

# Pure Technique Competitive Swimming Clinic

**Session I: June 16-20    Session II: June 23-27    Session III: July 7-11**

**9:00 am—3:00 pm                      Case Western Reserve University Natatorium**

- This is a competitive swimming clinic run by Chris Conlon, head coach at Case Western Reserve University, his coaching staff, and top Case swimmers.
- Each swimmer will receive training and instruction in all 4 competitive strokes, as well as IM. Participants will receive a DVD of themselves swimming each stroke, a stroke analysis checklist, and personalized technique suggestions.
- Swimmers must be able to swim in **ALL DEEP WATER**.
- Participants must bring their own lunch and drinks. Cold storage will be provided.
- Upon receipt of registration information, a follow-up email will be sent to the parents with important information concerning drop-off and pick up procedures.

**Sample Training Day:**

<b>9:00</b>	Flexibility, strengthening, and introduction to stroke of the day
<b>9:30—11:00</b>	Swim Training & technique work
<b>11:00—12:30</b>	Lunch & some dry fun
<b>12:30—3:00</b>	Video Analysis—Stroke of the Day Swim Training & video taping of athletes

**Mail To:**

Chris Conlon, Veale Athletic Center, 10900 Euclid Ave, Cleveland, OH, 44106  
Please call 216-224-9471 with any questions.

	Session I: June 16-20	\$225	Make check Payable to: <b><u>Chris Conlon</u></b>
	Session II: June 23-27		
	Session III: July 7-11		

**Team Special: If 5 or more swimmers register from your team, each pays only \$200!!**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Parent's Email Address: \_\_\_\_\_

Phone #s: \_\_\_\_\_

Emergency Contact (Name & Number): \_\_\_\_\_

Team: \_\_\_\_\_ Best Event: \_\_\_\_\_ Time: \_\_\_\_\_

What you want most from the clinic: \_\_\_\_\_

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