

**KEYNOTE**  
**SPEAKERS**



Gregg Parini Head Coach-Denison University

The Denison swimming & diving program has become synonymous with success at the national level and behind that success over the past 29 years has been head coach Gregg Parini. Under Parini's watch his teams have captured four national championships, 16 national runner-up finishes in addition to Denison's current streak of 58 consecutive top-10 national finishes.

A 10-time NCAA National Coach of the Year, Parini's men's swimming & diving team won its third national championship in 2016, outdistancing second-place Kenyon by 37 points.

At the conference level, Parini has coached Denison to 17 conference titles and has earned the North Coast Athletic Conference Coach of the Year award, 17 times. DU has produced over 350 All-Americans that have racked up over 2,000 All-American swims. Twenty-four Denison swimmers and divers have been awarded the prestigious NCAA Postgraduate Scholarship and in 2004, former Denison swimmer Darius Grigaliunas swam in the Olympics as a member of the Lithuanian team.

Parini also has an equally impressive career as an educator and Associate Professor at Denison.

**AGENDA**

**THURSDAY:**

- 5:30-6:30 PM PA Hall of Fame meeting**
- 6:30-7:30 PM PHSSCA Executive Board meeting**
- 7:00-10:00 PM Coaches' round table hosted by PM Roy Snyder Wilson**

**FRIDAY:**

- 8:15-8:30 AM Welcome by PHSSCA Board**
- 8:30-9:30 AM Coach Gregg Parini – Denison  
Philosophy of training and how he tapers**
- 9:40-10:40 PM Darren Suroviac- Gannon  
TBA**
- 10:50-11:50 PM Coach Gregg Parini – Denison  
How to balance coaching men and women while being  
a teacher /the differences between coaching men and  
women**

**11:50 PM-1:15 PM “WORKING LUNCH”  
provided by the PHSSCA**

**PHSSCA MEETING**

Meeting for all PHSSCA Members

- 1:20 PM-2:20 PM Coach Gregg Parini – Denison  
How to maintain success for the long hall.**
- 2:25 PM-3:25 PM Darren Suroviac-Gannon  
TBA**
- 3:25 PM Clinic wrap up**

**Clinic 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, 2017\*
- CLINIC REGISTRATION - \$75.00  
\*\*if paid after April 1, 2017\*\*
- CLINIC (staff rate) - \$40.00/each additional coach  
\*\*if postmarked by April 1, 2017\*\*
- CLINIC (staff rate) - \$65.00/each additional coach  
\*\*if paid after April 1, 2017\*\*
- 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](mailto: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](http://www.ramadasc.com)**

*Mention that you are part of the PHSSCA Clinic  
to receive the reduced room rate per night.*

**KEYNOTE  
SPEAKERS**



Darren Suroviec Head Coach-Gannon University

The Gannon University Swimming and Diving program is being revitalized in athleticism, academic prowess and culture under Suroviec as he prepares to enter his third season as lead of the program.

Suroviec had a stellar first season as the program made history by producing its first ever individual champions in the PSAC conference. In Suroviec's last two seasons, several school records have fallen, 13 NCAA "B" cut times have been recorded, and the team earned 27 All-PSAC honors.

Academically, the program is reaching new highs under Suroviec's lead. During the 2016-2017, the Golden Knights Women's and Men's team earned the 13th and 16th highest team GPA NCAA DIVISION II. Furthermore, the women's team earned 3rd highest GPA in the PSAC conference, while the men's team earned the highest GPA.

Suroviec is certified through by the American College of Sports Medicine as an Exercise Physiologist and carries a bachelor's degree with a major concentration in human performance and a minor in coaching.

**Questions should be directed to:**

President: JR Jensen [jensenj@fairviewschools.org](mailto:jensenj@fairviewschools.org)

1<sup>st</sup> Vice president: Tom Houck [houtho@wilsonsd.org](mailto:houtho@wilsonsd.org)

2<sup>nd</sup> Vice president: Tim O'Connor [ocanntim3@yahoo.com](mailto:ocanntim3@yahoo.com)

Sec./Treasurer: Bill Sterner [bsterner@embarqmail.com](mailto:bsterner@embarqmail.com)

**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 1 evening and 1 day 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!**

22<sup>nd</sup>

Annual

PHSSCA

Conference

**May 4 & 5, 2017**

**\*\*Thursday & Friday\*\***

**Ramada Inn &  
Conference Center**

**1450 South Atherton Street  
State College, PA 16801**

