



# Pure Technique Competitive Swimming Clinic

**Session I: June 15-19      Session II: June 22-26      Session III: July 6-10**  
Case Western Reserve University Natatorium

- This is a competitive swimming clinic run by Chris Conlon, head coach at Case Western Reserve University, his coaching staff, and top Case swimmers with the primary focus being form and technique.
- Swimmers will receive training and instruction in all 4 competitive strokes, IM, starts, and turns.

**9:00 am—3:00 pm    \$225**

- This day camp is geared for competitive and year-round age group and high school age swimmers.
- Participants will receive a camp T-Shirt, a DVD of themselves swimming each stroke, and personalized technique suggestions.
- Swimmers must bring their own lunch and drinks. Cold storage will be provided.

**MINI CAMP—New for 2009!! 9:00 AM—11:30 AM    \$125**

Perfect for younger swimmers or those newer to competitive swimming.

- Participants will receive a camp T-shirt and personalized technique suggestions.
- Swimmers must be able to swim in **ALL DEEP WATER.**
- Upon receipt of registration information, a follow-up email will be sent to the parents with important information concerning drop-off and pick up procedures.
- Please contact Coach Chris if you have questions regarding camp selection.

• **Special Team Discount:**

With 5 or more swimmers registering from your club or school team, each pays only:

Full Camp:        \$200  
Mini Camp:       \$100



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**Mail To:**

Chris Conlon, Veale Athletic Center, 10900 Euclid Ave, Cleveland, OH, 44106  
Please call 216-224-9471 with any questions.

_____	<b>Session I:</b>	June 15-19	Full Camp \$225	_____
_____	<b>Session II:</b>	June 22-26	Mini camp \$125	_____
_____	<b>Session III:</b>	July 6-10		

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Parent's Email Address: \_\_\_\_\_

Phone #s: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Emergency Contact (Name & Number): \_\_\_\_\_

Team: \_\_\_\_\_ Best Event: \_\_\_\_\_ Time: \_\_\_\_\_

What you want most from the clinic: \_\_\_\_\_

Allergy/medical Concerns: \_\_\_\_\_