



Hackney Aquatics

Age and Competition Development

CLINIC

Wednesday 22nd / Thursday 30th August
09:00 -15:30

Focus:

Starts and turns mixed with stroke technique

Aim:

To refine basic stroke technique and develop great starts and turns

Age Groups and Abilities:

**Open to all Performance Age, Competition Age, and Competition
Development Swimmers**

Schedule

Wednesday 22nd /Thursday 30th August
0900 Arrival and briefing
0915-0930 Change and pre-pool
0930-1100 Turns and mixed with fly and backstroke technique pool session
1100-1115 Post pool and change
1115-1215 Land work
1215-1315 Lunch
1315-1330 Change and pre-pool
1330-1500 Starts, breaststroke and freestyle 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