

## Featured Speakers



**BRENT ARKEY**

*Head Coach / CEO, Sarasota Sharks  
Coach of 3x Olympic Champion  
and World Record Holder  
Summer McIntosh; Gold Medal Club*



**CHRIS PLUMB**

*Head Coach, Carmel Swim Club  
US Olympic Coach; Coached 4 HS-aged  
athletes to the US Olympic Team;  
10x Gold Medal Club*



**RUSSELL MARK**

*ASCA Performance & Education Advisor  
Internationally renowned stroke  
technique expert; worked with Team  
USA athletes in five Olympics*



**KATE LUNDSTEN**

*Head Coach, Aquajets Swim Team  
Multiple Team USA International  
Staffs; Coach of Olympians, NAG  
records holders, US National  
Junior Teamers*



**MARY KOREY**

*Head Coach, Greater Somerset County YMCA  
Head Coach Team USA Junior Pan  
Pacs 2024; Coaching Staff Team USA  
Junior Worlds 2023*



**LAURA MITCHELL**

*Head Coach / Owner, Alto Swim Club  
USA Swimming Gold Medal Club;  
multiple Junior National  
Championships*



**PAUL DONOVAN**

*Head Coach / CEO, Jersey Wahoos  
Former Head Coach with multiple  
Olympians for Swim Ireland; coach of  
US National Junior teamers;  
Gold Medal Club*



**MICHAEL NORMENT**

*Associate Head Coach, University of Georgia  
Coached 5x World Champion & Olympic  
Champion breaststroker Nic Fink*



**CHRISTEN SHEFCHUNAS**

*Confidence Coach  
Works with Kate Douglass,  
Walsh sisters, Lilly King and  
multiple other Olympians*



**HERBIE BEHM**

*Head Coach, Arizona State University  
2024 NCAA Men's Team Champions;  
worked with Olympic medalists  
Leon Marchand, Simone Manuel,  
Ilya Kharun & others*

# ASCA WORLD CLINIC *Reno, Nevada* *Sept 2-5, 2025*

PRESENTED BY  
**FITTER & FASTER SWIM CAMPS**  
**PEPPERMILL RESORT**

## SAMPLE TRACK TOPICS

### EXPLORE THESE DYNAMIC TRACKS, AND MORE

Packed with Insights, Strategies, and Takeaways for Your Team!

**AGE GROUP:** Psychological & Physiological Development;  
Mastering Turns; Teaching Butterfly from a Float; Short Axis  
Skills & Training

**SENIOR:** Incorporating Elite Skill Development While Meeting  
Physiological Needs; Season & Weekly Planning; Success on the  
Sprint Side; Optimizing Physiological Adaptation

**HEAD COACH:** Science of Long Term Athlete Development;  
Designing a Connected System to Support a Singular Vision;  
Designing a Program: Bottom-to-Top

**BUSINESS:** What, How, Why & When of Strategic Planning;  
Fostering Creativity; How Your Club Can Maximize Its  
Resources

**LEARN TO SWIM:** Build a Pool for Under \$50,000; How to Get  
Kids from Lessons to the Team; Bookend Demographics to  
Expand your Program

**PLUS TRACKS FOR MASTERS, COLLEGE AND HIGH SCHOOL!**

**EARLY BIRD PRICE** - \$425 through May 15

**REGULAR PRICE** - \$475 through July 30

**TEAM DISCOUNT** - \$350 for 5 or more paid registrations from  
same team through July 30

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