

# Terrapin Swim Team 2018

## Summer Swim Clinic Program

### Stroke & Racing Skills Clinics at the Carondelet Aquatic Complex Pool.

We will be running four sessions of stroke and racing skills clinics for the summer recreation swimmer. Clinics will be run by our expert coaching staff with the goal of helping all participants improve and refine their swimming skills. Each session is 2 weeks long, 3 days a week on Mondays, Tuesdays and Thursdays for 45 minutes each day. Each 2 week session will cover all 4 competitive strokes as well as starts & turns. Clinics will be split into the following age groups; 8&Unders, 9-10s, 11-12s, and 13&overs.

#### Session Dates

Session # 1: June 11, 12, 14, 18,19, 21

Session # 2: June 25, 26, 28 + July 2, 3, 5

Session # 3: July 9, 10, 12, 16, 17, 19

Session # 4: July 23, 24, 26, 30, 31 + Aug 2

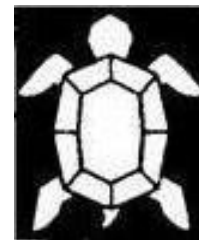
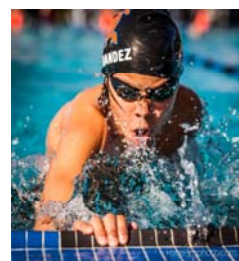
#### Groups/Times

8&Unders / 9-10s @ 6:00-6:45 PM  
11-12s / 13&Overs @ 6:45-7:30 PM

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#### Price/Cost:

- Signing up for one 2 week session \$175 per swimmer
- Signing up for two or three sessions \$150 per session per swimmer
- Signing up for all 4 sessions \$125 per session per swimmer

All Clinics will be run and taught by Terrapin Coaches Doug Reed & Dan Cottam. Together they have developed many of the top swimmers in Pacific Swimming who have been North Coast High School Champions, members of USA Swimming Junior National Teams, and gone on to major College Swimming Careers.



## Register Online at [www.terrapiinswim.com](http://www.terrapiinswim.com)

For any question Contact Coach Dan Cottam via email at [cottamdan55@gmail.com](mailto:cottamdan55@gmail.com)



Coach Dan Cottam

Dan is recognized as one of the top coaches in the area. He has a proven track record for developing athletes from the age group level to the top levels of USA Swimming. NCS Champions & National Junior Team members Madison White and Taylor Nanfria are just two example of coach Cottam's ability to help swimmers under his tutelage progress into well rounded student athletes that move on to having successful college swimming careers.



Coach Doug Reed

Doug has been recognized as one of the top age group coaches, has been awarded Age Group Coach of the Year by Pacific Swimming, and is continuously nominated for this award due to his ability to develop high level swimmers year after year. Doug has developed such swimmers as Justin Lynch, Samantha Coloma, Max Bottene, and Allison Gargalikis, just to name a few, from the age group level that went on to become NCS High School Champions, National Junior Team Members and successful College Swimming careers.