

National Champion Coach Dr. Sam Freas Conducts Swim Clinic for USRP Racers:
“MAKE SURE YOU ARE HAVING FUN!”

Dr. Sam Freas led a two-day clinic on July 15 and 18 for the USRP Racers and other area swimmers. Coach Freas is currently the head coach (and founding coach) for the Oklahoma Baptist University men’s and women’s swim teams. His teams won the NAIA national championship three years in a row and have now moved into NCAA Division II. Previously, Coach Freas took LSU from last to first in the SEC over a period of three years. Similar results at the University of Hawaii and University of Arkansas resulted in his being named Coach of the Year in three different conferences.

Dr. Freas has served as head coach for the U.S. team at the World University Games and as a coach for the South African Olympic Team. He has coached world champions, an Olympic Gold Medalist, and many All-Americans. But more importantly, his heart is there for all swimmers. He has taken so many swimmers and helped them exceed their individual goals. This is spot-on with the USRP Racers mission and was reflected throughout the entire two-session clinic.

Coach Freas guiding principal is “Make sure you are having FUN!” He explained the purpose of each drill and corrected and encouraged the swimmers as they swam. Achieving proper body position and eliminating drag are important goals. Other points presented included:

- Basics and the small things
- High fast flutter kicks
- Agility drills
- Proper technique for all strokes
- Effective starts
- High performance breast and fly turns
- Motivation

After the first day, swimmers said, “This was great. We learned so much and can’t wait for the second part.” Coach Rob added, “We are so fortunate to have a coach of Dr. Freas’ stature teaching and mentoring our swimmers.”