

# Rhode Island Aquatic Club

## 2024 Spring Starts and Turns Clinic

### Clinic Overview

The RIAC Starts and Turns Clinic focuses on the basic fundamentals for each start (Track start and Backstroke start) as well as turns (Open turns and Flip turns). The fundamentals and skills introduced are commonly used in the training of the Rhode Island Aquatic Club program.

We will start with 30 minutes of instruction, followed by swimming for an hour of practical swimming/diving.

March 16th, 2024 8-9:30am-St George's School Hoyt Pool, 372 Purgatory Rd, Middletown RI

March 17th, 2024 3:30-5pm-McDermott Pool, 975 Sandy Lane, Warwick, RI

\$50 dollars cash or check per swimmer. Please make checks out to "Rhode Island Aquatic Club." Payment can be brought on the first day of the clinic.

[www.riaquaticclub.com](http://www.riaquaticclub.com)  
203-952-9106

**OPEN TO ALL AGES, HOWEVER, EACH SWIMMER REGISTERED MUST BE ABLE TO LEGALLY SWIM ALL FOUR STROKES.**

Head Coach-Jen Dellefratte will be supervising and teaching general skills during this two day clinic. Assistant coaches Logan Cale and James Ianiro will be assisting. Registration will be on a first come, first serve basis until full.

Please email [riaquaticclub@gmail.com](mailto:riaquaticclub@gmail.com) with any questions.