

Description: The purpose of this swim clinic is to review and improve the skills that swimmers need to execute effective kicking skills within the pool. These skills are crucial for swimmers to feel comfortable with in order for them to have an advantage in the water, as kicking is always one half of the swimming process and is the source of almost 70% of the speed swimmers have.

- *All Clinics will be at **Hammond Hills from 9:00AM-10:00AM** on Saturdays.*

Process: During the hour long clinic, all participants will be split up into the 5 lanes, and will practice with the provided set of kicking drills and sets in order to train their legs and better know how they can do this in the future.

Available Spots: There are 30 available slots for this position, any age group member is allowed to sign up for any slot.

There will be a waitlist option in the case that a signed up swimmer can no longer make it to the clinic, in which the first person on the waitlist will fill the vacant spot. Please leave your contact email or phone number with your name on the waitlist so that either Coach Ian or Coach Kateleigh can contact you in the event that you are moved up from the waitlist.

Disclaimer Notes:

- This clinic is **NOT A PRIVATE LESSON SESSION**, if you sign your child up it is expected that they can swim a full length of the pool without coach assistance. The reason for this is because these clinics involve Coach Ian and Coach Kateleigh working with multiple swimmers at once, and we will not be able to give specific assistance to certain swimmers as it will take away from the time of other swimmers.
- With the above point in mind, these clinic sessions are cheaper than private lessons, and each hour long session cost \$10 in **CASH ONLY ON THE DAY OF THE CLINIC** per swimmer.
- For any questions, concerns, or further inquiries, feel free to text or email either Coach Ian or Coach Kateleigh and they will be happy to assist.
 - Coach Ian: 404-623-0841 or IanCHammerhead@gmail.com
 - Coach Kateleigh: 678-438-1986 or krponds30@gmail.com

Sign Up On Next Page

Swimmer Name and Age Group

1. Clinton Lam	16.
2. Max Bregen	17.
3. Timmy Ang (7/8)	18.
4. Kylie Ang (7/8)	19.
5. Walker Lewis (7/8)	20.
6. Dwight Lewis (7/8)	21.
7. Drew Nichols	22.
8. Jack Nichols	23.
9.	24.
10.	25.
11.	26.
12.	27.
13.	28.
14.	29.
15.	30.

-All edits to this document can be seen by the coaches, PLEASE be responsible and do not delete someones sign up :)

Waitlist:

- 1.
- 2.