

DON'T MISS THIS OPPORTUNITY!

STROKE, STARTS AND TURNS

S W I M C L I N I C

LOCATION:

CORAL SPRINGS
AQUATIC
COMPLEX
*12441 Royal Palm
Blvd, Coral Springs, FL
33065*

DATES:

Saturday Nov 14th: 12-2:30pm (Open to all ages)

Sunday Nov 15th: 9-11:30am (Age 12 & under) and 12-2:30pm (Age 12 & over)

12 swimmers max/session

More sessions to come!!!

ELIGIBILITY:

- Current USA Swimming membership
- Complete release waiver for the City of Coral Springs.

COST:

\$65

Payable at the Front Desk of the Coral Springs Aquatic Complex

LEARN, IMPROVE, PERFORM!

CLINIC OUTLINE:

- Swimmers will arrive and warm up briefly (500 meters) and begin the video session.
- Next, videos will be taken simultaneously from above and below the surface of the water. The underwater High-Resolution video **REQUIRES USB FLASH DRIVE**, you must bring one if you want your videos downloaded. Swimmers will select 2 aspects of their stroke they would like to video and work on from start, turn, or stroke technique.

ic; the start and the turn.

ic; the start and the profile of one particular stroke.

ic; the profile of 2 different strokes

- Once all 12 swimmers have completed the video portion of the clinic, we will then proceed to the wood room to watch and download your underwater video to the flash drive you have provided.
- We will watch your video on the LCD projector screen, while you receive feedback from both Arlene and David. You will want to bring a notebook to note the feedback you are being given.

-The above water videos will be emailed to you at an email address that you designate on your sign-in attendance sheet.

- Once all 12 swimmers have received feedback, we will have a Nutrition Talk. We will take advantage of Arlene's knowledge and experience both as a 3-time Olympian and as a Registered Dietitian with a Master's Degree in Food and Nutrition.



Arlene Semeco

3-time Venezuelan Olympic swimmer, 2-time Pan American Gold medalist, Master's Degree in Dietetics and Nutrition and Registered Dietitian!

David Cowmeadow

CSSC Senior Coach, 2004 Sun Sentinel High School Swim Coach of the Year, coached FHSAA State Champion, multiple Junior Olympic Champions, and co-coached the 2012 Age Group National Champion 200 meter medley relay. ASCA Level III Certified, and 15 years of coaching experience!

FOR MORE INFORMATION CONTACT THE FRONT DESK OR EMAIL COACH COWMEADOW AT COACHCOWMEADOW@LIVE.COM