



Pure Technique Competitive Swimming Clinic

Session I: June 14-18

Session II: June 21-25

Veale Natatorium, Case Western Reserve University

- 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.
- Additional instruction in athletic fitness, flexibility, race strategy, and nutrition.

FULL DAY CAMP 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 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.

Special Team Discount:

With 10 or more swimmers registering from your club or school team, each pays only:

Full Camp: \$185 Mini Camp: \$105



Pure Technique Competitive Swimming Clinic

Please make checks payable to:

Pure Technique Swim Clinic

3553 Lynnfield Rd. Shaker Heights, OH 44122

Please call Chris with any questions. 216-224-9471

_____ **Session I:** June 14-18 Full Camp \$225 _____

_____ **Session II:** June 21-25 Mini camp \$125 _____

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: _____



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Team Discount Registration:

Team/School: _____

Swimmers:

1). _____

2). _____

3). _____

4). _____

5). _____

6). _____

7). _____

8). _____

9). _____

10). _____

Team members listed will receive the team discount, additional names may be added at any time through June 1.