

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



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



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



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



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



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



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



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

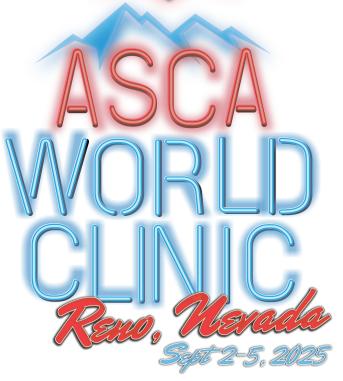


MICHAEL NORMENT Associate Head Coach, University of Georgia Coached 5x World Champion & Olympic Champion breaststroker Nic Fink



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





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!

MARCH MADNESS: REGISTER FOR ONLY \$350

Only available for the month of March 2025 No refunds or credits; 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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