

IUP Swimming Performance Clinic

**November 3
Ages 12 - 18**



Performance Clinic

Crimson Hawks Camp empowers campers with the knowledge and skills of fundamental and advanced stroke technique for all four strokes. Participants of all levels will learn new skills as well as learn how to perfect old skills. Campers will take training and racing to the next level through a focus on more efficient stroke technique.



Campers will receive a t-shirt



Swimmers will work on all four competitive strokes, starts and turns



Swimmers will receive video footage of themselves with critique and advice



Watch a college dual meet and go on a campus tour

9:00 AM	Clinic Registration
9:30 AM	IUP Campus Tour
11:00 AM	IUP vs St. Vincent Swim Meet
12:30 PM	Lunch in campus dining hall
1:30 PM	Stroke Essentials
2:20 PM	Start and Turn Review
3:00 PM	Specific Work
	1. Group Work
	2. Underwater Dolphin
	3. Other(Core, Nutrition, etc.)
3:45 PM	Time Trial Races
4:00 PM	Camp Meeting
	Reflection/Conclusion

Register online @ www.iup.edu/camps.

Individuals: \$50

Team:\$35* (more 1 from the same team)

Team Deadline: October 29

***Paid for through team coach**

For more information contact:
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