

OVERVIEW

The purpose of the PERFECT TECHNIQUE Clinic Series is to teach swimmers correct technique for the strokes, starts, and turns of competitive swimming.

An efficient stroke as well as proper starts and turns are critical for competitive swimmers. Learning proper technique early is vital in the development of a swimmer.



Clinics will be led by United States Swimming (USS)-certified coaches. In addition, USS-level athletes will be present to demonstrate the proper technique of the different skills. Clinic enrollment is limited to ensure a small group learning environment.

CLINIC SKILLS SCHEDULE AS FOLLOWS :

- ▶ MONDAY Freestyle/Backstroke
TECHNIQUE
- ▶ TUESDAY Freestyle/Backstroke
STARTS/TURNS/FINISHES
- ▶ WEDNESDAY Butterfly/Breaststroke
TECHNIQUE
- ▶ THURSDAY Butterfly/Backstroke
STARTS/TURNS/FINISHES

INFORMATION

LIMITED ENROLLMENT!
THIS POPULAR CLINIC FILLS UP QUICKLY
SO REGISTER NOW!

DATE	TIME	LOCATION	AGE	COST
June 14 - 17	1:00-2:30pm	VISTA HS	7-8	\$120
June 21 - 24	1:00-2:30pm	VISTA HS	9-10	\$120
June 28-July 1	1:00-2:30pm	VISTA HS	11-up	\$120
July 5 - 8	1:00-2:30pm	VISTA HS	7-8	\$120
June 14 - 17	1:30-3:00pm	VISTA HS	7-8	\$120
June 21 - 24	1:30-3:00pm	VISTA HS	9-10	\$120
June 28-July 1	1:30-3:00pm	VISTA HS	11-up	\$120
July 5 - 8	1:30-3:00pm	VISTA HS	9-10	\$120

**CANCELLATIONS MUST BE MADE ONE WEEK PRIOR TO
START OF CLINIC WEEK FOR A FULL REFUND.
NO EXCEPTIONS.**

\$40 Single Day Clinic registration
accepted as space becomes available.
First come first served.
Contact Aimee Lehr for more details.

PERFECT Technique

Aimee Lehr
Phone: (530) 417-0018
Email: aimswims@sbcglobal.net
P.O. Box 435
Shingle Springs, CA 95682

REGISTRATION

2010 Summer Clinic Registration Form
(Please Print Legibly)

Swimmer

Last Name: _____

First Name: _____

Middle Name: _____

Age at start of clinic: _____

DOB: ____/____/____ Sex (M / F)

DATE	TIME	LOCATION	AGE	COST
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CHECK # _____ TOTAL FEES \$ _____

(Make checks payable to "PERFECT TECHNIQUE")

**CANCELLATIONS MUST BE MADE ONE WEEK PRIOR TO START
OF CLINIC WEEK FOR A FULL REFUND. NO EXCEPTIONS.**

CLINIC FEE IS \$120 PER WEEK

**EMAIL CONFIRMATION WILL BE SENT UPON
RECEIPT OF REGISTRATION AND PAYMENT.**

Parent Last Name: _____

Parent First Name: _____

Home Phone: (____) _____

Cell Phone: (____) _____

E-mail: _____

Address: _____

City: _____ Zip Code: _____

**PLEASE FILL OUT THE ABOVE INFORMATION AND
MAIL ALONG WITH YOUR CHECK PAYMENT TO:**

Perfect Technique

Attn: 2010 Summer Clinic
P.O. Box 435
Shingle Springs, CA 95682

COACH AIMEE LEHR

Aimee Lehr coaches with the Sierra Marlins, a United States Swimming Silver Medal Team, and is also the Head Coach of the women's swim team at Ponderosa High School. She has been honored as the 2010 SVC High School Coach of the Year.



For over twenty years, she has worked with a variety of different swim levels from beginners to nationally ranked athletes. After graduating from Stanford University where she was a member of the Women's Varsity Swim Team, Coach Lehr was the head coach of Stanford Covington Racing Aquatics. Very interested in the technical details of swimming strokes, she enjoys working with swimmers on their technique and this is a cornerstone of her coaching philosophy.

COACH DARIN MAI

Darin is the Head Age Group Coach of the Sierra Marlins Swim Team- USS Silver Medal Team, and a recipient of the Sierra Nevada Swimming Coach of the Year award.



Previously, he was the assistant coach for the University of Utah's Men's and Women's Swim Team, as well as Head Coach of the Nike Swim Camps. Highly respected in the community for his development of elite level swimmers, Coach Mai brings a wealth of technical stroke knowledge to the swimmers in the clinic series.

"Aimee Lehr has an amazing ability to work with all ages as well as skills. Her personal experience as a swimmer as well as her professional experience as a swim team instructor and coach provides a phenomenal opportunity for individuals to be taught by "one of the best". I have been very impressed as a mother of swimmers with what my children can accomplish under her instruction. As the President of Sierra Sharks Swim Team, Aimee's presence as an instructor and coach has made such a difference with the swimmers on our team."

Christina Herrman

Sierra Sharks Swim Team Parent

"Coach Aimee nourishes my child's soul. The time Allison spends with Aimee is as much about appreciating the beauty of the sport as about the technical training. Coach Aimee sees the big picture of swimming for a lifetime, not just for summer rec. Technique always comes before speed. Aimee always tells Allison that good form will lead to better speed in the long run. Because Aimee swam for Stanford, she knows what it takes to be successful in swim in the long run. Her technical expertise is second to none, and the way she breaks down each stroke has always been easy for Allison to understand. If you want your child to be technically sound, you want your child to spend time with Aimee."

Susan and Allison (swimmer) Prior

TAZ Swim Team Parent

"If you want your children to love swimming, Aimee is the instructor. If you want your children to be motivated to improve, Aimee is the instructor. Aimee always found a way to help our kids become better swimmers and really connect with the sport. Aimee included motivational tools that inspired our son and daughter outside the pool as well. Aimee found the time to give individual attention to each and every swimmer at every practice. Her friendly and easy-going approach to instruction sets her apart from most swim coaches. Our kids are very fortunate to have had Aimee as their coach. She will be a coach that our kids will always remember and say that she was the "best coach they have ever had."

Mark and Ann Peters

Sierra Marlins Swim Team Parents

"Aimee Lehr is an amazing coach. She truly enjoys coaching swimmers to be their best and does so in such a positive environment. Aimee is a motivational, consistent, and constructive presence on deck. The swimmers benefit from her technical coaching style as well as her ability to connect with any swimmer on any level. Aimee's experience combined with her intrinsic ability to reach out to a swimmer as well as her technical knowledge makes a formidable formula for great coaching and teaching. Our daughter continues to improve, strives to do her best, and truly enjoys swimming thanks to Aimee."

Stephen and Marie Miller

Sierra Marlins Swimmer Chloe A. Miller

Sierra Nevada LC 10U Top 3 Award

PERFECT Technique

SWIM SMARTER.

SWIM FASTER.

2010 Summer Clinic Series



STROKE



START



TURN

LOCATED AT FOLSOM

Vista del Lago High School

Co-Sponsored By

