

We have 2 stroke and turn clinics so far in our local areas.

Late Bloomers Stroke and Turn Clinic - Hosted by Quechee Swim team, July 1, 2019. Time and Location TBA.

Woodstock Stroke and Turn Clinic - Hosted by Woodstock on Wednesday, May 22, 2019. Time and Location TBA.

I have attached NE Swimming/USA Swimming Stroke and Turn and Starter Videos to work with when presenting or for review for your present S & T judges;

<https://www.teamunify.com/SubTabGeneric.jsp?team=lscneso&staid=65682>

<https://www.youtube.com/watch?v=Do5w7vmjElk&feature=youtu.be>

Kristin Schiessl-Alf kristinalf3@gmail.com