



Presents

## 2011 Winter Stroke Clinic

### About the Clinic:

Empire Swim Clinics are an excellent opportunity to spend focused, quality time on technique, development and refinement in a setting with a low coach to swimmer ratio. Our next clinic will run for four consecutive days beginning Tuesday, December 27<sup>th</sup> and ending on Friday, December 30<sup>th</sup>. This clinic is open to **ANY** swimmers and will be conducted at The Hackley School in Tarrytown, NY. Each day of the clinic will be spent on specific stroke technique focusing on:

- **Body Position and Balance** - proper streamline, catch, head positioning, etc. for all four competitive strokes
- **Drills and Skills** - various drills to improve technique and make strokes more efficient
- **Power and Speed** - when to apply effort and at what part of the stroke to ensure the effectiveness of each stroke

The clinic will be led by head coach Ilan Noach and members of the Empire swimming staff.

### Clinic Dates:

December 27th	12:30 - 2:00 pm	Backstroke Technique & Turns
December 28th	12:30 - 2:00 pm	Breaststroke Technique & Turns
December 29th	12:30 - 2:00 pm	Butterfly Technique & Turns
December 30th	12:30 - 2:00 pm	Freestyle Technique & Turns

### Cost:

\$50 per day  
\$160 for full series

### Registration:

*Space is limited* and placement in the clinic will be offered on a **first come, first serve basis**.

To register, please e-mail the following information to [swimschool@empireswimming.com](mailto:swimschool@empireswimming.com) :

Swimmers Name(s), Age & Date of Birth, Parents Name(s), Address, Phone, and email.

**Payment is due at the time of registration and necessary to secure a spot in the clinic.** Please make checks payable to "Empire" and mail to the address below.

