



Stroke Development and Improvement Clinic for Swimmers and Triathletes Round Rock, TX

Chasco YMCA is sponsoring a USMS stroke development and improvement clinic for swimmers of all abilities. Freestyle and Butterfly will be evaluated and corrected with the use of drills and coach instruction. Coaches will be on hand to help you improve your technique and teach you drills that will enable you to continue to refine your stroke. Swimmers are not required to swim both strokes and may work on only the strokes they choose. All swimmers must be able to swim a minimum of 200 yards comfortably.

Special Mentor Guest Coach Mel Goldstein and Chasco Masters Swimming Coaches

Mel Goldstein was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of Masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and a USMS All American with 255 Individual Top Ten Achievements. In 2012, he was inducted into the International Masters Swimming Hall of Fame.

Shannon Rafalowski USMS Certified Coach, USMS Stroke Development Certified Coach, Adult Learn-to-Swim Certified, 2Yrs Chasco Masters Coach

Susan Peterson USMS Certified Coach, USMS Stroke Development Certified Coach, ASCA Certified Coach, USAT Certified Coach, Collegiate Div I Swimmer, 6 yrs Chasco YMCA Masters Coach

Chasco Masters Coaches Angie Dulin, Liz Howells, Claudia Spooner, Amy Winn

Location:

Chasco YMCA
[1812 N Mays St.](#)
[Round Rock, TX 78664](#)

Schedule:

Saturday, November 10, 2018

Check -In: 7:00 am- 8:00 am

Swim Clinic: 8:00 am- 11:00 pm **Please be in your suit & on the on the deck promptly by 8:00 am.**

Equipment: Please bring your suit, goggles, fins, paddles and a towel. **Fins are necessary because without them many of the drills may be difficult. Fins help create buoyancy and mild propulsion.**

Online Registration:

Online registration only. Registration closes at midnight pacific time on Friday, November 9th, 2018 or when the clinic enrollment reaches 36.

Registration Website

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=2482&cid=80142>

Online Registration is Paid by Credit Card:

Your online registration for this course will be paid by credit card and processed by Club Assistant. Please look for "ClubAssistant.com Events" on your credit card statement. **Fee: \$35.00** and must be a registered USMS Swimmer

Questions: Susan Peterson 361-779-0853 SusanDuwel@gmail.com

Cancellation Policy

Clinic registrations are non-refundable and non-transferrable to another individual.
