



STARTS & TURNS CLINIC

For competitive swimmers ages 8-18

Saturday, January 28, 2012

Berea High School

9:00 AM-1:00 PM

What will the swimmers get?

Turn Technique work on Free and Open Turns

Start Technique work on Back and Front Start

Video analysis of starts and turns & video file

For more information & to register online go to

www.fastlaneswimming.net