

## COMPETITIVE SWIMMING TECHNIQUE & SPEED CLINIC

for those who wish to improve strokes, starts, turns, and speed

**Offered by:** Coaches Sandy White and Ted Lupien

**In partnership with:** Home School Waves Swim Team and Canal Aquatics\*

### **Summer Clinic: June 9 - July 16**

Mondays & Thursdays

7-8pm for all ages

**Who:** ages 6 – Adult. You must be able to swim front crawlstroke (freestyle) and be comfortable in deep water. Masters Swimmers & Senior Olympians are welcome.

**Where:** Greater Newark Boys & Girls Club - Rt. 40 in Bear

**Emphasis:** improving strokes, starts, turns, finishes, and speed

**Fees:** \$8 per swimmer per practice + GNBGC Membership & nbsp;

**Summer Clinic: 6 weeks for \$96 – due in full by June 1**

**Boys & Girls Club Membership: \$15 (annually)**

We must have a minimum of 10 swimmers for each session.

### **How to Register:**

1. e-mail Coach Sandy at [sandyw1994@aol.com](mailto:sandyw1994@aol.com) with your name, age, and which clinic
2. checks or money orders should be made payable to Sandy White.
3. join the Boys & Girls Club on or before 1<sup>st</sup> day

**For More Info:** call (302) 836-5784 or e-mail [sandyw1994@aol.com](mailto:sandyw1994@aol.com).

Note: the summer evening clinic could possibly turn into a summer evening team in 2010 if enough interest.

*\*Canal Aquatics20is a non-profit, community service organization that has been established for the purpose of developing a fully accessible, multi-pool, indoor regional aquatic center in southern NCC.*

*Coaches' Info.*

*Sandy has 35+ years of swim teaching and coaching experience from summer through international levels. He's also a former competitive swimmer.*

*Ted is a former college swim champion and has coached summer through college levels.*