

# BULLDOG SWIM CLINIC 2019



## **Session 1:**

Saturday, June 8<sup>th</sup> & Sunday, June 9<sup>th</sup>  
8:15AM to 4:15PM

## **Session 2:**

Saturday, June 22<sup>nd</sup> & Sunday, June 23<sup>rd</sup>  
8:15AM to 4:15PM

The goal of the Bulldog Swim Camp is to elevate every campers swimming performance through focused training and technique improvement in a positive and fun environment. The Bulldog Swim Camp will offer a balance of training along with focus on skills, drills and body position needed to become a more efficient swimmer. Each athlete will be taught the importance of proper technique, starts, turns, and the 5th stroke (underwater kicking).

[www.bulldogswimcamp.com](http://www.bulldogswimcamp.com)