

Improve Your Swim: Attend a Swim Clinic

By Erika and Greg Burgess

If you are like most swimmers, you can always improve your swimming through technique. One of the best means of doing so is attending a swim clinic. A swim clinic offers you a dedicated, focused block of time outside your normal workout schedule where you can focus solely on technique and technique improvement, and ask questions while getting immediate feedback from a coach or expert. Swim clinics may vary widely in focus and experience level, to include:



- Open water swimming
- Beginning freestyle mechanics
- Advanced stroke technique
- Racing starts and turns

Our masters swimming workout group in Morehead City regularly hosts swim clinics for our swimmers. The focus of each clinic is based on needs of our swimmers and participation is free. Here are some of the benefits our team says they have gotten from attending these clinics:

- I'm an adult who learned to swim "later in life" for the purpose of competing in triathlons. The instructor broke down the stroke into simple drills that allowed me to improve my stroke and get the most out of my swimming.
- The advice and instruction I received on breaststroke and turns helped me win my event at the NC Senior Games.
- The clinics are informative, but fun. Attending them definitely paid off. I've been able to improve my stroke efficiency, elbow positioning, and breathing.
- By receiving instruction and learning drills that reinforce good technique, I can definitely tell that my stroke has gotten more efficient.
- The clinic opened my eyes to things I didn't know when I was a young competitive swimmer. I had no idea that so many factors come into play when swimming freestyle and there would have been no way I could have begun to comprehend them without attending the clinic. The concepts and techniques I learned have made my training more enjoyable.
- I found the instructor's knowledge of proper stroke technique to very valuable to continual improvement and love of the sport.
- I actually learned how to do a flip turn!

We have used swim clinics as a tool to improve the abilities of our swimmers and to attract new members. Your workout group can do the same. Recently, North Carolina Masters Swimming LSC challenged its registered coaches to provide swim clinics throughout the

state. These clinics will be announced through the monthly newsletter. I encourage you to take advantage of this wonderful opportunity for self-improvement.

Greg and Erika will be hosting a swim clinic at the Twin Rivers YMCA in New Bern on Saturday April 26, 2014 at 8:00 AM.

For more information you may contact Greta van Meeteren at: gvanmeeteren@gmail.com