

Pre-Season Summer League Stroke Clinic



Get ready for Summer League with this stroke clinic by McCallie/GPS Aquatics! Whether it's for the Chattanooga Area Swim League (CASL), the fun league, or simply to refine stroke, you are sure to be ready for the summer!

Ages

6-15 years old

- Swimmers should be able to swim 25 yards of Freestyle without stopping.
- Swimmers will be doing 25 & 50 yard swims, working on stroke technique.
- Swim lessons will be available at the same time.

Session

April 24-May 25, 2017

Time

5:00-6:00pm

Days

Monday, Tuesday & Thursday

Cost

\$100 for the first swimmer, \$80 for each additional sibling

Where

The McCallie School Sports & Activities Center
500 Dodds Avenue | Chattanooga, TN 37404

Staff

Stan Corcoran	<i>McCallie School, McC/GPS Aquatics Coach & Country Club Coach</i>
Caroline Bentley	<i>McC/GPS Aquatics Coach & Fairyland Coach</i>
Skip Brannen	<i>McC/GPS Aquatics Coach & Country Club Coach</i>
Betsy Bookout	<i>McC/GPS Aquatics Coach & Fairyland Coach</i>
Jackson Barker	<i>McCallie Middle School Asst. Coach & Catoosa Coach</i>

Format

Day 1 - Freestyle & Backstroke Stroke Drills
Day 2 - Breaststroke & Butterfly Stroke Drills
Day 3 - Starts & Turns

We will mix up the days each week, so if someone cannot attend on Tuesdays for instance, they will not miss the same stroke all session.

Fun Meet

The last day of each session will be a Fun Meet. This gives swimmers a chance to set goals for the summer, and gives parents a chance to see their kids in action.

ALL SWIMMERS MUST PRE-REGISTER FOR THE CLINIC.

For more information and to register, call **423-493-5536** or email **corcoran@mccallie.org**

www.mccgpsaquatics.com