

USA SWIMMING COACH DEVELOPMENT ACADEMY

COACH COMPETENCIES - DEVELOPING AND PRACTICING ESSENTIAL COACHING SKILLS

La Foret Conference and Retreat Center, Black Forest, Colorado

April 11-13, 2025

The Coach Development Academy focuses on helping coaches to become more effective teachers and communicators. Whether you're a new coach with fewer than 5 years of experience or a seasoned coach looking to take your coaching to the next level, the clinic provides immersive educational sessions and interactive connection opportunities with fellow members of the USA Swimming community.

A global coaching methodology in all sports from soccer, rugby, and cycling, to swimming and hockey, Coach Development Academies aim to equip, empower, and support coaches who wish to advance their skills in creating great experiences for their athletes. Rooted in the USOPC's Athlete Development Model, the CDA is a professional opportunity designed for active, hands-on learning across a comprehensive framework of topics, such as designing quality training sessions and harnessing athlete motivation.

The Academy is a 3-day retreat for coaches at the beautiful La Foret Conference and Retreat Center in Black Forest, CO.

What is the focus of the clinic?

Theme: Tools For Effective Coaching

The Coach Development Academy will focus on helping coaches learn skills to improve their teaching and communication capabilities. Whether you are a lead coach or an assistant coach, the clinic will feature educational facilitations that will engage and connect coaches from around the country. Join USA Swimming as we discuss some practical ways to ensure that athletes are learning the skills you are teaching. Sessions include:

- Teaching in a way children learn
- Harnessing athlete motivation
- Leading in a transformational way
- Designing quality training sessions

General Information

Location: La Foret Conference and Retreat Center, Black Forest, Colorado

Dates: April 11-13, 2025

Setting: La Foret is a beautiful retreat center tucked amid the trees in Black Forest. It has rustic charm and modern amenities. All coaches will stay in the lodge, and sessions and meals will be hosted on-site. As weather allows, coaches will be able to enjoy the natural beauty of this special setting.

What to bring: USA Swimming will provide you with a full itinerary and packing list when your registration is confirmed, but beyond that, participants must arrive with a strong desire to learn, grow, and build connections with both the facilitators and other attendees.

Cost

Cost to Attend: \$300.00

Attendees are responsible for the cost of the workshop and the cost of their flight to and from the Colorado Springs Airport. Those driving to the clinic will be responsible for any gas and tolls costs.

USA Swimming will cover the costs of all meals, lodging and ground transportation that will take you to and from the Colorado Springs Airport.

PLEASE NOTE If you fly into the Denver Airport, you will be responsible for your own transportation to get to La Foret for the clinic.

Who is invited?

All coaches who meet the following criteria are encouraged to apply:

- USA Swimming coach member in good standing;
- Coaches of all experience levels are welcome, however those with less than of 5 years coaching experience are especially encouraged to attend;
- Passion to participate in a community of other coaches;
- Comfortable participating in outdoor activities in a natural mountain setting;
- Must be 18 to attend

[Registration Link HERE](#)