

MEMPHIS THUNDER AQUATIC CLUB

2025 STROKE CLINIC



Information:

MTAC's **STROKE CLINIC** is the best time to start training with a year-round, USA Swimming Club. The **STROKE CLINIC** is four weeks of drills and basic swimming. One full week is devoted to learning and improving each stroke.

Same drills and technique work used across all levels and age groups. Coaching emphasis is setting up the best stroke technique for training and racing.

- ▶ Training Groups to be determined during this time.
- ▶ To start trial- just show up 10min early with the form (below). Swimmers need goggles (and cap). The coaches will take care of the rest. Parents **MUST** stay on the bleachers if watching swim practice.

When: Starts Monday August 18, 2025
Ends Friday September 12, 2025
(enroll at anytime)
NO PRACTICE LABOR DAY

Where: Compton Aquatic Center
(St. George's Collierville Campus)

Time: ALL GROUPS Monday to Friday.
High School: 4-5:30pm
10-14yrs old: 4:30-5:30pm
10 and unders: 5:30-6:30pm

Cost: \$200.00; free to current MTAC members

Training Groups start Monday September 15, 2025

***** KEEP TOP PORTION FOR YOUR REFERENCE *****

Swimmer: _____ DOB: _____ Age: _____

Swimming Experience? (High School, Pool School Level, etc): _____

Previously Registered with USA Swimming? **Y / N** if YES Previous Team/LSC: _____

Parent(s): _____ Phone: _____

☐ I understand that if I am watching swim practice, I will remain in the bleachers (please check)

Email: _____

Emergency Contact (if not parent): _____ Phone: _____

PLEASE WRITE ANY ADDITIONAL INFO (allergies, medical issues, etc) ON THE BACK OF THIS FORM.

