

Virginia Swimming is Proud to Present  
2008 Swimposium

**ASCA Level II – Stroke School**  
Conducted by Brian Kupferer, Virginia  
Swimming Age Group Chair

Where: Koger Center. Richmond, VA

When: Saturday, October 4<sup>th</sup>. 8AM – 4PM (Approx.)

Cost: \$50. Includes Book and other class supplies.

**Course Description:**

The American Swimming Coaches Association's Level 2 Stroke School is a full day course designed to help coaches understand basic stroke mechanics, recognize stroke faults, and teach proper techniques in all strokes, starts, and turns. The emphasis of the course is in helping coaches learn how to teach strokes and how to correct strokes. Topics include: basic principles of swimming mechanics including methods of overcoming resistance and increasing propulsion using lift, drag, and resultant forces; principles of teaching; specific teaching techniques for all the skills; teaching progressions for starts, turns, and each stroke; and an extensive list of stroke faults with a shopping list of stroke drills and teaching techniques to correct those stroke faults. A 70 page workbook is included. This course is open to ALL coaches regardless of membership or certification level.

Checks are to be made out to Brian Kupferer.

Please mail registration including checks to:

Kevin Maloy

P.O. Box 1264

King George, VA 22485

Questions, please email Brian at [bkcgbd@cox.net](mailto:bkcgbd@cox.net) or  
Kevin at [kmaloy1@verizon.net](mailto:kmaloy1@verizon.net)

# ASCA Level II Course Registration

Sent to:  
Kevin Maloy  
P.O. Box 1264  
King George, VA 22485

Registrant: \_\_\_\_\_

Club: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Confirmation will be sent to provided email address upon receiving registration and course fee.