



Pacific Masters Swimming Presents a *Breaststroke Clinic* for Masters coaches and swimmers

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 Cokie Lepinski (Swymnut Masters) and Tom Ruedy (San Mateo Masters). These two coaches are enthusiastic, passionate and know stroke technique inside and out. You definitely want to sign up early for this one!

Classroom and Pool: San Mateo Athletic Club
1700 W. Hillsdale Blvd, San Mateo
Map avail at: [SMAC](#)

Date **Sunday, October 19, 2014.** Classroom runs 9:30-10:30 - Pool 11 to 1:00. Check-in 9:00 a.m.
& Time: Coaches & Swimmers should come to both classroom and pool sessions!

Cost: Pac Masters Coaches attend free! All Pacific Masters swimmers currently registered with USMS \$35 – cash or check payable to “San Mateo Masters”

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



Coaches please register through Stu Kahn: coaches@pacificmasters.org

Swimmers please register through Coach Tom Ruedy: reudyt@smccd.edu