**11th Annual**

**All-American**

**Swim Clinic**

# ***The purpose of this clinic is to obtain a different & unique view of stroke technique from other coaches.***

* **Underwater Film Analysis of Each Swimmer**
* **Stroke & Drill Skills**
* **Starts & Turns**

**This year’s coaches will be:**

**Dale Ramsy** *(Assistant HS Coach & LCB Coach)*

**Todd Smolinski** *(Girls Head HS Head Coach)*

**Jeff Kilinski *(****Boys Head HS & LCB Coach)*

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**Guest Coaches include:**

**Munster Head Coach** **& IN AG Coach of the Year: Matt Lee**

**Dates and Strokes:**

## December 22nd Breaststroke

December 23rd Butterfly

December 26th Backstroke

December 29th Freestyle

December 30th Starts & Turns

Clinics will be held from 2:30-4:30 pm at the LCHS Pool

\* Class sizes will be limited to 40\* \*Cost is $20.00 per session\*

This clinic is open to all uss swimmers from all teams!

**See Coach Dale to sign-up or e-mail at:**

[**dramsy@gmail.com**](mailto:dramsy@gmail.com)