

SEPTEMBER 14TH, 2024

FREESTYLE STROKE CLINIC

@ OTTAWA HILLS HIGH SCHOOL

CLINIC DATE

Sept. 14th, 2024

SESSION TIMES

Age Group (13 & Over): 10:00 a.m. - Noon

Senior (12 & Under): 2:30 - 2:30 p.m.

WHAT TO BRING?

Competitive Suit, Cap, & Goggles

ELIGIBILITY

Open to **ALL** Seasonal & Year-Round Competitive Swimmers (*must be able to swim at Red Cross Level 5 or Equivalent*).



LOCATION

Ottawa Hills High School
2055 Rosewood Ave. SE
Grand Rapids, MI 49506
(Door R - By the Soccer Field)

REGISTRATION

Registration may be done **EITHER** in person or online at:
www.graquatics.org/stroke-clinics.

COST

\$25 Per Athlete

CLINIC FOCUS

The Grand Rapids Aquatics Coaching Staff aims to help all athletes to improve the technical aspects of their forward dive and to get off the blocks faster and further ahead.

FORMAT

Each Clinic Session will be divided into two 60-Minute Segments:

ADDITIONAL CLINIC DATES

Oct. 26th (Ottawa Hills)
Breaststroke Clinic

(More Clinics coming this Fall...)

- The first hour will consist of detailed video breakdowns of the proper mechanics for the freestyle and a step-by-step analysis of several key drills.
- In the second hour, athletes will advance through the corresponding drill progression and get the chance to use video analysis to improve their form.

