

KEYNOTE SPEAKERS

STATE LEVEL

Nikki Rose

An All-Conference performer as a student-athlete at Wheeling Jesuit University, Nikki was named the first swimming and diving coach in Lake Erie College history in January 2010. Most recently, Rose was an assistant coach and recruiting coordinator at Wheeling Jesuit University. During her tenure, they underwent a rebuilding process that turned a squad of just two returners into 40 swimmers. She has coached at the high school level in Ohio and Virginia. Rose earned her bachelor's degree in English Education from Wheeling Jesuit in 2004. She recently completed work on her master's degree in business administration.

BJ Miller (Bedford)

BJ won a medal at every major competition and was on the US National Team from 1989-2001. She was a 21-time All-American at the University of Texas from 1990-1994. BJ is a 7-time U.S. National champion in 100 back, 200 back, and 50 free events. She is also a former American record holder in 50 back (short course meters). In the 1994 Olympics she was a bronze medalist in 100 back. She was a 1998 World champion in the 4x100 Medley Relay and 4x100 Free Relay. BJ is also the 2000 Olympic Trials champion in 100 back. She is the former World and American record holder in 4x100 Medley Relay. And in the 2000 Olympics she won a gold medal in 4x100 Medley Relay.

Jim Burkman

Schuylkill Valley High School graduates around 160 students each school year. Jim took over a program 10 years ago that won only 29% of its dual meets from 1978-2000. During the past 10 seasons, Jim has a combined 132-115-1 record, has coached swimmers to 229 District 3-AA medals, 5 Individual District Championships, 27 PIAA-AA medals, 2 Individual PIAA Championships, 1 PIAA Record Holder, 81 All-State Honors, and 12 All-Americans. His teams have finished in the top-5 at Districts 9 times, and the top-20 at States 5 times. Jim has also coached 98 of the 160 swimmers on the school's all-time individual event top-10 list.

Questions should be directed to:

Jim Burkman - svcoachb@verizon.net
Bill Kennedy - bk1swim@comcast.net
Brian Palme - bpalme@udsd.org
Bill Sterner - bsterner@embarqmail.com



AGENDA

THURSDAY:

- 8:30-9:20 AM PHSSCA MEETING**
PHSSCA Meeting is for high school coaches to talk, discuss and vote on issues which involve us and our organization.
- 9:30-10:50 AM MATT KREDICH**
TOPIC – How to write a practice
- 11:00 AM-12:00 PM Nikki Rose**
TOPIC – High School Swimming Coaches: Teaching Swimming and Coaching Academics
- 12:00-1:30 PM LUNCH (on your own)**
- 1:30-2:50 PM MATT KREDICH**
TOPIC – Comparing Sprinters to Distance; and training both
- 3:00-4:00 PM BJ Miller (Bedford)**
TOPIC – Getting into a swimmer's head: How to keep your athletes and get the best from them.
- 7:00-11:00 PM COACHES' SOCIAL**

FRIDAY:

- 9:00-10:20 AM MATT KREDICH**
TOPIC – Tennessee Swimming ... doing it the Lady Vol way
- 10:30 AM-11:30 AM Jim Burkman**
TOPIC – The small school season and taper

***Specific times may change to accommodate speakers' needs, and PHSSCA meeting and Social.*



ACT 48 CREDITS!!!

Registration Form

****NOTE**** - all clinic attendees must be a paid member of the Pennsylvania High School Swimming Coaches' Association.

- ___ PHSSCA MEMBERSHIP - \$15.00
renewal occurs at STATE MEET
- ___ CLINIC REGISTRATION - \$50.00
if postmarked by April 1, 2010
- ___ CLINIC REGISTRATION - \$75.00
if paid after April 1, 2010
- ___ CLINIC (staff rate) - \$40.00/each additional coach
if postmarked by April 1, 2010
- ___ CLINIC (staff rate) - \$65.00/each additional coach
if paid after April 1, 2010
- ___ COLLEGE COACHES ATTEND FREE

Name: _____

Address: _____

Phone: _____

Email Address: _____

School: _____

MAKE CHECKS PAYABLE TO:
"Pennsylvania High School Swim Coaches Association"

Please Mail Checks To:
Bill Sterner
C/O PHSSCA
1918 Beck Mill Road
Hanover, PA 17331
bsterner@embarqmail.com

Hotel Reservations:
Ramada Inn & Conference Center
1450 South Atherton Street
State College, PA 16801
Phone: 814.238.3001
Fax: 814.867.1527
www.ramadasc.com

Mention that you are part of the PHSSCA Clinic to receive the room rate of \$67.00 per night.

