

MAY 9TH, 2026

# FREESTYLE STARTS CLINIC

@ OTTAWA HILLS HIGH SCHOOL



## CLINIC DATE

May 9th, 2026

## SESSION TIMES

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

## LOCATION

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

## REGISTRATION

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

## CLINIC FOCUS

The Grand Rapids Aquatics Coaching Staff aims to help all athletes to improve the technical aspects of freestyle dive start and how to get off the blocks faster.

## COST

**\$20** Per Athlete

## 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 dive start 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.

## ADDITIONAL CLINIC DATES

(More Clinics coming this Fall...)

