

Terrapin Swim Team 2022

Spring Clinic Program

Stroke & Racing Skills Clinics at the Concord Community Pool.

We will be running eight dates of stroke and racing skills clinics for the summer recreation swimmer. Clinics will be run by our professional coaching staff with the goal of helping all participants improve and refine their swimming skills, and get ready for their upcoming recreation season. Each clinic will be held on Sunday afternoons and are 45 minutes in length. Clinics adhere to LMYA County Rules. Each clinic will be split into the following age groups; **10&Unders 3:00-3:45pm / 12&Overs 3:45-4:30pm**

Session Dates:

March 6th- Freestyle + Starts & Turns

March 13th- Backstroke + Starts & Turns

March 20th- Breaststroke + Starts & Turns

March 27th- Butterfly + Starts & Turns

April 3rd - Freestyle + Starts & Turns

April 10th- Backstroke + Starts & Turns

April 16th- Breaststroke + Starts & Turns (Note—this class is Saturday due to Easter)

April 24th- Butterfly + Starts & Turns

Price/Cost:

- \$350 per swimmer for all 8 Clinic Dates

- \$200 per swimmer for any 4 Clinic Dates

All Clinics will be run and taught by Terrapin Coaches Doug Reed & Dan Cottam. Together they have developed many of the top swimmers in Pacific Swimming who have been North Coast High School Champions, members of USA Swimming Junior National Teams, and gone on to major College Swimming Careers. Email Coach Cottam if you have any questions.

Register Online at www.terrapinswim.com



Coach Dan Cottam - cottamdan55@gmail.com

Dan is recognized as one of the top coaches in the area. He has a proven track record for developing athletes from the age group level to the top levels of USA Swimming, including NCS Champions, National Junior Team members and USA National Top 10 age group swimmers. Coach Dan focuses intensely on developing proper technical skills in his swimmers with long term development in mind. The key to faster swimming is TECHNIQUE.



Coach Doug Reed

Doug has been recognized as one of the top age group coaches, has been awarded Age Group Coach of the Year by Pacific Swimming, and is continuously nominated for this award due to his ability to develop high level swimmers year after year. Doug has developed many age group swimmers that went on to become NCS High School Champions, National Junior Team Members, and have had very successful College Swimming careers.

