

Coach Tim's Start & Turn Clinic

for ages 11 & older

October 24, 2009

Flat starts, back starts, track starts & relay exchanges
will be developed & fine-tuned the first hour.

The second hour skills for standard flip turns, open turns and touch flips will be honed.

cost: \$20 per swimmer

day: October 24, 2009

time: 2 hours, from 9:00am - 11:00am

place: Waterville Boys & Girls Club & YMCA

who: 11 & older swimmers who wish to improve their start and turn form and timing.

sign-ups: a minimum enrollment of 10 swimmers will be required to run this clinic. No more than 24 swimmers will be accepted. *So sign up today.*

registration: **to register, email Tess your firm commitment to attend the clinic, bring a check made payable to Mid-Maine Dolphins the morning of the clinic.** (TessMMFM@myfairpoint.net)

**No one without a check will be permitted to participate in the clinic.
Please make sure if you reserve a spot, that you show up & bring payment.**

***Races are won and lost off the block
and in and out of turns,
come improve your skill set.***