

# STROKE



# CLINIC

Get your swimmer ready for the 2019 summer league season with this stroke clinic by McCallie/GPS Aquatics. Whether it's for the Chattanooga Area Swim League (CASL), the Chattanooga Fun League (CFSL), or simply to refine strokes, you will be ready for the summer, no matter what!

## 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.*

## SESSION

**APRIL 22 - MAY 23, 2019**

## TIME

**4:30 - 5:30PM**

## DAYS

**MONDAY, TUESDAY & THURSDAY**

## COST

**\$110** for the first swimmer, **\$90** for each additional swimmer  
*Each swimmer will receive a t-shirt with registration*

## WHERE

**GIRLS PREPARATORY SCHOOL (GPS) | 205 Island Avenue, Chattanooga, TN 37405**

## STAFF

<b>Kendall Jacobs</b>	McC/GPS Blue Group, GPS Middle School & High School
<b>Chelsey Provenza</b>	McC/GPS Gray Group
<b>Trevor Robbins</b>	McC/GPS Gray Group
<b>Betsy Bookout</b>	McC/GPS Gray Group, Fairyland Club
<b>Katie Elverd</b>	McCallie High School, Country Club

## 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 a swimmer cannot attend on Tuesdays, for example, he/she will not miss the same stroke all session.*

## FUN MEET

The last day of the session will be a **mock meet**. The swimmers will be able to set goals for the session and see if they achieved them. Also, the parents get a chance to see their kids in action. Each swimmer will receive a certificate of their times to better help their summer league coach.

**ALL SWIMMERS MUST PRE-REGISTER FOR THE CLINIC, LIMITED SPACE AVAILABLE**

For more information and to register, e-mail **Kendall Jacobs** at [kjacobs@gps.edu](mailto:kjacobs@gps.edu)