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FALL 2022 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 20th through Thursday, November 17th
Participants will practice:

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



Where

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

Registration

Begins August 22nd online at ocymca.org or by phone 732-341-9622 ext. 0.
Space is limited. YMCA Member rate \$250.00; Non-Member rate \$285.00.

Contact

Nicole Alsobrooks, Swim Team Administrator: nalsobrooks@ocymca.org
Corey Matthews, Head Coach, coachcorey@ocytigersharks.org