

# TORNADOES SWIM TEAM & OLYMPIAN **JACOB PEBLEY** 2-DAY SWIM CLINIC

REGISTRATION  
NOW OPEN!

**APRIL 20 - 21**

**FRIDAY, APRIL 20**

12 & under swimmers: 4:30pm - 6:00pm

13 & over swimmers: 6:00pm - 7:30pm

**SATURDAY, APRIL 21**

12 & under swimmers: 7:00am - 8:30am

13 & over swimmers: 8:30am - 10:00am

**Jacob Pebley**

2016 Rio Olympian

USA National Team

2017 World Championships Medalist



## FRIDAY SESSION:

Jacob will focus on skills in the water:

- **Efficient Underwater Dolphin Kick:** Maintaining speed and momentum off the walls with underwater dolphin kicking
- **Distance Per Stroke:** Finding your best stroke count and distance per stroke for backstroke and freestyle
- **Backstroke Starts:** Keeping a tight streamline off the start and using your legs for a powerful backstroke start and extension

## SATURDAY SESSION:

Jacob will cover his dryland routine, pre-meet stretching, and mental preparation for championship meets. Over the course of the weekend, Jacob will talk with the athletes about goal setting and focusing on daily improvements -- and how getting 1% better each day can make a BIG difference at the end of the season.

Cost:

**\$75**

**FOR BOTH DAYS**

**CLARK COUNTY  
FAMILY YMCA POOL**

**11324 NE 51ST CIRCLE  
VANCOUVER, WA 98682**



JACOB PEBLEY

Registration Link and additional information:

[WWW.TORNADOESSWIM.ORG](http://WWW.TORNADOESSWIM.ORG)