INTRODUCTION TO USRPT: TECHNIQUE AND TRAINING

A Clinic for Swimmers, Coaches, and Parents
Presented by Dr. Brent Rushall and Coach Roy Chaney
March 19-20, 2016
Cheyenne Mountain High School
1200 W. Cheyenne Road, Colorado Springs, Colorado 80906

Clinic Description

The Introduction to USRPT: Technique and Training Clinic is designed for coaches/parents and swimmers largely unfamiliar with USRPT Programs. Four scheduled sessions take attendees through steps for developing the skills to perform and supervise the ultra-short race-pace training format. USRPT requires swimmers to have deliberate mental content functioning with each stroke. In this clinic, surface-swimming technique will be emphasized. Coaches/parents are required to provide feedback to swimmers during the short-rest periods embedded in all USRPT sets. Coaches/parents and swimmers will work for the same amount of time in each of the four training sessions. This is a learning experience for coaches/parents and swimmers. Coaches will be provided with resources to allow them to respond meaningfully to each swimmer when providing feedback.

Participants and Their Costs

Swimmers: A maximum of two groups of 40 swimmers will be accommodated. Group A is those aged 13 years and over and Group B is for swimmers aged 12 and under. The basic standard of swimmer is individuals who train at least five times per week in a competitive program. Lesser standard swimmers cannot be accommodated.

The restriction of 40 swimmers per group is occasioned by there being eight pool lanes and the USRPT restriction of a maximum of five swimmers per lane.

The cost per swimmer is $100.00

Coaches/Parents: Coaches/parents will be expected to participate actively in all sessions. The instructional model is a work-by-doing format whereby coaches/parents will coach their own or other swimmers.

Each program session is preceded by a 30-minute presentation for swimmers and coaches/parents combined.

The cost per coach/parent is $100.00. If a coach/parent brings three or more swimmers then the coach's/parent's fee is waived. If a coach and a parent bring two swimmers as a group then the coach's fee is waived.

Timetable and Facility Use: Having two groups requires one group to be using the pool and the other attending a lecture/discussion presentation on topics related to healthy swimming (e.g., diet, stretching, etc.).

- Group A - 13 years and over.
- Group B - 12 years and under.
- A classroom session of 30 minutes is held before each of the four sessions.
<table>
<thead>
<tr>
<th>Classroom</th>
<th>Saturday 8:30-10:00 AM</th>
<th>8:30-9:00 AM All swimmers</th>
<th>9:00-10:00 AM Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Saturday 2:30-4:00 PM</td>
<td>2:30-3:00 PM All swimmers</td>
<td>3:00-4:00 PM Group B</td>
</tr>
<tr>
<td></td>
<td>Sunday 8:00-9:30 AM</td>
<td>8:00-9:00 AM All swimmers</td>
<td>9:00-10:00 AM Group B</td>
</tr>
<tr>
<td></td>
<td>Sunday 2:00-3:30 PM</td>
<td>2:00-2:30 PM All swimmers</td>
<td>2:30-3:30 PM Group A</td>
</tr>
<tr>
<td>Pool</td>
<td>Saturday 9:00-12:00 PM</td>
<td>9:00-1:30 AM Group A</td>
<td>10:30-12:00 PM Group B</td>
</tr>
<tr>
<td></td>
<td>Saturday 3:00-6:00 PM</td>
<td>3:00-4:30 PM Group A</td>
<td>4:30-6:00 PM Group B</td>
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<tr>
<td></td>
<td>Sunday 8:30-11:30 AM</td>
<td>8:30-10:00 AM Group B</td>
<td>10:00-11:30 AM Group A</td>
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<tr>
<td></td>
<td>Sunday 2:30-5:30 PM</td>
<td>2:30-4:00 PM Group B</td>
<td>4:00-5:30 PM Group A</td>
</tr>
</tbody>
</table>

**General Time Table**

- **Saturday morning:** 8:30 AM to 12 Noon
- **Saturday afternoon:** 2:30 PM to 6:00 PM
- **Sunday Morning:** 8:00 AM to 11:30 AM
- **Sunday Afternoon:** 2:00 PM to 5:30 PM

**Activities:**
- All swimmers and coaches/parents attend the classroom for 30 minutes before the first pool use for each session. The USRPT function and technique feature for that session will be explained.
- All swimmers and coaches will be provided with a multi-page handout.
- On Saturday, the younger swimmers (Group B) will swim in the second period of the session. For the first hour of the idle-time, a talk on some aspect of being a good swimmer (e.g., nutrition general and nutrition fluid intake at meets; stretching, etc.) should occupy the swimmers. On Sunday, those talks are repeated for group A because they will be "idle" for the first period of the session.
- For the second period of each session, the group that has completed swimming will be idle. A choice will be made to allow them to socialize (under supervision) or to have a further "talk" which would also be repeated on Sunday for the other group.

**Accommodations**

All participants will be responsible for their own accommodations, food, and transport.

**Registration**

Basic information about the clinic is included on the Colorado Torpedoes' page: https://coloradotorpedoes.coursestorm.com/course/usrpt-technique-and-training.

Registration can be made by clicking on the Registration button. Alternatively, one can register by going directly to the registration page at: https://coloradotorpedoes.coursestorm.com/course/usrpt-technique-and-training#/register/logIn.

**Inquiries**

For more information, please email Coach Roy Chaney at coachroy@coloradotorpedoes.com.