

Stroke Development and Improvement Clinic for Swimmers and Triathletes



**U.S. MASTERS
SWIMMING**

STROKE DEVELOPMENT AND IMPROVEMENT CLINIC FOR SWIMMERS OF ALL ABILITIES

DATE

LOCATION

Who should attend?

Anyone who wants to improve technique and learn drills that will enable you to continue to refine your stroke. All four strokes will be evaluated and corrected with the use of drills and coach instruction. Swimmers are not required to swim all strokes and may work on only those strokes they choose.

Equipment: Please bring your suit, goggles, fins, paddles and a towel. **Fins are necessary because without them many of the drills may be difficult.** Fins help create buoyancy and mild propulsion.

REGISTRATION AND INFORMATION

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