

# **Coach Tim's Start & Turn Clinic**

## **for ages 11 & older**

**September 26, 2009**

Flat 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:** September 26, 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](mailto: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.***