



Hackney Aquatics Skill Development

CLINIC

Tuesday 21st and/or 28th August
09:00 -15:30

Focus:

**Starts and turns mixed with stroke technique to prepare for the
new season**

Aim:

**To refine the basic techniques of strokes and learn how to generate
more speed from starts and turns**

Age Groups and Abilities:

Open to all Skill Development Swimmers

Schedule

Tuesday 21st/28th August
0900 Arrival and briefing
0915-0930 Change and pre-pool
0930-1100 Butterfly technique pool session
1100-1115 Post pool and change
1115-1215 Land work
1215-1315 Lunch
1315-1330 Change and pre-pool
1330-1500 Breaststroke technique pool session
1500-1530 Change and debrief

24 Spaces Available: Will be separated into 3 groups of 8 based on ability

Coaching: The sessions will be led by Coaches Richard Beard and Harry Myers with assistance from Junior Coaches

Land Work: Special focus on improving starts and turns, designed by our specialist physio.

Just £50 for the clinic (3 hrs pool time PLUS 1 hrs land training)

To book contact Richard at coachbeard@hackneyaquaticsclub.org