

Attention Competitive Swimmers!

Express

Technique School

tech@swimexpress.com

(630) 207-5734

This is your chance to learn from the BEST! The Express Technique School will help you fine tune your strokes and drop valuable seconds in your races! No matter what your current ability level is, we will teach you the secrets that NATIONAL and WORLD-CLASS swimmers use to reach the top!

2010 Summer Programs

Cap & Goggle Clinic		This four day clinic is for 8 & Under aged swimmers only and is focused on technique and fun! Participants receive an Express cap and goggles! 40 min sessions 11:20a - 12:00
<u>Days</u> M T W H	<u>Fee</u> \$20	
Advanced Stroke Clinic		This small group format will focus on one stroke per day, maximizing individual attention to mechanics and details. Open to experienced swimmers desiring to refine their stroke technique. 40 min sessions 10:30a - 11:10
<u>Days</u> M - FR T - BK W - FL H - BR	<u>Fee</u> \$75 - 4 days \$20 - single	
Starts & Turns Clinic		This four day clinic will cover starts and turns for all four strokes, including IM. Another small group format, the focus is on using transitions to accelerate into swimming. 40 min sessions 11:20a - 12:00
<u>Days</u> M - FR/BK turn T - BR/FL/IM turn W - FR/FL/BR start H - BK start	<u>Fee</u> \$75 - 4 days \$20 - single	
Video Analysis Session		Two days of one-on-one detailed analysis using video. On the first day swimmers will be captured on tape from multiple angles. Swimmers return in a week to pick up and review their personalized DVD. Swimmers will be given tips and drills to fit their needs, with water time to practice on the second day. Limited availability. available 10:30a - 12:00 by appointment
<u>Days</u> T H	<u>Fee</u> \$90 - 4 strokes \$40 - single	

Clinics offered weekly from June 21 to June 24 at Downers South HS
June 28 to July 22 at Downers North HS

EXPRESS STAFF



Judy Busse

A veteran coach with nearly 40 years experience, Coach Judy has been coaching Downers Grove swimming since 1982. Her athletes include state record holders and both national and international medalists.



Greg Busse

A former Illinois State Champion, Coach Greg was on the USA National Team for 3 years including competing at the World Championships. He has been an Express Coach since 2002.



Wes Ebanks

Also a former Illinois State Champion, Coach Wes went on to be a college record holder and multiple US National and Olympic Trial qualifier. He has coached with Express since 2006.

Visit us on the web at www.SwimExpress.com
Please call, stop by, or email for registration!

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