



Anderson Barracuda Masters Swimming Clinic with C.J. Rushman & Bill Wadley

Held in the OH LMSC for U.S. Masters Swimming, Inc.

Location: The Dome Natatorium @ M.E. Lyons YMCA, 8108 Clough Pike, Cincinnati Ohio, 45245.

Date and Time: Sunday, November 2nd, 2014, 1- 4:00 pm.

Fees: \$60; checks payable to C.J. Rushman. Clinic is limited to 30 swimmers on a first-come, first served basis. Coaches wishing to observe (**but not swim**) may do so for free.

Topic: All 4 strokes and, with an emphasis drills and execution.

Agenda

1. Discussion: Overview of strokes via DVD. (50 minutes ~1 hour.)
2. Pool time: teaching/practice time in four groups (20~25 minutes per stroke)
3. Wrap-up: review of pool time, Q&A, and next steps (20 min.)

Social: We will have an additional Q&A session over an adult beverage at Mio's pizzeria (Half mile from Y)

About the Clinic Coach: C.J. joined the AB program in 1996, as the co-founder and first Masters Coach and Pre-Competitive coach. He has 20 years of progressive coaching positions where he demonstrated success including Junior National, Top 16 individual and relay, age group sectional, zone and state record champion swimmers. He started in competitive swimming at 6 years old and has a list of impressive personal swimming accomplishments through his college days at University of Cincinnati where he was a four year member of their varsity swimming team and member of their National Independent Conference Team Champions in 1992 and 1993. CJ has placed in the USMS Top Ten 23 times and has won 15 YMCA Masters Titles. He served as United States Masters Swimming Corporate Secretary from 2009 to 2013. He was appointed to the USMS Board of Directors as an At Large Director for the Great Lakes Zone for 2013-2014. He was then elected in September 2014 to serve again in the position as At Large Director for the next two years. C.J. has been awarded the Dot Donnelly Service Award for his contributions to United States Masters Swimming at the local, regional and National level. Also, in 2014 he was selected as a coach for the USMS High Performance Camp in Greensboro NC. And in 2015 he will serve as one of the Co-Head coaches for the USMS High Performance Camp. He currently is an American Swimming Coaches Association / United States Masters Swimming Certified Level 3 Coach, as well as a Swimming Official, both for the YMCA and USA Swimming.

About the Visiting Coach: Bill Wadley is in his 25th season as Ohio State's men's swimming coach, is one of the most experienced and respected mentors in the world of competitive swimming. Bill has coached the 1986 Olympic Festival and the 1988 and 1992 Gold Medal teams comprised of top non-collegiate swimmers in preparation for the Olympics. In 1991, Wadley coached the U.S. team at the World University Games and in 1993 he was coach of the U.S. National Team training camp. In 1998, he was chosen as the head men's coach for the Goodwill Games. The team went on to set seven Goodwill Game records. In 2009, Wadley was an assistant coach for USA Swimming for the World University Games in Bangkok, Thailand, and he served as an assistant for Team USA in the 2011 Duel in the Pool.

Contact Info: If you have questions, please contact C.J. Rushman (cjswamuc94@aol.com, 513-828-8972).

Mail form, fee, and copy of 2014 USMS card to: ABM Clinic, 8284 Shadypine Drive, Cincinnati, OH 45255-4516.

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Name: _____ E-mail: _____

Address: _____ Phone: _____

USMS Number: _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, AND ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature

Date