

Dream of Rings Olympic Swim Clinic

hosted by **Dedham Parks and Recreation!**



Dedham Pool
Wednesday, February 21st
10am - 1pm

\$75 paid through Parks and Rec
optional: \$5 swim caps at clinic

Be sure to sign up quickly as space will be limited.

Scott Spann

13X First Team All-American
NCAA Team Champion
Beijing Olympic Finalist
US National Champion



LEARN

The habits of Olympians and strategies for accomplishing your goals!

IMPROVE

Your techniques with in and out of the water drills. Get tips from the best in the world!



RACE

Take a stand against Scott in your favorite stroke! Become a Champion!



Autographs and Pictures!

Message from Scott:

Hello Dedham area swimmers! I am so thrilled to be visiting your club to host a swim clinic. This program is going to be fitted for all. We are going to cover all four strokes, starts, turns, breakouts, and lots more! If you have been to one of my clinics in the past, I hope to see you again, as we will learn more and reinforce good habits. In the meantime, if any swimmers, coaches, or parents have any questions please send me an e-mail.

Don't Forget! Bring a water bottle, snack, and dry towel for the clinic.

Clinic Questions to Scott: Swimhorns@gmail.com