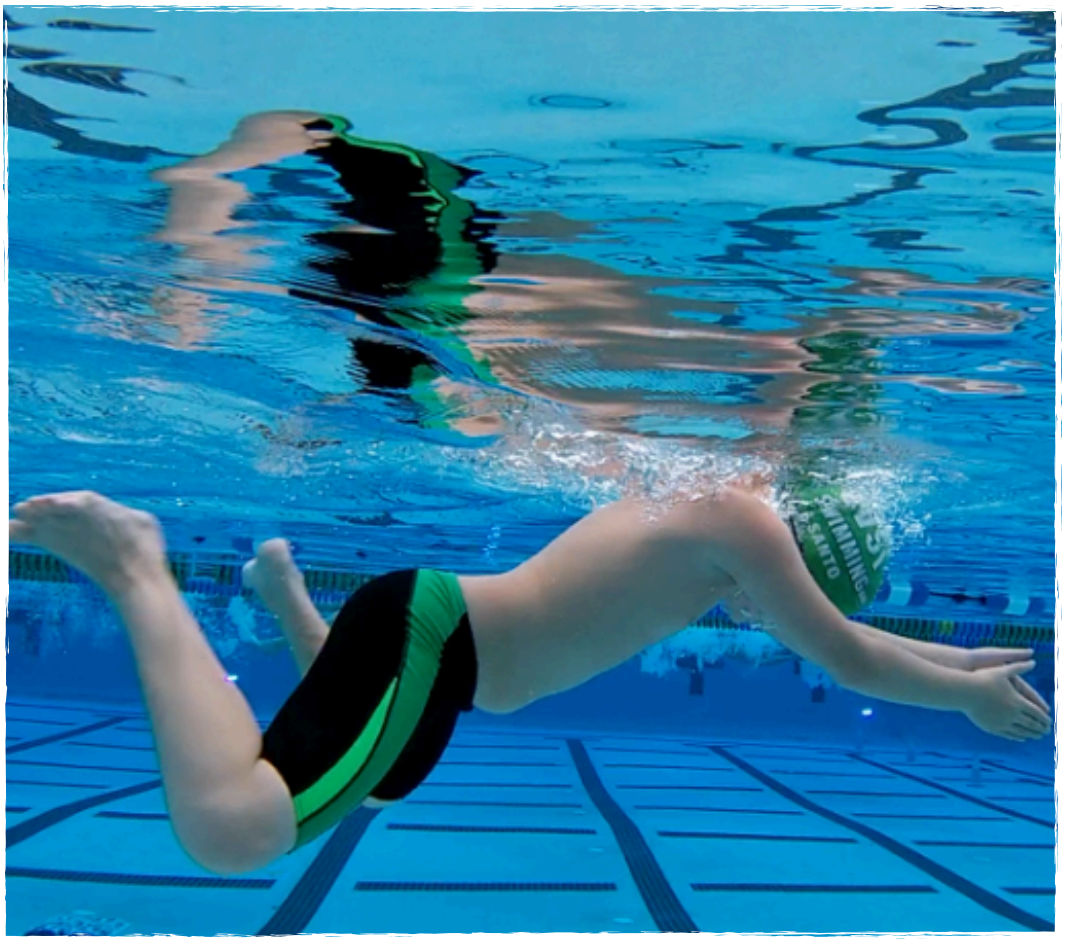
DEC
2019



STROKE ANALYSIS

Video analysis will be offered before and after practice as well as on the weekends through the end of September. Each participant will receive a session of video recording of strokes, starts, or turns above and below the water. They will also receive another session to review all video and go over recommendations. All participants, as well as their coach, will receive their video and analysis report. This is a great opportunity to receive feedback to reinforce proper stroke mechanics to improve performance prior to championship season The total cost of the two sessions and your personal video archive is $75.

Availability is limited. To reserve your spot today or get more information, email maria@cvst.org or text 813-735-0884.