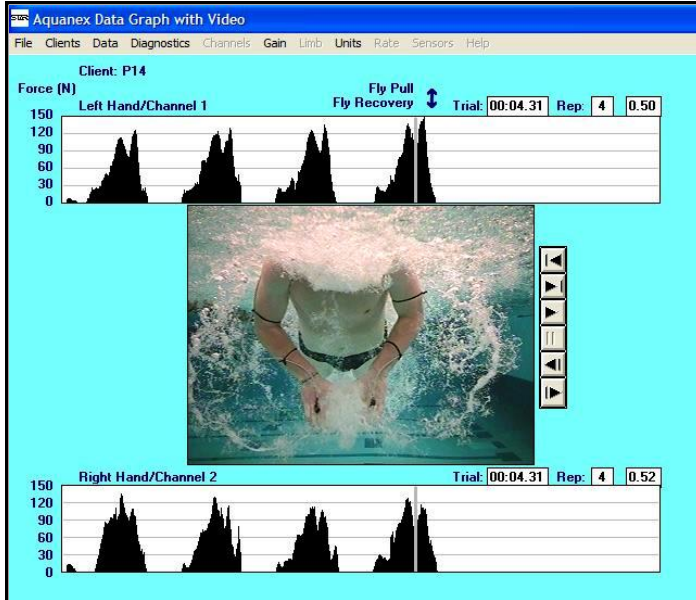


Get ready for a change!



BASS is sponsoring a unique opportunity for swimmers who:

- Want to improve their times
- Are ready to compete at the next level
- Need to break out of a competition slump or plateau
- Are suffering from shoulder pain

In mid-May, Dr. Rod Havriluk of Swimming Technology Research will be working with Coach McHaney to offer an Aquanex+Video Analysis Clinics for your team. The clinic will feature in-pool testing using STR's combined video and force testing equipment, followed by a classroom feedback session. Individualized feedback will reinforce positive technique elements and pinpoint changes to work on with Coach McHaney. Swimmers can each choose two competitive strokes for testing and analysis.

Dr. Havriluk is a former age-group and college coach who currently works with age group and college teams on an international basis. He consults with coaches as well as individual swimmers to identify specific technique limitations that prevent a swimmer from achieving best times and may also lead to injury. By identifying the exact point in a stroke where motion is wasted or force is lost, a swimmer is able to make technique changes that significantly improve performance.

Registration Information

Aquanex+Video analysis clinics are most beneficial to swimmers who have mastered a number of basic skills – generally 11 years and older with a couple years of competitive experience. The \$99 clinic fee includes the pool testing and classroom analysis sessions, a playback version of the Aquanex software, and copies of the swimmer's files.

Participation in each clinic is limited to 12 swimmers. Please contact Coach McHaney at 540-948-7629 if you are interested in participating.

