

MAY 4TH, 2024

# BACKSTROKE TURNS CLINIC

@ OTTAWA HILLS HIGH SCHOOL

## CLINIC DATE

May 4th, 2024

## SESSION TIMES

Age Group (13 & Over): 10:00 a.m. - Noon

Senior (12 & Under): 2:30 - 2:30 p.m.

## WHAT TO BRING?

Competitive Suit, Cap, & Goggles

## LOCATION

Ottawa Hills High School

2055 Rosewood Ave. SE

Grand Rapids, MI 49506

## COST

\$25 Per Athlete



## ADDITIONAL CLINIC DATES

*(More Clinics coming this Fall...)*

## REGISTRATION

Registration may be done **EITHER** in person or online at: [www.graquatics.org/stroke-clinics](http://www.graquatics.org/stroke-clinics).

## CLINIC FOCUS

The Grand Rapids Aquatics Coaching Staff aims to help all athletes to improve the approach, transition, & kickout for the backstroke-to-backstroke turn.

## FORMAT

Each Clinic Session will be divided into two 60-Minute Segments:

- The first hour will consist of detailed video breakdowns of the proper mechanics for the backstroke turn.
- In the second hour, athletes will advance through the corresponding drill progression and get the chance to use video analysis to improve their form.

