

Half Term Stroke Clinic For All Squads City of Cardiff Swimming Club

This 2 hour session will include:

- **Specialised coaching from our 2 Olympic club coaches
DAVE HALLER & KEITH BEWLEY**
- **Efficiency work on all four strokes**
- **The undersanding of new skills and drills.**
- **Use of the pace clock effectively**



Wednesday 17th and Thursday 18th February 2010

Cardiff International Pool
09:15 – registration
09:30-11:30 Stroke Clinic
Coaches: Dave Haller & Keith Bewley
- supported by Dale Frantzeskou

£20 per session



These Clinics are normally over subscribed so places are on a first come first served basis, so get in quickly if you are interested – maximum numbers will apply (40 per session)

You will be offered one or other day according to age/ability of applicants



CCSC Stroke Clinic

If your child is interested in taking part please hand this pro-forma back to Sue Flanigan (Club Secretary) – Closing date Monday 8th February 2010

Name_____

Squad_____

Age_____

Name of parent_____

E-mail_____

Tel._____

Parent Signature_____

Days will be allocated once all applications are in and children will be divided according to age/squad.

Payment must be made with application please.
We will be unable to offer specific days.

For further information please contact Sue Flanigan.

e-mail sue.flanigan@tiscali.co.uk
tel. 07796 675064