



IOWA SENIOR OLYMPICS

Valley High School – 1140 35th Street – West Des Moines, IA

Masters Swimmers 50+ please join us on Saturday, June 12, 2004 for a chance to qualify for the 2005 National Senior Games in Pittsburgh! Entry fee: \$25

Swim Clinic – Saturday, June 12 9:00 – 11:00 a.m.

Instructor: Mr. Tom Cady, a Des Moines native, brings more than 50 years of experience in teaching and coaching swimming. He is a Masters swimmer, an Iowa Senior Olympics competitor and a power walker. This clinic will consist of lecture, audio-visual, and practical components. The stroke/start/turn analysis will be conducted in the water.

- 9:00 – 9:30 a.m. Swim Training
 - Swimming for fitness
 - Adaptations for disability
 - Nutrition
 - Weight training
 - Flexibility
- 9:30 – 10:00 a.m. Workouts
 - Distance
 - Interval
 - Repeats
 - Variety
- 10:00 – 10:30 a.m. Stroke Technique
 - Roll vs. flat
 - Shoulder/elbow height
 - Breaststroke dive
 - Kick
- 10:30 – 11:00 a.m. Stroke/Turn/Start Analysis
 - In the water analysis
- 11:00 a.m. - ? Questions

Schedule of Events

Picnic/Opening Ceremony 11:30-Noon

Warm-ups Noon

Swim Meet 1:00 p.m.

Order of events

- 200 Free
- 100 Fly
- 50 Breast
- 100 IM
- 100 Back
- 50 Free
- 200 Breast
- 200 Free Relay
- 200 Back
- 100 Free
- 50 Fly
- 100 Breast
- 50 Back
- 500 Free

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