



Turks and Caicos Swim Clinic

at the Seven Stars Resort

Friday, July 9, 2010 9am-noon

The Seven Stars Resort at Grace Bay will be hosting a swim clinic for swimmers interested in dramatically improving their swimming while working with world class swimmers and instructors, Clay Britt and Wally Dicks. The clinic is being held in conjunction with the Eco-Seaswim on July 10. Information about the swim can be found at www.ecoseaswim.com

The clinic will be a thorough instructional process. We will begin with a discussion of freestyle technique and stroke drills. This discussion will cover the finer points of how to swim smoother, faster and more comfortably. After the initial discussion, swimmers will be underwater videotaped and each swimmer will have their video critiqued following the water portion of the clinic. The pool portion of the clinic includes demonstrations of proper stroke technique and a variety of drills that help swimmers learn correct body position and improved efficiency. Clay and Wally also get in the water and give personalized instruction so that participants will see rapid improvement in their swimming.



Following the clinic, if you would like your video critiqued again and available to you online, you can request this for an additional \$20. Additional information on this option will be available to registered swimmers. Also, each participant will have access online to many of the same stroke drills that will be taught at the clinic.

Clinic cost: \$110 or \$95 if entered in the Eco-Seaswim.

For more information on your coaches or to sign up, please visit:

<http://www.claybrittswimming.com/turksandcaicosclinic.html>

or email: clay@claybrittswimming.com. Phone: 301-996-SWIM (7946)