KEYNOTE SPEAKER

Head Coach of the
University of Tennessee Lady Volunteers



MATT KREDICH

Success has followed Tennessee head women's swimming coach Matt Kredich at every stop of his career, and his 4-year tenure on Rocky Top has been no different. After turning around the men's and women's swimming team at Brown and the women's squad at Richmond, Kredich has led the Lady Vols to unprecedented success. Under Kredich's direction the Lady Vols have broken 18 of 19 Tennessee swimming records, had 17 different athletes garner 99 All-American awards and finished in the top-15 at the NCAA Championships a UT-record-tying 4 consecutive seasons. In 2008-2009, Kredich guided 8 Lady Vols to 20 All-America certificates, as the Big Orange sent a school record 12 participants to the National Championship Meet in College Station, Texas, where UT placed 13th. And UT just doesn't excel in the pool; the Lady Vols were dominant in the academic arena as well last season. UT was named a College Swimming Coaches Association Scholar All-America Team by having a team GPA above 3.30, 17 members of the UT women's swimming program were named to the SEC Winter Academic Honor Roll. Along with the All-America accolades and academic honors, UT athletes have earned 26 SEC medals and 8 Conference Championships under Kredich. During Kredich's tenure at Richmond, the Spiders sent their first-ever swimmers to the NCAA Championships, had their first-ever All-Americans, and won their first-ever Conference Championships. In his 4 years at Richmond, the Spiders won 4 Atlantic-10 Championships, and he was named Conference Coach of the Year all 4 years. His team was selected by the College Swimming Coaches Association of America (CSCAA) as an Academic All-American squad from 2002-2004. Prior to that, Kredich turned a 2-9 Brown women's team in 1992 into Eastern Women's Swimming League Champions in 1996 and 1997. His teams then competed solely in the Ivy League and went on to win the 1998 and 1999 Conference Crowns. Additionally, he energized the men's team into winning 4 consecutive winning seasons and four top-5 finishes in the Eastern Intercollegiate Swimming League. In the process, he was recognized as the EISL Coach of the Year in 1996 and 1997. He was also named EISL Men's Coach of the Year in 1998. In his 9 seasons with the Bears, he coaches 50 All-Conference performers, 4 Honorable Mention All-Americans, and several Olympic Trial qualifiers, Olympic Trial finalists, and 2 Olympic athletes. Prior to coaching at Brown, Kredich was the assistant men's coach at Harvard from 1991-1992, was the assistant women's coach at Stanford from 1990-1991, and was a graduate assistant at Duke from 1988-1990. A standout backstroke at Duke, Kredich received a B.A. in Biology in 1988 and his M.A. in teaching in 1990. A native of Durham, NC, he and his wife Kimberley have 3 sons; Benjamin, Miles, and Coleman.

PHSSCA



It is the mission of the Pennsylvania High School Swimming Coaches Association to provide for its members and others an opportunity to learn to better themselves as coaches and thus the programs of which they are involved.

Through a venture of shared knowledge and ideas, we want to see all of our high school athletes prosper and continue with record setting and personal best performances.

This clinic is a terrific opportunity for all of us to help enhance our own individual programs, as well as Pennsylvania Swimming as a whole.

All you have to do is take 2 days from your schedule (most schools will recognize this as a worthwhile conference), attend the sessions, share thoughts and ideas, have fun and take home a wealth of knowledge that will assist you with your coaching efforts.

Take the opportunity to become a better coach!

15th

Annual

PHSSCA

Conference

May 6th and 7th, 2010

Ramada Inn &
Conference Center
1450 South Atherton Street
State College, PA 16801

