



2021 Spring Stroke Clinic

Focusing on starts, turns, stroke technique and mental toughness!

Clinic available to swimmers of all ages who are able to swim all four strokes!

Our spring clinic will *not* be training based, but stroke & technique based. As the clinic progresses, more 'mini-sets' may be integrated as appropriate. The clinic is highly recommended for all swimmers who are not currently in season with school related activities. The summer season is far shorter than the winter season and the stroke clinic is great preparation!

We will have two practice groups this spring. The 10 & Unders will be "Grp 1" and the 11 & Overs will be "Grp 2" as posted on the pool calendar. There will not be movement between groups.

Practices will begin after the JPS spring break and may include dryland, virtual, and/or classroom style learning. For the practice schedule go to www.jenisonaquatics.org, CLICK on "Pool Calendar," CLICK on "JAWS" (at the top), and CLICK on "week" (in the upper right-hand corner). Check the pool calendar every Sunday for the schedule for the upcoming week. Changes will not be made after Sunday without an email being sent.

The cost is \$80 for JPS School District Residents or School of Choice (SOC) and \$95 for non JPS residents. Early Bird Registration is \$10 less if you sign up by Monday, April 5, 9pm. Registration will take place on our Team Website ([CLICK HERE](#)):

Go to www.jenisonaquatics.org

Scroll down until you see "Upcoming Events"

Click on the "Spring 2021 JAWS Stroke Clinic Registration,"

...follow the prompts and you will be able to register for the Spring Stroke Clinic!

Put a credit or debit card in the system for payment at checkout. This payment does not go toward the regular upcoming summer JAWS season fee. Athletes will *not* be able to participate in practice until the fee is paid in full.

During clinic, JAWS will be attending a meet at Mason High School on May 1-2. Swimmers must be USA registered in order to attend. More meet info to come, but mark your calendars.

Refund Policy: A refund less \$10 will be granted up to three business days prior to the first practice. Any refund requests made less than three business days prior to the first practice will not be granted. No refunds will be given after the first practice. No Exceptions.

If you have questions email Nicole at nredder@jpsonline.org.

www.jenisonaquatics.org