

# Maggie Meyer's Clinic

On September 27th, 2011, Maggie Meyer, a former Great Wolf Swimmer offered a clinic to all willing alpha leader, varsity, and national swimmers. During her time on Great Wolf, she made it to Junior National and National meets. Maggie graduated from the University of Wisconsin at Madison in 2010 with a degree in journalism and a long list of swimming achievements. In 2008, Maggie competed in the 100 backstroke at the Olympic Trials. An amazing achievement on her resume was being a member of the United States National Team. Her senior year, Maggie won the NCAA's in the 200 backstroke. At the 2011 Summer Nationals, Maggie broke her hand while swimming the 100 back in prelims and still qualified to swim in the finals. She told the swimmers that she learned a lot of technical tips and general swimming advice from being coached by some of the best coaches in the nation. After graduating, Maggie followed her college coaches to Arizona to continue training with them in a post-grad group at the University of Arizona.

Maggie taught and demonstrated backstroke drills that she had picked up from her coaches at the UW - Madison and during her time training with the US National Team. The drills were focused on the right body position in the water, head position, a correct pull pattern, steady kicking, and arm tempo. She gave the group specific drills for each technical element of backstroke.

The last thing Maggie Meyer taught the group was what she is known for, her under waters. Like Dave always tells his swimmers, under waters have nearly become a fifth stroke. Nowadays, swimmers need a quick and efficient dolphin kick to achieve outstanding times and rankings in butterfly, backstroke, and freestyle. Maggie emphasized the angle at which your body is during backstroke under waters. She told the group that the hardest part is getting your body into the correct position coming out of a flip turn. Maggie told us how her coaches from Madison told her to think of under waters. She told the swimmers to think of it as an upside down rainbow; first angling your body down and then up towards the surface into a breakout.

Maggie has been an inspiration to many Great Wolf swimmers and her legacy will live on through us.

