

# Terrapin Swim Team 2019

## Summer Swim Clinic Program

### Stroke & Racing Skills Clinics at the Concord Community Pool.

We will be running two sessions of stroke and racing skills clinics for the summer recreation swimmer from June 11th through July 23rd. 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 3 weeks long, 2 days a week on Tuesdays and Thursdays for 45 minutes each day. Each 3 week session will cover all 4 competitive strokes as well as starts & turns. Clinics will be split in to the following age groups; 8&Unders, 9-10s, and 11&Overs.

#### Session Dates:

Session # 1  
June 11, 13, 18, 20, 25, 27

#### Groups/Times:

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

Session # 2:  
July 2, 9, 11, 16, 18, 23

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

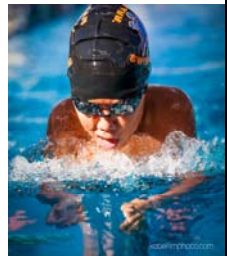
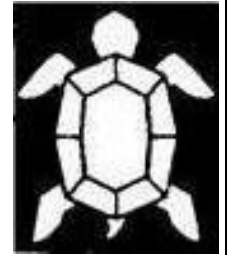
#### Price/Cost:

- Signing up for one session \$200 per swimmer
- Signing up for both sessions \$350 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.terrapinswim.com](http://www.terrapinswim.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 have 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 swimmers such as Justin Lynch, Samantha Coloma, Max Bottene, and Allison Gargalakis, just to name a few, that went on to become NCS High School Champions, National Junior Team Members, and have very successful College Swimming careers.