



## Pacific Masters Swimming Presents a *Freestyle & Backstroke Clinic* for Masters swimmers and coaches

Pacific Masters clinics are designed to help Masters swimmers and Masters coaches strengthen their swimming and coaching skills. We start with a classroom presentation covering stroke mechanics, swimming drills, tips and techniques. Coaches then head to the deck where the swimmers are led through a series of drills and easy laps, receiving instant feedback from these coaches. This clinic is led by award winning coaches Stu Kahn and Mary Kahn (Davis Aquatic Masters). These two coaches are enthusiastic, passionate and know stroke technique inside and out. You definitely want to sign up early for this one!

**Location:** Civic Center Pool  
5<sup>th</sup> and B Streets (Northeast corner)  
Davis, CA 95616

**Date & Time:** Saturday, Sept 27, 2014  
Coaches & Swimmers: 11:00-2:30 (*check in at 10:45 a.m. in the Brady Family Aquatics Bldg, adjacent to the pool.*)

**Cost:** Pac Masters Coaches attend free! DAM swimmers \$25, other swimmers \$35 – cash or checks (payable to DAM) accepted at check-in.

*Note: To attend this clinic you must be a 2014 USMS member. We will have USMS registration forms available at the clinic. Please be prepared to present your USMS card when arriving at the clinic.*

Coaches: to register, and for more info, contact Coach Stu Kahn, 530-400-3005 or email him at [coaches@pacificmasters.org](mailto:coaches@pacificmasters.org)



Swimmers: to register and for more info, email Coach Mary Kahn at [mjoyswim@gmail.com](mailto:mjoyswim@gmail.com)

