction of strokes, with a strong prejudice for correct initial construction of the stroke by the coach and athlete. The Stroke School reviews basic biomechanical principles of swimming and then explores each stroke, turn and start in depth, describes how the stroke is swum at the world level today and then provides multiple progressions for the coach who is teaching the skills to new children. This course has been taken by more people all over the world than any other course in history.

Swim Ireland again is partnering up with ASCA and John Leonard to deliver a great opportunity for our coaches and teachers to get a great insight into World class stroke teaching and development also on starts and turns.

This course will be run on one day 8 hours and will deliver on all 4 strokes starts and turns .

Course Presenter John Leonard Executive Director ASCA

Since assuming the role of Executive Director of the American Swimming Coaches Association (ASCA) in January of 1985, John Leonard has grown the association from 1,600 members in 1985 to 5,400 by the end of 2006. Leonard has also overseen:

- Staff-developed educational programs and services that include 24 different types of coaching schools
- The development of ASCA's Certification program that has certified over 9,400 coaches in 22 years
- Organized a model national learn-to-swim school (SwimAmerica) which has taught over 1.5 million the USA's youth to swim, and
- Turned ASCA into an advocacy force to be respected in national and world swimming, and world sport.



**AMERICAN SWIMMING  
COACHES ASSOCIATION**

Swim Ireland in conjunction with ASCA is running this event with the support of ISCA.

