

Competitive Readiness Clinic - BERKELEY AQUATIC CLUB

Competitive Readiness Clinic - Monday February 20th - 9:00am – 10:00am

\$25 per student – Advance Beginner 2 / Intermediates / Young Adults

Instruction will include:

- An introduction to the USA Swimming Competitive Racing Dive Progression
- An introduction to stroke transitions for breaststroke and butterfly
- Stroke drills and general stroke mechanics for breaststroke and butterfly

Introduction to the Dive Progression Clinic - Monday February 20th - 9:00am – 9:30am

\$12.50 per student per session - Young Adults / Intermediates / Adv. Beginner 1 & 2

- An introduction to the USA Swimming Competitive Racing Dive Progression

Instructors: Tristan Formon - BAC Head Age Group Coach & Kevin Petto - BAC Assistant Age Group Coach / Berkeley Swim School Instructor

Presently enrolled Berkeley Swim School Young Adult A / Intermediate / Advanced Beginner 1 & 2 students are eligible to sign up for the clinics. **Swimmers MUST be enrolled in the Berkeley Swim School 2012 Spring I Session.** Athletes are asked to be on deck, changed ready to swim 15 minutes early. There will be limited space – payment must be received to secure a place in the clinic.

Please forward the following information to tr1stan@juno.com and **specify for which session you would like to sign up.**

Athlete's Full Name - Class Level / Day / Time for the 2012 Spring I Berkeley Swim School session (s) - Phone Number and Email Address

Once confirmed, a check for made payable to Berkeley Aquatic Club should be placed in Tristan Formon's mailbox at BAC to secure a place in the clinic. (Second from the left on the top row at BAC) Additional clinics will be offered throughout the year each focusing upon different areas of competitive swimming. The goal of this series of clinics is to build upon the instruction provided through the Berkeley Swim School and better prepare athletes within the Berkeley Swim School to successfully transition to the Berkeley Aquatic Club Swim Team when there is room and the athletes are ready.