

# Butterfly / Breaststroke Adult Stroke Clinic



This clinic will cover the competitive stroke techniques for butterfly and breaststroke. Learn how to swim with less effort and go further without getting as tired. Swim faster in your races. Topics covered will include:

- Streamlining
- Body position
- Breath timing
- Pull and kick timing
- Hand & Arm position
- Stroke tempo
- Distance per stroke
- Starts / Dives
- Training suggestions
- Body rotation

Mentor Coach: Jamie Louie  
3 Time COMSA Coach of the Year  
USMS Level 3 Certified Coach  
Registered USA Swimming Coach  
Coach of CSST/COSA Masters Swim Team for 36 years  
Experience coaching Age Group, High School and Masters swimmers  
(2x) USMS LC National Champion (100 Breaststroke & 200 IM)  
(34x) USMS Individual Top Ten Times  
(50/100/200 Breaststroke & 100/200/400 IM)  
Includes (2) Top Times (100/200 Breaststroke)

Location: Cheyenne Mountain Aquatic Center  
1200 Cresta Road, Colorado Springs, CO 80906

Schedule:

Sunday, November 6<sup>th</sup>, 2022

Registration: 9:45 AM - 10:00 AM

Swim Clinic: 10:00 AM – 12:00 Noon

Required skill level: must be able to swim 1 length of each stroke  
Equipment for clinic: swimming suit, towel, goggles, fins, paddles

Fee: \$15.00 (to cover pool rental fees)

Must be USMS registered member or complete USMS 30-Day Free Trial Membership form on day of clinic.

Clinic will be limited to 40 attendees (must 18 years or older)

Contact for details: 719-602-1980, [jamie.jklouie@gmail.com](mailto:jamie.jklouie@gmail.com)