

FCA 2021 SUMMER STROKE CLINICS / FALL PRESEASON

The 2021 summer stroke clinic series will consist of four weekly clinics (Junior & Senior Groups), each focusing on a different stroke beginning the week of August 16th. Each clinic will concentrate on stroke development, building good habits with start and turn work for each stroke. The Novice Group will have two weeks of clinics focused on Free & Back.

The main FCA Fall/Winter season will begin after the four-week series is over, starting the week of September 13th.

I am excited to announce the addition of dryland sessions run by a personal trainer from Function & Strength Sports Performance and sport psychology sessions run by Summit Performance Consulting for the Senior Group participants.

Week of August 16th – Freestyle

Week of August 23rd – Backstroke

Week of August 30th – Breaststroke

Week of September 7th – Butterfly

Butterfly Clinic will run Tuesday, Wednesday, Thursday, Friday

JUNIOR A-B GROUP

- Monday, Tuesday, Wednesday, Thursday: 5:30-6:25pm
- Each week cost FCS \$70/ non-FCS \$80. You may sign up for any number of clinics.
- Participants should arrive already in their swimsuit.
- Group size is limited, and some social distancing will be used however swimmers will be within 6 feet of other swimmers on occasion.*

JUNIOR B-C GROUP

- Monday, Tuesday, Wednesday, Thursday: 6:30-7:25pm
- Each week cost FCS \$70/ non-FCS \$80. You may sign up for any number of clinics.
- Participants should arrive already in their swimsuit.
- Group size is limited, no social distancing will be enforced, vaccinated participants do not need to wear masks.*

SENIOR GROUP

- Monday, Tuesday, Wednesday, Thursday: 6:15-8:30pm
- Each week cost FCS \$90/ non-FCS \$100 (sport psych not included). You may sign up for any number of clinics.
- Sport Psych cost for all four weeks \$50.
 - You are allowed to sign up only for the sport psych sessions and no stroke clinics.
- Participants should arrive in their dryland workout clothes. Time will be given to change into suits using the locker room. Dryland workouts will be on Monday, Tuesday, Thursday.
- Sport Psych will be Wednesday prior to swimming, time will be given to change into suits using the locker room.
- Dryland and clinic size is limited, sport psych sessions are unlimited, no social distancing will be enforced, vaccinated participants do not need to wear masks.*

NOVICE GROUP

Week of August 30th – Freestyle

Week of September 7th – Backstroke

- Tuesday & Thursday: 4:45-5:25pm
- Each week cost FCS \$35/ non-FCS \$40
- Participants should arrive already in their swimsuit.
- Group size is limited, and some social distancing will be used however swimmers will be within 6 feet of other swimmers on occasion.*

Masks, social distancing, and other Covid-19 guidelines may change depending on current local/federal guidelines