



GOLD MEDAL SWIM CLINIC

Starts and Turns Clinic Breakdown

- 10:30-10:40 am- check in at GTSD Team Room and Staff Introductions
- 10:45-11:00 am- College athlete led demonstrations
- 11:00-11:45 – Starts Breakdown
 - **3 groups: 15 mins each (film, starting block drills, backstroke start drills)**
- 11:45-11:50- water and bathroom break
- 11:50-12:35 pm- Turns Breakdown
 - **3 groups: 15 mins each (film, open turn drills, flip turn drills)**
- 12:35-12:45 pm- dive/jump off the boards (if time allows)
- 12:50-1:00 pm- Q & A session
 - GTSD Athletes give a day in the life description
 - Coach Hart talks about Olympic Experience
- Clinic Store opens at conclusion of Q & A Sessions

Parents are welcome to stay and watch clinic. Please sit in the stands. No parents on deck. Be sure to check your swimmer out at the end of the clinic.

Location: McAuley Aquatic Center, 750 Ferst Drive, Atlanta, GA

www.goldmedalswimcamps.com