

# **GET READY FOR THE 2008 SWIM TEAM SEASON**

APRIL STROKE CLINIC GIVEN BY HARRIET PLUMMER  
AND HPAS STAFF

Each session is 30 minutes with a maximum of 10 students per group. Each session has 2-3 coaches on the deck and in the water.

The stroke clinic is designed for swimmers 5 - 12 years of age.

This instructional clinic is to technically improve the 4 competitive strokes, starts, and turns. This clinic is not lap swimming. Specific stroke drills will be used to correct head and body position, kick, stroke, and breathing. Individual attention will be given to each student.

## **COACHES:**

The clinic will be given by Harriet Plummer. Assisting Harriet Plummer will be Christian Rasmussen, head coach of Rancho San Miguel and staff member at HPAS. Also assisting will be Kristian Burns, staff member at HPAS.

## **PREREQUISIT FOR EACH GROUP:**

Group I (8 - 12 years) - Knowledge of all 4 competitive strokes, starts, and turns.

Group II (6 - 8) - Knowledge of all 4 competitive strokes swimming 25 yards. Students will be introduced to freestyle and backstroke flip turns.

Group III (7 and under) - One summer of swim team experience is preferred. All students **MUST** be able to swim safely 25 yards with knowledge of freestyle and 40 feet on their back.

**REGISTRATION:**

By phone or mail. Payment is due at the time of registration. Confirmation of group and time as well as directions and liability form will be mailed to those students attending the clinic 2 weeks prior to the start.

**WHERE:** Rancho San Miguel Swim Club, Walnut Creek

**WHEN:** Sunday, April 13

Saturday and Sunday, April 19, 20, 26, and 27.

**Time:** Group I: 8 years and up, 11:00 to 11:30

Group II: 6-8 years, 11:30 to 12:00 and 12:00 to 12:30

Group III: 7 and under, 12:30 to 1:00

**COST:** \$200.00 by check or Visa/MC

**QUESTIONS:** 925-943-7331

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**FORM BELOW**

**2008 Spring Stroke clinic mail in form.**

**Students Name** \_\_\_\_\_

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

**Phone #:** \_\_\_\_\_

**Please circle group and time:**

**Group I: 11:00 to 11:30**

**Group II: 11:30 to 12:00**

**12:00 to 12:30**

**Group III: 12:30 to 1:00**

**Payment option:** I have enclosed a check made payable to  
Harriet Plummer Aquatic School or I will be paying by Visa/MC.

**Credit card #** \_\_\_\_\_

**Expiration date** \_\_\_\_\_

**Please mail to: Harriet Plummer Aquatic School**  
**1150 Nogales Street**  
**Lafayette, Calif. 94549**

**Phone: 925-943-7331**