



SWIMMING AND WATER POLO CLINIC MAY 11, 2018

***Hamden Hall Beckerman Athletic Center 225 Skiff Street Hamden
6:00-8:00 PM***

\$15 per person (checks payable to Moniek Ferneini) - phelan.martha@gmail.com (contact)

GREENWICH CROSSFIT - Dryland cardio based strength conditioning. Intro to Concept 2 Rower and Crossover Symmetry Resistance Bands.

CENTER FOR MOVEMENT PERFORMANCE with exercises to reduce injury risk. The gravity eliminated environment, the true core is be good shoulder girdle.

FUEL YOUR FITNESS - Guidance on nutrition competition and post competition.

-Presentation on shoulder issues along shoulder is the core for swimmers. In a the scapula so it is here the focus will

and fueling pre competition, during

