

**Teach your swimmers  
the new, faster  
“Orca Start” featured in  
American Swimming and  
presented at the NCAA  
Swimming  
Championships!**

**Coaches will learn  
from Waunakee Orcas Head  
Coach Matt Wunderlin  
and will leave with the  
necessary tools to teach  
their own swimmers the  
Orca Start. Each  
participating coach is  
allowed to bring two  
swimmers to the clinic.  
There will be age group  
swimmers from the  
Waunakee Orcas  
of Wisconsin Swim Team  
available in the event  
coaches are unable to  
bring their own  
swimmers.**

Coaches will have an opportunity to:

- hear the research and support behind the ‘two foot leaner’ Orca Start and the benefits it has over a track start
- work with Master Champion Zsejke Tusa, along with age group swimmers, as they demonstrate the start
- observe Coach Wunderlin teach the start to swimmers
- teach the swimmers from their club the start
- receive feedback from Coach Wunderlin and Assistant Coach Gerry Palmer while teaching their swimmer the start
- take this information back to their club
- give input and suggestions on the starting block prototype

**Our Presenters:**



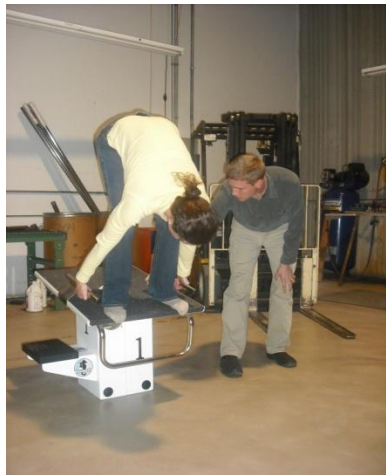
**Matt Wunderlin, WOW Head Coach**

Matt Wunderlin swam for Knox College from 1994-1998, being the men’s team captain both junior and senior year while earning a degree in biochemistry. He swam 2 years at UCLA in their Master’s Program and 1 year at the University of Illinois at Chicago where he did research in developmental biology. He is also a member of the United States Air National Guard where he won a national award in his career field and has trained Special Forces swimmers. Matt has coached former Master’s World Record holders and Olympic hopefuls. He has also taught swimming to inner city youth.

Matt has been WOW’s full-time head coach since 2006. He is Wisconsin Swimming’s Diversity Chair for the LSC and was the state’s only representative for a recent summit at the Olympic Training Center. Matt has taught numerous stroke and technique clinics and has been a speaker at Wisconsin Swimming’s “Swimposium”. He is a member of ASCA and was recently published in **American Swimming**, a professional swim coach’s publication. His article, entitled “How We Found a Faster Start” has sparked the national swimming community’s interest. It has led to his involvement in the development of a starting block prototype for the 2012 Olympics and a speaking engagement at the 2010 NCAA Division 1 Swim Championships.

**Gerry Palmer, Assistant Coach**

Gerry has been coaching swimming for over 40 years, the last 3 years with WOW. He coached Waunakee High School Boys swimming for 7 successful seasons (1988-1996). As coach of the Warrior Men, he took the team to second in the Badger conference with only 1 loss the entire season. This stands as the best conference season in Warrior history. Gerry's final year as Warrior Coach was capped with the first ever state qualifiers from Waunakee. He coached Craig Laufenberg in High School and at the 1996 Paralympics in Atlanta, where he earned a bronze medal for the USA in the 50 meter backstroke. Gerry is a high school swimming official and has worked with Coach Wunderlin on perfecting and testing the start.



**Zsejke Tusa, World Masters Champion**

Zsejke took second place in the 100 butterfly, 50 butterfly, 50 backstroke and 100 backstroke at the 2009 Long Course National Championships. She has been an All-American Masters swimmer since 2004 and was the 2004 FINA World Masters Champion in the 100 butterfly at Riccione, Italy. In that same year she was part of the record setting 200 meter freestyle relay. She holds 10 Illinois state records and has won the Illinois Masters State meet high point award 6 of the last 7 years. In May of 2004, she was recognized as the Cliff Bar Athlete of the Month. As team captain, Zsejke helped lead the Drury women's swim team to the NCAA Division II Championship for 4 years and was named All-American in the 1998-1999 season.

**Registration Deadline July 10, 2010**

Swimmer or Coach's Name: \_\_\_\_\_

Team: \_\_\_\_\_

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Fee is \$5.00 per person. We look forward to your input on the presentation of this clinic and the starting block as we plan for future clinics.

**Waiver for minors to be signed by parent or guardian:**

\_\_\_\_\_ has my  
Participant Name

permission to participate in the WOW Orca Start clinic on August 14<sup>th</sup>, 2010. By signing below I acknowledge the risks involved in swimming and agree to hold harmless the Waunakee Orcas of Wisconsin Swim Team and the Waunakee Aquatics Center in any instance of injury.

Parent or guardian Signature:

\_\_\_\_\_  
Parent or guardian name (please print):

Date: \_\_\_\_\_

Light snacks and refreshments will be served. Space is limited to 16 coaches.

Please send registration, waiver and payment to: **WOW**  
**911 Turnberry Dr.**  
**Waunakee, WI 53597**

For more information contact Matt Wunderlin: [wunderlins@tds.net](mailto:wunderlins@tds.net)  
[www.waunakeeorcas.org](http://www.waunakeeorcas.org)

# The Orca Start Clinic

Lead by  
Coach Matt Wunderlin

August 14, 2010  
10am-2pm

Waunakee High School  
Aquatic Center  
301 Community Dr.  
Waunakee, WI

Hosted by:

