



# Swim like a Dolphin Summer Stroke Clinic

Coaches Lindsey Meier and Rick Balcam are offering a summer stroke clinic from June 23-26. Each day, the coaches will work on a certain stroke with the swimmers by watching video, seeing demonstrations, and doing different drills to work on body position, hand entry, and catch under the water. Each swimmer will be taped and have their stroke analyzed. In addition to stroke work, swimmers will receive a Swim like a Dolphin souvenir t-shirt, water bottle, cap, and chapstick key chain.

To ensure one-on-one support from the coaches, this clinic is limited to 12 swimmers per session.

Where: Hawken Upper School (Gates Mills, OH)

When: June 23-26

Session 1- 9 and under- 9:00-11:00

Session 2- 10 and over- 11:30-1:30

Cost: \$160 for the week

For questions, please call Rick at 440-346-0982 or e-mail Lindsey at [Lindsmeier@hotmail.com](mailto:Lindsmeier@hotmail.com).

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Please complete and return to:

Lindsey Meier  
5284 Bridgewater Drive  
Lyndhurst, OH 44124

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

Address \_\_\_\_\_  
\_\_\_\_\_

Parent's name \_\_\_\_\_ E-mail \_\_\_\_\_

Phone number \_\_\_\_\_

*Check or cash payable the first day of camp.*