

# Iowa City Eels – Non-Competitive Stroke Clinic Spring 2010

[www.iceels.org](http://www.iceels.org)

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The Iowa City Eels Swim Club (ICE) is a USA-S affiliated swim team with over 100 year round members. This clinic is for swimmers with Red Cross Level 5 skills to learn from one of the best competitive swim programs in the Midwest (2004 Iowa Swimming Age-Group Champs – Short Course and Long Course, 2004 Iowa Swimming Overall Champs, 2005 Long Course Age-Group Champs, 2006 Overall Long Course Champs). The clinic is designed as an introductory session of our club to coincide with our club's preseason workouts and is aimed at those who have no competitive swimming experience who have just completed lessons programs. All registrations received will be notified via email and there will also be a waiting list set up if you choose. All checks are held for one week after the start of the clinic – those not ready for the clinic will be fully refunded.

**ICE Stroke Clinic Staff includes:** Head Assistant Coach Adam Osweiler – Former Dayton Raider (Dayton, Ohio), Fairborn High School (Fairborn, Ohio), and Ohio University swimmer. Adam was a former Team Captain at Ohio University, student Assistant coach at Ohio University in 2002- 2003 and assistant coach for City High Girls swim team 2003 and 2004. ASCA Certified Level 3 Coach with 6 years of coaching experience. He coached for the Cincinnati Marlins in 2005-2006. Adam was named 2008 Age Group Coach of the Year.

Head Coach Donald P. Spellman – Former Des Moines Swimming Federation, Perry HS, WDM Dowling HS, and UNLV swimmer. 2002, 2003, 2004, 2005 Iowa Swimming Inc. Age-Group Coach of Year, 2005 and 2007 Iowa Swimming Inc. - Senior Coach of the Year. American Swimming Coaches Assoc. certified with 10 years of coaching experience and 5 time Iowa All-Star Coach / Iowa Zone Staff member. Don is currently President of the Iowa Swimming Coaches Association.

Assistant Coach Eric Jetter – Former Iowa City Eels and City High swimmer. He is a graduate of City High and Iowa State (2008). Eric has over 4 years of coaching experience at the club level in Iowa with both the Ames Cyclone Aquatic Club and Iowa City Eels.

**Dates:** The entire clinic will be held March 22<sup>nd</sup>- April 8th. Monday and Wednesday stroke clinic will be from 5:30-6:30pm at Mercer aquatic center and Tuesday and Thursday stroke clinic will be from 6:30-7:30pm at Coralville aquatic center. There will be no stroke clinic Friday or weekends.

**Cost:** \$80.00 per swimmer (includes USA swimming registration, stroke clinic and equipment fee)/ Send form and check to: Iowa City Eels Swim Club, PO Box 2353, Iowa City IA 52244

**\*\*This is done on a first come first serve basis so be sure to get your forms in early to reserve your spot\*\***

Detach and Fill out form below

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Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex: M / F

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Phone - work or cell: \_\_\_\_\_ Home phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Last Lesson (date) / Level: \_\_\_\_\_

Have you been in ICE Stroke Clinic before: Yes / No

Where did you find out about ICE?