

# East Bay Bat Rays Swimming Spring Age Group Swim Clinic

## About The Program

The East Bay Bat Rays Swim Team (EBAT) is a non-profit organization that teaches year-round competitive swimming. This clinic is an excellent opportunity for swimmers to learn more about competitive swimming and prepare them for more training or an upcoming season. Swimmers in this program will be exposed to many swimming drills to enhance stroke technique in all four of the competitive strokes. Other aspects such as sportsmanship, goal setting, nutrition, racing strategies, etc. will be discussed and focused on throughout this 1 month clinic. Swimmers must be at least 9 years old to participate.

## Location

California State University, East Bay (Hayward)  
2500 Carlos Bee Blvd.  
Hayward, Ca. 94542

## For More Information, Contact:

**Mark Sand**  
[marksand88@gmail.com](mailto:marksand88@gmail.com)  
Or visit our website  
<https://www.ebatswim.org>

## Scheduling

~ 15 x 45-minute sessions on Tuesdays, Wednesdays, Thursdays  
~ Dates:  
February 13,14,15,20,21,22,27,28,29  
March 5,6,7,12,13,14  
~ Times: 7:00-7:45pm

This clinic provides more than 11 hours of instruction to align with the EBSL rules of extra instruction outside of the EBSL season.

**COST**  
\$300

## Online Registration

Online registration will be available beginning  
Saturday, Feb 3

Registration is located at the bottom of our home page under  
“events”

**ATTENTION:** Participation in this clinic will require registration with USA/Pacific Swimming. This is an annual registration and your membership is good until December 31 of the current year.

You will receive an email with a direct link to register as an EBAT swimmer with USA/Pacific Swimming once your membership is approved. Membership will NOT affect your affiliation with EBSL.