



# IHSA Information

## Adaptive Swim Clinics with GLASA beginning this week

### SWIM CLINICS

We are proud to announce that Glen O'Sullivan, US Paralympic Swim Coach and Classifier, will be holding a monthly Adaptive Swim Clinic with GLASA starting THIS WEEK! These clinics are scheduled once a month through June 2020 and are designed to critique your strokes, techniques, and starts to improve your overall performance. If you are interested in attending, please make sure to register using the link provided below. Coaches are welcome to attend the clinics.

**Register:** <https://glasa.z2systems.com/np/clients/glasa/event.jsp?event=8718&>

### UPCOMING LOCAL MEET

GLASA athletes have been invited to attend a long course meet at Stevenson High School May 30 – 31, 2020 . Swimmers need to have a current USA Swimming athlete membership to attend. If you are interested and have a current USA Swimming membership, please let me know so you will receive the registration information once it becomes available.

### FACEBOOK GROUP

We have created a Facebook group specifically for GLASA's competitive swimmers, parents, coaches, volunteers, and anyone else involved. This is a place to share ideas: stretches, dry-land workouts, in-water drills, and ask questions. But most importantly, to cheer each other on. I would encourage everyone to join this group!

**Facebook Group:** [www.facebook.com/groups/GLASACompetitiveSwimmers](http://www.facebook.com/groups/GLASACompetitiveSwimmers)

Glen O'Sullivan  
Adaptive Sports USA Swim Technical  
US Paralympic National Technical Swim Classifier  
US Paralympic National Team Swim Coach  
2016 Rio Paralympics, USA Team Coach  
Adaptive Sports USA BOD 2008-2017  
Zion-Benton THS Varsity Boys Swim Coach (Retired)  
Great Lakes Adaptive Sports Association (GLASA)  
[glenosullivan@aol.com](mailto:glenosullivan@aol.com)

Micaela Venus, CTRS  
Great Lakes Adaptive Sports Association (GLASA)  
Program Director | Volunteer Coordinator  
P: 847-283-0908 | C: 847-989-7743 | [www.glasa.org](http://www.glasa.org)



**"Let NO ONE Sit on the SIDELINES"**



# ADAPTIVE SWIM CLINICS

**THIS CLINIC IS DESIGNED TO CRITIQUE YOUR STROKES, TECHNIQUES AND STARTS TO IMPROVE YOUR OVERALL PERFORMANCE.**

For adaptive swimmers and coaches with a club or high school team and swimmers with an adaptive swim program who can swim 25M with proper technique.



PRESENTER:

**GLEN O'SULLIVAN,**  
U.S. PARALYMPIC SWIM COACH & CLASSIFIER

Stevenson High School- 1 Stevenson Drive, Lincolnshire, IL

**MARCH 15 | APRIL 19 | MAY 17 | JUNE 7**  
**9:00 - 11:00 AM**

This includes a brief 30 minute dry-land session/discussion before getting in the water.

**Register Online: <https://tinyurl.com/2020SwimClinics>**

\$5 per session, FREE to those with a current GLASA membership

Contact Micaela with any questions  
[www.glasa.org](http://www.glasa.org) | [mvenus@glasa.org](mailto:mvenus@glasa.org) | 847-283-0908