

**Waukesha Express Swim Team  
End of Summer Clinics 2009  
at Waukesha South High School**

**Dry-land Clinic for Gold, Senior 1, Senior 2 and Senior Team Swimmers**

Coaches: Michael Hamm and Blaine Carlson

Dates: September 3, 5, 8, 10 and 12

Times: 6:00 - 7:30 p.m.

Cost: \$50

In this clinic swimmers will work on core strength development with use of the TRX suspension trainers, physio-balls and medicine balls. Kari Woodall has offered to come back and work with our swimmers and our new equipment.

**1 on 1 Private Video Analysis Clinics  
with Blaine Carlson, Michael Hamm, or Bill Boldon**

Dates available: August 19      4 - 5 p.m. or 5 - 6 p.m.

   August 26      4 - 5 p.m. or 5 - 6 p.m.

   September 2    6 - 7 p.m. or 7 - 8 p.m.

   September 9    6 - 7 p.m. or 7 - 8 p.m.

Cost: \$75

This will be video analysis and include underwater video recording of each stroke, starts and turns. Coaches will provide swimmers with immediate feedback (similar to in a private lesson setting) and also provide swimmers with video analysis with coaches comments to take home. Analysis can be provided on disc or flash drive. Allow approximately 1 week for completed video analysis.

Limited spots are available and will be filled on a first come, first serve basis. Coach will be assigned based on age of swimmer.

**Stroke Clinics**

Coaches: Michael Hamm and Bill Boldon

Week of August 17 - Tuesday/Wednesday/Thursday      6 - 7:30 p.m.

Week of August 24 - Tuesday/Wednesday/Thursday      6 - 7:30 p.m.

Cost: \$30 for one week or \$50 for both weeks

Tuesdays focus: Freestyle and Backstroke

Wednesday focus: Breaststroke and Butterfly

Thursday focus: Starts, turns and kicking

Videotaping will also be included during these clinics. Week 2 will be a continuation of Week 1, but swimmers do not need to participate in Week 1 in order to participate in Week 2.

