

# Saturday Stroke School

Spring 2007

Strokes are the foundation of competitive swimming. The better your strokes, the more efficient you are in the water. Being more efficient enables you to achieve faster speeds.

TTSC Head Age-Group Coach Jeanine Serrano is offering small group Stroke Technique and Turn workshops. These workshops will take place once a month on Saturday mornings at the Tualatin Swim Center. All classes are limited to 6-8 swimmers to facilitate individual attention and are divided by training groups. **There is a \$5 charge for Stroke School. Pre-registration and fees are due prior to taking the class.**

For the Novice levels (Snappers and Terrapins) each 45-minute session will focus on two strokes. The "Long Axis" class will cover Freestyle and Backstroke and "Short Axis" class will cover Breast and Butterfly. At the White and Blue Level each 45-minute session will focus on one short axis stroke (Breaststroke or Butterfly) or both long axis strokes (Freestyle and Backstroke). During single stroke sessions, turn work for the stroke will be included in the session.

After each stroke session swimmers will have the opportunity to have their stroke videoed from above and under the water. A member of the coaching staff will then critique the video for the swimmer. (The video and critique portion of the program generally takes an additional 15 minutes.) Wall & Turn classes will be a full hour water session but there is no video involved with these sessions.

Those swimmers who have taken Stroke School in the past are encouraged to sign up again. All sessions tend to be different from each other and repetition helps make for lasting corrections. You can sign up for Stroke School by calling Jeanine at 503-431-5455 or by contacting her through Email-[jserrano@ttsd.k12.or.us](mailto:jserrano@ttsd.k12.or.us).

Checks for Stroke School should be written out to "TTSC" and left in the "Stroke School" file after you have been assigned a time.

*Swimmers may only attend one session per day.*

## April 14

9:00 - 9:45am White and Blue Group Short Axis School - (Butterfly Only)  
9:45- 10:30am Terrapin and Snapper Long Axis School - (Backstroke and Freestyle)  
10:30-11:15am White and Blue Group Short Axis School - (Breaststroke Only)  
11:15- 12:00pm Terrapin and Snapper Short Axis School - (Breaststroke and Butterfly)  
12:00-1:00pm White and Blue Long Axis Turns and Freestyle Starts

## May 26

9:00 - 9:45am White and Blue Group Long Axis School - (Backstroke and Freestyle)  
9:45- 10:30am Terrapin and Snapper Short Axis School- (Breaststroke and Butterfly)  
10:30-11:15am White and Blue Group Short Axis School- (Breaststroke Only)  
11:15- 12:00am Terrapin and Snapper Long Axis School- (Backstroke and Freestyle)  
12:00- 1:00pm White and Blue Long Axis Turns and Backstroke Starts

## June 9

9:00 - 9:45am White and Blue Group Short Axis School - (Breaststroke Only)  
9:45- 10:30am Terrapin and Snapper Long Axis School- (Backstroke and Freestyle)  
10:30-11:15am White and Blue Group Short Axis School - (Butterfly Only)  
11:15- 12:00am Terrapin and Snapper Short Axis School- (Breaststroke and Butterfly)  
12:00- 1:00pm White and Terrapin Group Walls and Turns