

2011 Five Points Washington Competitive Stroke Clinic

May 2nd-26th, 2011



The Five Points stroke clinic will focus on the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly) and include discussion about proper technique, drills, and competitive games. In addition to stroke instruction, proper technique for turns, kicking, starts, and relay transitions will be also be covered. Light conditioning sets to improve cardiovascular strength and endurance will be included.

To participate in the clinic, swimmers must be able to complete one lap of the pool (25 yards) freestyle, without stopping.

Clinic Coach: Shane (Lefty) Morrison

<u>Five Points members:</u> one swimmer-	\$50
Additional swimmers:	\$40
<u>Prospective members:</u> one swimmer-	\$60
Additional swimmers:	\$50

Dates:	May 2-26
Days:	Monday and Wednesday or Tuesday and Thursday
Group 1:	10 & Under, Monday and Wednesday 5:00-5:45 p.m.
Group 2:	11 & Up, Monday and Wednesday 5:45-6:30 p.m.
Group 3:	10 & Under, Tuesday and Thursday 5:00-5:45 p.m.
Group 4:	11 & Up, Tuesday and Thursday 5:45-6:30 p.m.

Registration Deadline is Friday, April 29

**No make-ups are available. Therefore, no refunds are available for missed classes.
Participants must attend the session that they are signed up for.**