

'Cheap Speed' clinics at Alfred University to benefit competitive swimmers

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Alfred, NY -- Alfred University swim coach T.J. Davis, assisted by members of the AU swim team, will offer three "Cheap Speed" clinics designed to help competitive swimmers improve their performances. The first, "Starts and Turns," will be held Jan. 16, 2000; the second, "Butterfly and Breast Strokes," Jan. 30; and the final, "Freestyle and Back Strokes," Feb. 13. All sessions will be held at the AU pool, McLane Center, from 1-5 p.m. Each clinic will be strictly limited to 36 swimmers, with registration on a first come, first served basis. During each clinic, emphasis will be placed on learning techniques that will improve the swimmer's time in competition. Each swimmer will be instructed in ways to improve stroke length, stroke efficiency and distance per stroke, faster starts and turns. "This is a great opportunity for area swimmers to improve their performances," said Davis. Coaches who bring members of their teams are invited to observe throughout the afternoon, as are parents of the participants. Fees are \$25 per swimmer for each clinic. Participants are asked to take suit, towels, swim cap, water bottle and goggles. Davis, in his fourth year as Saxons' swim coach, was a middle distance/distance freestyler at the University of Albany. Named captain his senior year, Davis led the Great Danes in individual points, and was MVP his junior and senior years. Proceeds from the clinics will be shared between the Alfred University swim team and the swimming program at Alfred-Almond Central School. To reserve a place in one or more of the clinics, swimmers are asked to send their registration fees, along with their name, address, telephone number, age, current swim team and the clinics for which they are registering to Vivian Hyde, 1306 State Route 244, Alfred Station, NY 14803. Make checks payable to Vivian Hyde. Additional information may be obtained by calling Hyde at 607 587 8794.