

**STARTS and TURNS SWIM CLINIC**

***Learn about the dynamics and fundamentals of starts, turns and underwater kicking***

**Moreton Hall School, Oswestry**

Saturday 28 July 2018

***Led by GB international swimming coach, Paul Remmonds will guide swimmers through skills, drills and practices that have helped to produce a World Champion, Olympians, European and Commonwealth finalists.***

Paul is a specialist in the biomechanics of swimming. He has coached on British Swimming Teams including the World Short Course Championships (2004) and has vast experience with British and English Junior teams including being Head Coach at the European Youth Olympics.

**Schedule:**

Registration

Starts & Underwater Kick Workshop

Pre-Pool (Starts Focus)

Starts & Underwater Kick Swim Session

Lunch

Turns & Finishing Workshop

Pre-Pool (Turns Focus)

Turns & Finishing Swim Session



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