

STROKERITE LTD

Clinics at Your Club

Strokerite can offer a tailor made package specific to the requirements of your club, we have the following clinics available:

- **Stroke Technique Clinics**
- **Competitive Training Clinics**
- **Coach Education Clinics**
- **Land Training & Nutrition Clinics**

Clubs will need to provide and pay for all facilities required!

Swimming Clubs

Stroke Clinics can include the following:

Stroke technique sessions on

- Butterfly
- Backstroke
- Breaststroke
- Freestyle
- Starts and turns

The Stroke Clinic will be run by one of our **International Coaches** and can be supported by an **International Athlete**. On each stroke clinic we will work with your coaching staff and develop a series of drills to aid stroke progression on your chosen stroke. An international athlete will attend to demonstrate the drills/skills for the duration of the session. A drill progression hand out will also be provided for your coaching staff. Prior to the clinic our international coach will go through the drill progressions with your teaching/coaching staff and answer any questions following the clinic. The international athlete will be available throughout to have photographs taken and sign autographs.

For this package you will need to provide a minimum of a 90-120min training session, 2 strokes could be covered in one day. We would advise that you have between 4-5 swimmers per lane. Clubs can charge members a fee to help cover the cost of the clinic!

This package starts from £400

www.strokerite.co.uk

99 Shipman Road, Market Weighton, York, YO43 3RA

Tel: 01430 879149 or email Strokerite@hotmail.co.uk

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Coach Education Clinics

Strokerite can offer a tailor made **Coach Education** package specific to the requirements of your club, the clinic will be run by one of our **International Coaches**. During this we can look at your coaches educational needs including the following:

- Periodisation and planning (training cycles)
- Energy systems
- Training sets

For this package you will need to provide a meeting room with a facility with an overhead projector. Coach Education Clinics will need between 4 - 8 hours. These sessions will be very interactive so a maximum of 12 coaches/teachers should attend.

This package starts from £325

Swimming & Triathlon Clubs

Land Training & Nutrition

Strokerite can offer a tailor made **Land Training & Nutrition** package specific to the requirements of your club, the clinic will be run by one of our **Strength and Conditioning Coaches/Physiotherapists**. During the clinic we can cover the following areas:

- Body awareness
- Core stability
- Stretching & flexibility
- Injury prevention
- Conditioning
- Nutrition for swimming

For this package you will need to provide a meeting room with a facility with an overhead projector and a gym/dance studio. Land Training & Nutrition Clinics will need approx 4-5 hours. We would advise that 20-24 swimmers are invited depending on the size of your facility and that parents attend the interactive nutrition lecture too! Clubs can again charge swimmers to help cover the cost of the clinic.

This package starts from £325

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Triathlon Clubs

Training & Education Days

The **Training & Education Day/½ Day** will be run by one of our **International Coaches**. On each Training & Education Day we will work with your coaching staff and develop an area of your choice, this could be:

- Drills and skills
- Speed development
- Race pace
- Aerobic development
- Anaerobic development

For this package you will need to provide a minimum of a 90min training session and access to a lecture room with overhead projector. We would advise that you have between 4-5 swimmers per lane. Clubs can charge members a fee to help cover the cost of the clinic!

A sample of a full **Training & Education Day** may be:

90 min pool session on skills/drills and technical improvement

Break for drinks/snacks

60-90 min lecture/workshop on nutrition

Break for lunch

60-90 min lecture/workshop on energy systems and training sets

Break for drinks/snacks

90 min pool session on your chosen training zone

Strokerite will provide sample drill progression sheets and training sets for your future reference.

The half-day package starts from £325

The full-day package starts from £600

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