

WISCA Swim Coach Clinic

WAUKESHA NORTH HIGH SCHOOL | AUGUST 5TH



ANNIE RYDER
UW Eau Claire
Head Coach

Annie Ryder is in her ninth season as head coach for the swimming and diving team at the University of Wisconsin—Eau Claire. She has coached 17 NCAA All-Americans and 20 NCAA Qualifiers including 2 National Champions in Sam Senczyszyn in 2016 and Coillin Miller in 2019. Sam set the DIII National Record in 2016. Eau Claire won the WIAC Conference Title in 2023. For her efforts, Ryder was named WIAC Women's Coach of the Year in 2016 and 2019 and Men's Coach of the Year in 2018 and 2022.



CASSIE RODRIGUEZ
Shorewood High
School Girls and Boys
Head Coach

Cassie Rodriguez, Head Boys & Girls swim coach at Shorewood High School, has been coaching for almost 15 years with experience on many levels. She's coached collegiately (Luther College & Brown University) HS (Nicolet & Shorewood) as well as with Shorewood Swim Club (all age groups). She graduated from SHS in 2005, was a part of their 2001 & 2003 state team titles as well as an individual champion in the 100 BK in 2004 before competing at the University of Connecticut for 4 years.



AMIT KAUL
Cedarburg High
School Girls and Boys
Head Coach

Amit Kaul came back to his alma mater in 2001 to coach and teach. After four years as assistant to Steve Keller, he was handed the reins and became head coach in 2005. Amit enjoys the craft immensely, and he looks forward to the daily process of challenging student-athletes ranging from novices to All-Americans. Since 2007, Cedarburg has finished runner up seven times—4 for boys and 3 for girls—and recently broke through to win State in 2021.



JOEL COYNE
Sun Prairie East High
School Boys Coach

Joel has completed 11 years as head coach for Sun Prairie East Boys Swim Team. In 2011, Sun Prairie created its first independent swim team. Since then, Joel has helped create a positive culture and build the overall Sun Prairie swim community. Named the 2021 WISCA Coach of the Year, Joel has had many swimmers who have found success at the Division 1 State Championships, including several individual and relay champions.



SCHEDULE

9:00 am

REGISTRATION

9:30 am

ANNIE RYDER: Setting up practice in a way that builds confidence

10:30 am

ANNIE RYDER: Breaststroke—What makes you fast?

11:30 am

LUNCH & COACH PANEL:
Chat with Cassie, Joel, Amit

12:30 pm

AMIT KAUL: Journaling and Introspection

1:30 pm

CASSIE RODRIGUEZ:
Mental Health and Swimming

2:30 pm

JOEL COYNE: Culture of Speed

