

2009 CROW CANYON SPRING STROKE CLINICS

Hello Again! Summer is just around the corner and we are proud to announce that CCCC is offering a series of 8 preseason stroke improvement clinics for all of its swimmers and friends. These clinics will be focusing on stroke technique improvement and performance enhancement through various drills and repetition. We will be working on specified strokes each session and will be grouping swimmers according to age and ability level. Head Coach Jake Schroeder will run the clinics with help from coaches Dan Cottam, Ethan Hall, and Rachel Ridgeway.



When: Every Sunday beginning March 1st (8-under: 12:30-1:00pm)
Where: Crow Canyon C.C. pool (9-ups: 1:00-1:30pm)

Cost: \$170-All 8 sessions (members)
\$220-All 8 sessions (nonmembers)
\$30- per individual session (members)
\$40-per individual session (nonmembers)

Please bring this form to registration for sign-up!

Please check all sessions you plan to attend:

Name: _____

Age: _____

Phone: _____

Amount Due: _____

March 1 *Freestyle*

March 29 *Freestyle*

March 8 *Backstroke*

April 5 *Breaststroke*

March 15 *Breaststroke*

April 19 *Backstroke*

March 22 *Butterfly*

April 26 *Butterfly*