

## **THE BUTTERFLY RAP**

Despite wide-spread misconception, butterfly is not difficult. Learn how to swim and teach butterfly by basing it on rhythm.

## **BACKSTROKE - THE TEMPO STROKE**

Tempo dominates this stroke at every level. Learn how to create, sustain, and manipulate tempo in your stroke.

## **WORLD-WIDE BREASTSTROKE REVOLUTION**

No stroke has changed as much as BR in the last 20 years. This clinic teaches swimmers and coaches the three main areas of change and how to implement them into the most efficient BR on the planet.

## **FREESTYLE - HYBRID STROKE**

This freestyle form is taking elite swimming by storm. Learn how to combine elements of straight arm with elements of high elbow recovery to swim like the pros.

## **FREESTYLE - PROPULSION SYSTEMS**

A great kick is undervalued and misunderstood. So is a great catch. Learn how to align the pads of your feet for maximized kick and the crease of your elbow for maximized pulling leverage.

## **KICK-DRIVEN AQUATIC CREATURES**

A great kick is BOTH the foundation of technique and endurance. It produces more speed and requires more energy than pulling. Learn how to build the foundational elements of each stroke with this clinic.

## **OPEN TURNS ARE FLIP TURNS**

All turns are flip turns. Learn how to win the last yard and the first yard of every lap with this clinic.

## **TRACK & BACK STARTS**

There are three distinct sources of power for leaving the block in a track start.. Learn how to maximize each and sequence them for optimal start power and speed. In backstroke, if you want to fly, get your butt high!

## **THE FIFTH STROKE**

Nothing has had a bigger impact on the sport of swimming like the underwater butterfly kick. The path toward greatness in this sport DEMANDS amazing underwater fly kick.

## **BASE POSITION APPROACH TO TECHNIQUE DEVELOPMENT**

This system of teaching technique is as simple as it is revolutionary. Teach a “base” position. The rest of the stroke becomes about moving into and out of that position.