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# FALL 2021 Clinic

## High School Competitive Stroke Clinic

The Fall clinic is designed to help your high school swimmer further their competitive knowledge, compete on a higher level and train in preparation for the high school swim season.

**Our OCY Tiger Shark Swim Team Coaches will be instructing this clinic. They will work closely with the swimmers to develop their technique in all four competitive strokes. There will also be a strong focus on improving starts and turns.**

### Ages

High School Students

### When

Monday, September 20<sup>th</sup> through Friday, November 12<sup>th</sup>

**\*\*No clinic on 10/15\*\* No clinic on 11/5\*\***

Participants will practice:

**Monday: 7:30-8:45 PM**

**Thursday: 7:30-8:45 PM**

**Friday: 6:15-7:30 PM**



### Where

Ocean County YMCA, 1088 W. Whitty Road, Toms River

### Registration

Registration is first come first served and begins September 2nd. There is limited availability.

YMCA Members \$240.00

Non-Members \$275.00

Register online [OCYMCA.org](http://OCYMCA.org) , call 732-341-9622 x0 or visit the Welcome Center.

### Contact

Jacqui Markatos, Swim Team Administrator: [jacqui@ocytigersharks.org](mailto:jacqui@ocytigersharks.org)

Nicole Petersen, Swim Team Administrator: [nicole@ocytigersharks.org](mailto:nicole@ocytigersharks.org)

Corey Matthews, Head Coach, [coachcorey@ocytigersharks.org](mailto:coachcorey@ocytigersharks.org)

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