

SWIMLAND SWIM CLUB

IS CONDUCTING A HOLIDAY PROGRAM STROKE CLINIC
FOR ALL SQUAD LEVELS

ROWVILLE

DATE: SEPTEMBER 21-25

TIME: 6:00PM - 8:00PM

OR

NARRE WARREN

DATE: SEPTEMBER 21-25

TIME: 6:45 - 8:45AM

Cost: SSC Members \$60

Non SSC Members \$100

Register for the Swimland Swim Club Stroke Clinic, where you can spend 2 hours each day working with Swimland Swim Club Top Coaches providing concentrated stroke and skill sessions outlined by Swimland's Head Coach Peter Howes.

Tell your parents to book you in quickly because places (30 swimmers max) will go fast... just like your swimming!

For more information please see your squad coach.

OR

BENDIGO

DATE: SEPTEMBER 21-25

TIME: 5:30PM - 7:30PM



Paul Sadler Swimland Est. 1972

BOOK NOW:

ROWVILLE		9764 5759		PARATEA DRV
NARRE WARREN		8790 5540		101 SEEBECK DRV
BENDIGO		5443 2164		12 VINE STREET

SSC Holiday Program Sessions Overview

Day 1 - Freestyle

- Warm Up Review and Introduction
- Streamline Pushoffs Progression/Review
- Steps To Success Progression/Review
- Stroke Work - Key Focus Points
- Practice and Individual Review
- Turnwork
- Practice and Review

Day 2 - Backstroke

- Warm Up Review FR and Introduction BK
- Streamline Pushoffs Progression/Review
- Steps To Success Progression/Review
- Stroke Work - Key Focus Points
- Practice and Individual Review
- Turnwork
- Practice and Review

Day 3 - Breaststroke

- Warm Up Review BK and Introduction BR
- Streamline Pushoffs Progression/Review
- Steps To Success Progression/Review
- Stroke Work - Key Focus Points
- Practice and Individual Review
- Turnwork
- Practice and Review

Day 4 - Butterfly

- Warm Up Review BR and Introduction FLY
- Streamline Pushoffs Progression/Review
- Steps To Success Progression/Review
- Stroke Work - Key Focus Points
- Practice and Individual Review
- Turnwork
- Practice and Review

Day 5 - All Strokes Review Starts & Turns

- Warm Up Review of all Strokes
- Individual Technical Feedback for Each Stroke
- Starts Instruction
- Turns Review
- Time Permitting Time Trial (Ability Specific)

Coaches may be in the water for demonstration and feedback for athletes

(Stroke days may be altered depending on the participants and coaches)



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