



NATIONAL MEET PREP SWIM CLINICS

The clinics are for Beginners, Intermediate and Advanced Swimmers and Triathletes. Come join three-time SPMS Coach of the Year, USMS Coach of the Year, and the Mission Viejo Nadadores Masters Head Coach Mark Moore for a series of swim clinics designed to help you be your best at the Summer Nationals!



Saturday May 18	1:00 PM - 4:00 PM	FREESTYLE & BACKSTROKE
Saturday June 8	1:00 PM - 4:00 PM	BREASTSTROKE & BUTTERFLY
Saturday July 6	1:00 PM - 4:00 PM	STARTS & TURNS

Swim clinics are geared towards the specific needs of beginner, intermediate, and advanced swimmers. Clinics last 3 hours and include a live demonstration of the drills, techniques discussed, and a handout with drill outlines. Swimmers will get 1.5 hours of coached practice going over the drills. All levels of swimmers are welcome.

We limit the clinics to about 20 swimmers to ensure each swimmer gets adequate coaching attention. Clinics are held at the Marguerite Aquatics Complex. 27474 Casta Del Sol Mission Viejo, Ca. 92692

Clinics are taught by the Mission Viejo Nadadores Masters Head Coach Mark Moore and staff if needed. To register go to <https://www.mvnadadores.org/events>. Questions: coachmark@mvnadadores.org

