

2019 Summer League Prep Clinic

Objectives:

* Prepare swimmers of all skill levels for the Summer League season.
* Focus on proper stroke technique
* Teach common stroke drills
* Practice efficient starts and turns

Coach Pierce Bradshaw:

* Charlotte native
* Swam for Providence High School, West Virginia University, and East Carolina University
* Former head coach for Sardis Swim & Racquet Club
* Current head coach for Covenant Day School, and New South Swimming

Where/When:

* Carrington Swim & Racquet Club (5701 Cary Ridge Dr)
* 6 lane, 25 meter pool
* Heated and covered by a tent
* March 23, April 6, April 13, April 20, May 4
* Ages 7-10: 1:00-1:45 PM
* Ages 11&UP: 2:00-3:00 PM

Cost:

* Ages 7-10: $15 per clinic
* Ages 11&UP: $20 per clinic
* No commitment. Attend as many clinics as you please.

RSVP:

* Email: [nsscoachpb@gmail.com](mailto:nsscoachpb@gmail.com)
* Cell: 704-241-3546
* Please RSVP 48 before the start of each clinic