



- ✓ AGE GROUP
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**CROWNE PLAZA PHILADELPHIA - KING OF PRUSSIA**  
 260 MALL BOULEVARD, KING OF PRUSSIA, PA 19406



**FEATURED SPEAKERS**



**RON AITKEN**

HEAD COACH & CEO,  
SANDPIPERS OF NEVADA



**PAUL DONOVAN**

DIRECTOR OF COMPETITIVE SWIMMING,  
JERSEY WAHOOS



**RUSSELL MARK**

ASCA PERFORMANCE &  
EDUCATION ADVISOR



**JOZSEF NAGY**

OLYMPIC COACH,  
INTERNATIONAL HALL OF FAME



**MARGO GEER**

HEAD COACH,  
UNIVERSITY OF ALABAMA



**CULLEN JONES**

OLYMPIC GOLD MEDALIST

**PRICING**

**PRIMARY COACH**  
 EARLY BIRD (UNTIL 8/15) \$190  
 REGULAR \$205

**ADDITIONAL COACHES**  
 EARLY BIRD (UNTIL 8/15) \$160  
 REGULAR \$180

**ASCA STROKE SCHOOL**  
 LEVEL 2 \$115

**ATHLETE TRACK SATURDAY & SUNDAY —**  
 EARLY BIRD (UNTIL 8/15) \$150 | REGULAR \$175

**PLANNING, WRITING AND MANAGING AGE GROUP & NOVICE WORKOUTS**  
 \$70

FOR MORE INFO GO TO [WWW.SWIMMINGCOACH.ORG/CLINICS](http://WWW.SWIMMINGCOACH.ORG/CLINICS)



**RON AITKEN**

### **HEAD COACH & CEO, SANDPIPERS OF NEVADA**

Ron Aitken is the head coach of the Sandpipers of Nevada, one of the top age group competitive swimming teams in America. He has been with the team since 1994 and has coached Olympians and USA Swimming National Team members. Aitken has nearly 30 years of coaching experience and has served as the executive director, head coach, and CEO of the Sandpipers of Nevada. Most recently his Olympians include Katie Grimes, Claire Weinstein, and Bella Sims. He was recently named to the USA Swimming World Championship coaching staff.



**PAUL DONOVAN**

### **DIRECTOR OF COMPETITIVE SWIMMING JERSEY WAHOOS**

As Director of Competitive Swimming, Paul has responsibility for leading and delivering the complete Wahoo program from lessons to the Senior National group.

Donovan's immediate background is in performance swimming, having worked as the Head Coach at the National Aquatic Centre Performance Centre for Swim Ireland for eight seasons. During that time athletes under his direct supervision represented Ireland at every level of the sport, including Shane Ryan (Rio Olympic semi-finalist), Barry Murphy (London Olympian, European Bronze medallist 2013) & countless others who broke more than 50 Irish Records during that time and won more than 100 National titles. Donovan himself lead Irish teams to international meets during this time and travelled to competitions across the world on the Junior, European and World stage. He was recently named to the USA Swimming Junior World Championship coaching staff.



**JOZSEF NAGY**

### **OLYMPIC & INTERNATIONAL HALL OF FAME COACH**

Jozsef Nagy is a Hungarian swim coach who invented the "wave action breaststroke" and developed numerous dry land exercises and swim sets that are now widely used. He has shared and explained his ideas via articles, speeches, and lectures around the world since the late 1980s. Nagy has also been inducted into the International Swimming Hall of Fame. He has coached numerous Olympians including Mike Barrowman who dominated breaststroke events for several years.



**MARGO GEER**

### **HEAD COACH, UNIVERSITY OF ALABAMA**

Margo Geer has made an immediate and powerful impact on the Alabama swimming and diving program, including leading the Crimson Tide women to their highest national finish in program history and the men to their eighth-consecutive top-15 NCAA finish in her first season as head coach. A long-time member of the USA National Team, Margo Geer joined The University of Alabama's coaching staff for the 2020-21 season and was elevated to head coach prior to the 2021-22 season.



**RUSSELL MARK**

### **PERFORMANCE & EDUCATION ADVISOR ASCA**

For over 20 years, Russell Mark has worked with the highest performers in swimming. He contributed to the historic success of the last 5 US Olympic Swim Teams through a blend of coaching, data-driven feedback, and technology integration. He has worked directly with Olympic champions like Katie Ledecky, Simone Manuel, Nathan Adrian, and Michael Phelps - and has used that experience to help the broader swimming community in best practices for swimming technique and the best culture and environment for performance.



**CULLEN JONES**

### **USA OLYMPIC COACH; SENIOR ASSISTANT GOLDEN WEST COLLEGE**

- Olympic Gold Medalist
- World Record Holder
- NC State Graduate and NCAA Champion
- Ambassador for USA Swimming Foundation

At the 2008 US Olympic Trials Jones earned a spot on the US Olympic Team by placing 3rd in the 100 freestyle. In Beijing, Cullen was a member of the winning 4x100 free relay team. Four years later he qualified for the 2012 London Olympics. Here he won another gold medal swimming on the 4x100 medley relay breaking a world record in the process. He also earned a silver medal in the 50 freestyle and another as a member of the 4x100 freestyle relay.