

# HYDRO

## ***STROKE-SPECIFIC CLINICS*** ***ROOSEVELT ISLAND, NY***

HYDRO clinics target all aspects of a specific event. Our coaches present a variety of concepts, drills, and fundamental skills which are relevant to all swimmers. While featuring distinguished athletes and coaches our clinics also provide a unique instructional environment which begins with the finish of the race and works backward to the start.

- Minimum of 6 / Max 12 swimmers ; 90-minute format -- \$75.00 per swimmer
- Email [coachbrown@hydroswimteam.com](mailto:coachbrown@hydroswimteam.com) for information. See [www.hydroswimteam.com/clinics](http://www.hydroswimteam.com/clinics) to register.

### **Butterfly Clinic -- October 31<sup>st</sup>, 9:00-10:30 AM** **Featuring Ivy League Champion Mike Smit**



Mike is a 2007 graduate of Cornell University where he was a team captain in his senior year, four-time team MVP and three-time winner of the team's Hardest Worker Award. He was a seven-time Ivy League Champion in the 200/500-yard Freestyles and the 200-yard Butterfly.