

2015 美國游泳教練協會官方授證國際游泳教練執照

2015 American Swimming Coaches Association (ASCA) Dive in Gear (DIG) Level 1+2 Certificate Information

一、目的：教練的基礎在於我們的運動及教練哲學。此課程將增進您的知識及教學技巧，使您成為更優秀的教練。包含了教練對於初學者的建議及泳姿訓練教材，技術上的指導及資訊提供。

二、指導單位：

三、主辦單位：臺北市立大學水上運動系 & 臺北市體育總會水上救生委員會

四、協辦單位：RUDYWOLF CO., LTD.

五、舉辦方式：

- 專題演講：邀請美國 ASCA 專業講師以及美國奧運代表隊選手，針對研討主題進行專題演講與實務教學指導。

六、報名資格：學員必須年滿 18 歲以上。

- 優先報名資格：現任全職，兼職或是志願游泳教練/老師

七、報名方式及截止日期：自即日起至 2015 年 10 月 15 日止(星期四)

- 線上報名：報名資料 (<http://www.rudywolf.com/>)

八、課程費用：美金 750 元整；Course Fee: \$ 750USD

- 一年 ASCA 國際會員
- 一年網路下載教材
- 課程材料費用

九、講習日期：2015 年 10 月 30 日、31 日及 11 月 1 日(星期五、六、日)

十、語言：英文 (上課配中文口譯)

十一、講習場地：另行公佈。

十二、講習日程表：(如附件一)

十三、講師資料：(如附件二)

十四、選手資料：(如附件三)

十五、講習主題：

- 增進教練授與教學之技能及訓練概論。
- 探討科學化訓練與各泳式教學的關聯。
- 各泳式的結構及正確姿勢分析。

十六、核發證書：完成一二級認證課程者核發認證證書。

附件(一)

課程表 Schedule

日期	時間	課程內容
10月30日 星期五	下午 01:30 - 05:30	<ul style="list-style-type: none"> ● Introduction and governing philosophies ● 介紹與執政理念 ● Relevant science to the understanding of teaching of strokes ● 探討科學化訓練與各泳式教學的關聯 ● The construction of strokes and their correction ● 各泳式的結構及正確姿勢分析 ● Starts and turns ● 開始與轉身 ● Teaching skills and methods for coaches ● 增進教練授與教學技能及訓練概論
10月31日 星期六	上午 08:00 - 12:30	<ul style="list-style-type: none"> ● Introduction and governing philosophies ● 介紹與執政理念 ● Relevant science to the understanding of teaching of strokes ● 探討科學化訓練與各泳式教學的關聯
	下午 12:30 - 01:30	休息 / 用餐
	下午 01:30 - 05:30	<ul style="list-style-type: none"> ● The construction of strokes and their correction ● 各泳式的結構及正確姿勢 ● Starts and turns ● 開始與轉身 ● Teaching skills and methods for coaches ● 爭對教練授與教學技能及概論
11月01日 星期日	上午 08:00 - 12:30	<ul style="list-style-type: none"> ● Introduction and governing philosophies ● 介紹與執政理念 ● Relevant science to the understanding of teaching of strokes ● 了解科學與各泳式教學的關聯
	下午 12:30 - 01:30	休息 / 用餐
	下午 01:30 - 04:30	<ul style="list-style-type: none"> ● The construction of strokes and their correction ● 各泳式的結構及正確姿勢分析 ● Starts and turns ● 開始與轉身 ● Teaching skills and methods for coaches ● 增進教練授與教學技能及訓練概論

講師資訊

Duffy Dillon, International Director

照片/PHOTO



Biography

EDUCATION

Master of Business Administration, Marketing, San Jose State University (CA)

Bachelor of Business Administration, Accounting, Florida Atlantic University

Bachelor of Science in Business Administration, Finance, University of Florida

- National Collegiate Athletic Association (NCAA) Academic All-America
- University of Florida President's Award

COACHING HISTORY

28 years coaching in Florida, Missouri, and California

- FLA Aquatics and Camp FLA, Florida
- Fort Lauderdale Swim Team, Florida
- Parkway Swim Club, St. Louis, Missouri
- Fresno Dolphins Swim Team, California
- Santa Clara Swim Club, California
- San Jose Aquatics, California

Coaching Honors and Team Achievements

- Olympic and Pan Am Games Head Coach, Panama, 1999-2000
- Coached 1st Pan Am Games Silver Medal winner in country's history
- 2 gold/1silver medal at South American Champs
- USA Swimming 5K Open Water National Champions, Women 2011
- Team USA Coach, Junior Pan Pacific Championships, 2010; 2 gold and 1 silver

medals

- Several team top 20 team finishes at the USA Junior and Senior National

Championships

- Over 40 High School State champions and over 100 High School All-Americans
- 5 high school valedictorians
- Multiple Sectional / Regional Championships
- Multiple LSC Championships
- USA Swimming Club Excellence Program Silver Medal Club 4 years in a row
- United States Masters Swimming National Champions Overall 2010; Women

2011

- Youngest Coach in history to achieve ASCA Level 5 Age Group certification

PROFESSIONAL ACTIVITIES

United States Swimming, Board of Directors, 2003-2007

Also served on Audit Committee, Membership Marketing Task Force, Open Water Swimming Task Force, Diving Safety Task Force, and National Board of Review Appeal Committee

Florida Gold Coast Swimming, Chairman, 2003-2007

Also served as Safety Chair, Diversity Chair, Vice Chair, Senior Chair

ATHLETIC HONORS

- Broward County Sports Hall of Fame Inductee
- Pan-American Games Bronze Medalist
- American Record Holder
- USA National Champion
- NCAA National Champion
- Thirteen-time NCAA All-American
- Pan Pacific Games Gold Medalist
- World University Games Gold and Silver Medalist

CERTIFICATIONS

- American Swimming Coaches Association (ASCA) Level 5 Certified; USA

Swimming & Age Group

- American Red Cross Lifeguarding Instructor
- National Swimming Pool Foundation (NSPF) Instructor
- Certified Pool Operator (CPO)

選手資訊

照片/PHOTO



David Walters is an all around swimmer, NCAA winner, world champion, world record-holder and Olympic gold medalist. Here are some of his career highlights; placed fifth in the 100m free and sixth in the 200m free at the 2010 CP National Championships ... set the American Record in the 100 free at the 2009 FINA World Championships, also two gold medals and set two world records in the 4x100 free-relay and 4x200 free-relay... placed second in the 100m and 200m free at 2009 Nationals... captured a gold medal at the 2008 Olympic Games by competing on the 800m free-relay (prelims)... qualified for the 2008 Olympics by placing fifth in the 200m free.