



Presents

## Winter 2009 Stroke & Turn Clinic

### About the Clinic:

The clinic will run for four consecutive days beginning Monday, December 28<sup>th</sup> and ending on Thursday, December 31<sup>st</sup>. The clinic is open to **ANY** swimmers and will be conducted at The Hackley School in Tarrytown, NY. The clinic is an excellent opportunity to spend focused, quality time on technique acquisition, development and refinement in a setting with a low coach to swimmer ratio. Each day will be spent on one or more of the four competitive strokes, and time will be given to both open turns and flip turns, as well.

- **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 28-31

Time: 1:00 to 2:30pm

Cost: \$160

### 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), Parents Name(s), Address, Phone, Age**

Payment is due at the time of registration – either by mailing payment to the address below or delivering payment to an Empire coach.

***Receipt of payment is necessary to secure a spot in the clinic.***

**Cash or check payable to “Empire Swimming” are both acceptable forms of payment.**

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