

## PRE-SEASON STROKE AND CONDITIONING Fall 2022

Coaches have revised clinics and have planned a specific curriculum with the main focus on Starts, Turns and Streamlining. (See weekly description). As swimmers move into the Long Course (LC) season starting in April, coaches will then begin season with 3 weeks of stroke work within each group along with working on skills learned in clinics. Groups will be filled on a first come first serve basis and will be capped at a pre-determined number based on pool space and coach to swimmer ratio.

CLICK [HERE](#) TO BEGIN REGISTRATION

SWIMMER GROUP	PRICE	TIME	Location
SRE, AGE, Senior, Gold **	\$75/week	6-7pm	Wheaton College
Silver, Bronze, Blue	\$65/week	6-645pm	Wheaton College

### SRE, AGE, SENIOR, GOLD

<b>Session 1</b>	<b>STARTS</b> M-Front, TU-Back, W-relay, TH- Streamline and Breakout	Mon, August 22 – Thur, August 25
<b>Session 2</b>	<b>TURNS</b> M- Free, T-Back, W-Open(breast/fly), TH- Back to Breast IM	Mon, August 29– Thur September 1
<b>Session 3</b>	<b>STREAMLINE/RACE STRATEGY</b> M-Underwater Streamline, TU-Sprint/Breathing, W-Mid Dist TH-Start and Turn	Tue, September 6 – Friday September 9

### SILVER, BRONZE, BLUE

<b>Session 1</b>	<b>FOUR STROKES</b> M-Free, T-Back, W-Breast, TH-Fly	Mon, August 22 – Thur, August 25
<b>Session 2</b>	<b>STARTS</b> M- Front, T-Back, W- Relay, TH- Streamline/Breakouts	Mon, August 29– Thur September 1
<b>Session 3</b>	<b>TURNS</b> M-Free, TU-Back, W-Relay, TH- Breast and Underwater Pullout	Tue, September 6 – Friday September 9

Fees are Nonrefundable After August 8 – Session 1, August 15 – Session 2 and August 22 – Session 3  
There is no prorating for any sessions.