

MCC WAVES 2020 “Olympic” Spring Clinics

2020 is here. It’s an Olympic year. The same enthusiasm will be present on the MCC pool deck this season, as we strive to be our very best! Part of that preparation begins with the Spring Clinics that begin Monday, March 2. OMPA athletes are limited to no more than 15 hours of swimming instruction (including clinics and private swimming lessons) between March 2 and April 21. No swimming is permitted prior to March 2 for a swimmer to be eligible to compete in the 2020 OMPA Championships.

Spring Clinics will be offered Monday – Thursday on the following schedule →

New 6s (no team in 2019) and 5 & Under	3:30-4:00
Returning 6s and 7s, first-time 8s	4:00-4:30
8-year old’s (returning swimmers)	4:30-5:00
9-year old’s (or 10s new to team) TURNS	5:00-5:30
10-year old’s	5:30-6:00
11 years and older	6:00-6:30

Clinics will run for 6 weeks, beginning March 2. We will not swim the week of March 30, due to Spring Break.

Saturdays will be offered beginning April 11th, and will continue once swim TEAM practices begin. Saturday practice time options are as follows →

6 & Under (all)	9:00-9:30am
7/8s (all)	9:30-10:00am
9s and new 10s TURNS	10:00-10:30
Returning 10s and up	10:30-11:00am

Clinic fees are as follows →	Full Participation (March and April) up to 26 swims	\$300
	Half-time, March and April -- 2x/week, no more than 13 swims	\$165
	April, Full-time, up to 10 swims	\$135
	April, Half-time, up to 5 swims, 2x/week	\$75
	Drop-in, each swim	\$20/

Clinics will be billed after March 27th, and again after April 20. Adjustments can be made in April if attendance goals either increase or decrease from March.

Participation in Spring Clinics helps develop proper swimming techniques, starts and turns (for those age groups doing turns). They help build up a slight aerobic base that eases the transition into true training, better preparing athletes to perform their best over the summer months.

Clinics will be led by Tiffany Forbes, with assistance from Cathy Durden, Sarah Cameto, and Solomon Edmonds. Coaches are in the water with 8 and under swimmers, as well as with the 9-year old swimmers as they are learning their turns. Coaches are able to assist swimmers in proper skill execution, helping them master the skills needed to race their best.

I am very excited for this swim season, and the future of MCC Swimming! Let’s give an “Olympic” effort this year! To register for the Spring Clinics, please email Tiffany at tiffany@moragacc.com and indicate your level of participation.

