



Summer Swim Clinics

Back by Popular demand, NSSC will be scheduling two versions of summer swim clinics. We will be offering individual and group clinics coached by NSSC Coaches Dave Martin and Ross Clay.

Individual Clinics:

- Who:** Any NSSC swimmer looking for 1:1 work on a specific stroke.
- What:** 30 minute 1:1 water time
- When:** Times to be set up between swimmer and Coach Dave before team practices starting June 22, 2009.
- Where:** Hanscom AFB Pool.
- Cost:** 1 session 30.00, for mutiple sessions the cost is 25.00 (recommended)
Please see Coach Dave for payment.

Group Clinics:

- Who:** Any swimmer age 6-18. This clinic will be an ideal transition to the fall swim season for all athletes. 12 and under swimmers will focus on specific and fundamental drills. 13 and over swimmers will learn and master new techniques to help them become faster! Knowledge of all four competitive strokes is required. All aspects of competitive swimming will be covered including the four strokes, race strategies, starts and turns!
- When:** Tuesday and Thursday evenings: 12 and under: 6:45-7:35 PM, 13 and over 7:40-8:30 PM.
- Dates:** August 4, 6, 18, 20, 25, 27, September 1, 3, 8, 10
- Where:** Hanscom AFB Pool.
- Cost:** 25.00 per session, sign up for 3 sessions receive the 4th session free!
- Limits:** Clinic class size will be limited to five athletes per coach.

Please make all checks payable to:
North Shore Swim Club, 19 Fenley Rd. Gloucester MA 01930.

Video Analysis:

- Who:** Any NSSC swimmer who would like to have their stroke videoed to see what each individual looks like when swimming from several angles.
- What:** Each swimmer will be videoed while he or she swims. The swimmer will then watch the video with the coach and will have the stroke critiqued. The swimmer will then go through a series of drills and work on fixing the stroke and then have it filmed at the end of the session and it will be critiqued one more time. The swimmer will then be sent the video to keep for their use.
- When:** Times to be set up between swimmer and Coach Craig. Please call 617-771-0454 or email him at enduranceswim@gmail.com to set up a time.
- Where:** Gordon College Pool.
- Cost:** \$50 per hour.
Please see Coach Craig for payment.