

# Elite Swim Clinic

Hosted by: Will Roberts



**Learn** from the **best** swimmers in the country about racing, technique, training, and much more!  
Get to know the **secrets** to developing fast starts, and efficient turns in all four strokes  
Engage in **new** and **innovative** ways only the elite are using

## **Highlights include:**

Video Analysis

Opportunity to use the most innovative training methods with experienced athletes

Detailed review packet from counselors

## **When:**

July 11th from 7:30 am -1030 am (Freestyle and Backstroke Focus)

July 18th from 7:30 am -1030 am (Butterfly and Breaststroke Focus)

July 25th 7:30 am -1030 am (Training, Competing, and Racing Focus)

Join us for one, two, or all three weekends!

## **Where:**

Ulmstead Pool (674 White Swan Dr, Arnold, MD 21012)

## **Who should join:**

Anyone interested in improving their swimming capabilities, who will be dedicated for the entirety of the session. Ideally year round swimmers with a solid training background.

## **Tentative itinerary:**

6:45 Registration begins

7:30 Introduction

8:00-9:30 First three circuits

9:30-10 Technical analysis & guest speaker

10-10:30 Racing and recap

## **Counselors will include:**

Maryland Swimming State Record Holders, NCAA All American, Olympic Trials Participant, and NCAA Division 1 Swimmers

**To register, email [eliteswimclinic2021@gmail.com](mailto:eliteswimclinic2021@gmail.com) with the following information sheet completed**

**We encourage those interested to sign up early as this clinic is limited to first 50 athletes**

**Pricing:** Elite Swim Clinic Price per weekend: \$100 3 Clinic Bundle: \$275

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

Age: \_\_\_\_\_ Current Swim Team: \_\_\_\_\_

Best event & time: \_\_\_\_\_

Best event 2 & time: \_\_\_\_\_

Best event 3 & time: \_\_\_\_\_

What do you want to improve most at the elite clinic?

\_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Emergency Contact Email: \_\_\_\_\_

Payment Method (Mark one of the following): Cash \_\_\_\_\_ Check \_\_\_\_\_ Venmo \_\_\_\_\_

Please make all checks payable to Will Roberts or Venmo will\_roberts10. You will receive a confirmation email when payment is received.

What to bring: Dryland clothes, swim gear with kickboard & fins, snack, and water bottle.

Please contact 443-699-5094 with any questions or email eliteswimclinic2021@gmail.com

We look forward to meeting you at camp!