

OCTOBER 26TH, 2024

BREASTSTROKE CLINIC

@ OTTAWA HILLS HIGH SCHOOL



CLINIC DATE

Sept. 26th, 2024

SESSION TIMES

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

Senior (12 & Under): 12:30 - 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*).

ADDITIONAL CLINIC DATES

SPRING 2025 (Ottawa Hills)

Butterfly Stroke Clinic

Backstroke Clinic

Backstroke Turns Clinic

I.M./Crossover Turns Clinic

REGISTRATION

Registration may be done **EITHER** in person or online at:

www.graquatics.org/stroke-clinics.

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:

- The first hour will consist of detailed video breakdowns of the proper mechanics for the freestyle and a step-by-step analysis of several breaststroke 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.

LOCATION

Ottawa Hills High School

2055 Rosewood Ave. SE

Grand Rapids, MI 49506

(Door R - By the Soccer Field)

COST

\$25 Per Athlete

