

# Summer League “Kick Start” Clinic



For Summer League swimmers age 9-14 wanting to kick start their season



**Rice Aquatic Swimming Club (RICE)** is affiliated with Gulf swimming and USA swimming, the local and national governing bodies of competitive swimming. We strive to provide all participants with professional guidance while emphasizing: individual and team growth, good sportsmanship, and a healthy lifestyle. It is our goal to encourage and nurture a lifelong appreciation for the sport of swimming. We provide a foundation of proper technique and fundamental training in a fun, positive atmosphere under the supervision of a professionally trained coaching staff.

This will be the first year of the **RICE** “Kick Start” Clinic. The clinic is designed to help “Kick Start” the summer league swimmer in a positive direction for their swim season. The focus of the clinic will be on proper technique and stroke development while learning in a fun atmosphere with **RICE**’s USA and ASCA (American Swimming Association) certified coaches. We will utilize years of training and experience to give all clinic attendees the “Kick Start” they need for their summer swim season. This clinic is for swimmers 9 - 14 years of age who can swim an efficient Freestyle and Backstroke and have working knowledge of Butterfly or Breaststroke.

Cost: \$100 per swimmer

Dates: April 13th -15th, 20th - 22nd, and 27th - 29th.

Location: The Gibbs Recreation Center’s new 50m outdoor pool.

Clinic Time: 6:30 pm. - 7:30 pm.

**Location**  
RICE University Pool @  
6100 Main Street  
Houston, Tx 77005-1827

**Dates and Time**  
April 13, 14, 15, 20, 21, 22,  
27, 28 and 29  
6:30 - 7:30 pm

# RICE Aquatics (RICE)

# Summer League “Kick Start”

The RICE Aquatics “Kick Start” Clinic is designed to give the local Summer League non-USA swimmer a head start on his/her summer swim season. The clinic will cover all aspects of each stroke from Body Position and Stroke Technique to Turns. The clinic is three weeks with three one hour practice dates per week. All swimmers will also receive a clinic t-shirt and silicone cap.

## How to Sign Up for Clinic:

Email [Coach Jason](#) the following information no later than April 10:

**Swimmer’s Full Name:** \_\_\_\_\_

**Swimmer’s DOB:** (Clinic is for Swimmers 9-14) \_\_\_\_\_

**Summer League Swim Team and years participated:**

\_\_\_\_\_

**T Shirt Size:** \_\_\_\_\_

**Payment Type:** Cash or Check (payable to RICE Aquatics) on first day of clinic

**You will receive instructions for the first clinic day, parking information, and forms to fill out for the first camp day via email no more than 48 hours after your email.**

## Week 1

April 13th, 14th and 15th

- Posture and Balance for Freestyle, Backstroke and Streamlines
- Turns for Freestyle and Backstroke
- Freestyle Drills and Skills

## Week 2

April 20th, 21st and 22nd

- Backstroke Skills and Drills
- Breaststroke and Butterfly Posture and Balance
- Breaststroke and Butterfly Turns and Under Waters

## Week 3

April 27th, 28th, and 29th

- Breaststroke Skills and Drills
- Butterfly Skills and Drills
- Starts for all Strokes, IM Transitions and Clinic Wrap Up

\*The practice agenda is an outline of planned topics, these may change due to the classes progression during the clinic. \*