



99 Shipman Road, Market Weighton, York, YO43 3RA: Tel 01430 879149

Dear club reps/secretaries/coaches

Please let me introduce myself, my name is Dave Legge; I'm a former international swimmer and coach to the Great Britain European Junior Team. Whilst head coach at Kingston upon Hull Swimming Club my athletes won 8 international medals in 4 years. I have also been the Talent Delivery Manager for the Amateur Swimming Association for 4 years.

Please find listed below our 2012 pricelist for our very popular swim clinics! Please visit our website on [www.strokerite.co.uk](http://www.strokerite.co.uk) to view our testimonies of previous customers and links onto our international swimmers!

### **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!**

### **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 £350**



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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 £275**

## **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 £275**