



**Registration Dates:**

February 18<sup>th</sup> thru 1<sup>st</sup> Day of Clinic

**Registration Fee:** \$200 for the Series

**Addition Discounts:**

MILITARY (ACTIVE DUTY)  
\$50 OFF Regular Registration

\* Cancellation fee of \$35

**Registration Costs Include:**

TYR goody bag

**Clinic REQUIREMENTS**

*The University of Hawaii Swim Clinic is open to any and all entrants, ages 7-17 years old. For your safety and benefit, we recommend you have competitive swimming experience, can swim at least 50 yards, basic knowledge of all four competitive strokes and have the capacity to swim 60-90 min. sessions a day.*

**AGES: 7-17 YEARS OLD**



To Register, please go to:

[www.hawaiiathletics.com](http://www.hawaiiathletics.com)

Clinic link on the "Camps" tab

Any questions: Call/Email

Elliot Ptasnik @ 808-956-5377

[eptasnik@hawaii.edu](mailto:eptasnik@hawaii.edu)

**Payment: Online Credit Card Only**

**Mail any documents to:**

**Athletics Business Office-Clinics**

**1337 Lower Campus Road**

**Honolulu, HI 96822**

**2019**  
**Swim Clinic Series**

**Location:**

**Duke Kahanamoku Aquatic Complex**



**CLINIC DATES**

**SESSION 1**

**April 7, 2019**

Pre-Competitive: 2:00-4:00pm

Competitive: 4:00-6:00pm

**SESSION 2**

**April 14, 2019**

Pre-Competitive: 11:00am-1:00pm

Competitive: 1:00-3:00pm

**SESSION 3**

**April 28, 2019**

Pre-Competitive: 2:00-4:00pm

Competitive: 4:00-6:00pm

**SESSION 4**

**May 5, 2019**

Pre-Competitive: 2:00-4:00pm

Competitive: 4:00-6:00pm

\* No Clinic April 21st due to Easter Sunday

\*\* Please note time change of SESSION 2

## ***CLINIC COACHING STAFF***

### **Clinic Co-Director/Assistant Coach:**

#### **Elliot Ptasnik**

Elliot Ptasnik joined the University of Hawaii coaching staff in the fall of 2016. At UH, Elliot primarily works with the IM and stroke groups. Elliot brings his excitement to Hawaii from New York City where he served as Head Coach of the Manhattan Makos and Director of Imagine School of Swimming.

### **Clinic Co-Director/Assistant Coach:**

#### **Marcus Guttmann**

Marcus Guttmann joined the University of Hawaii coaching staff in the fall of 2016. Marcus works primarily with the distance freestyle group. Marcus brings his experience to Hawaii from Madison, Wisconsin, having coached at Badger Aquatics Club and representing Wisconsin Aquatics in the 2012 US Olympic Team Trials.

### **Activity Coordinator/Graduate**

#### **Assistant: Ivy Martin**

Christel Simms has been with the University of Hawaii coaching staff program since 2018. Ivy represented the USA in the 2015 World Championships. She then swam at Wisconsin and is pursuing a graduate degree in Communications.

### **Head Coach: Dan Schemmel**

Dan Schemmel has named Head Coach in the fall of 2016. Dan was previously at the University of Wisconsin where he coached numerous Big Ten Champions, NCAA All-Americans, and a National Champion.

## ***UNIVERSITY OF HAWAII SWIM CLINIC SERIES***

The purpose of the 2019 University of Hawaii Swim Clinic Series is to teach proper stroke technique in the four competitive strokes, generate and encourage enthusiasm for the sport and increase skill level for both safety and competitive reasoning. The clinic will run a two-track program: **Competitive** and **Pre-Competitive**. The attendee will select which track they prefer in order to maximize their clinic learning experience.

**Pre-Competitive:** For ages 12 & under, to gain a better awareness for swimming, specifically in the four main competitive strokes while encouraging water safety and maintaining a fun and friendly atmosphere with their peers.

**Competitive:** For ages 12 & up, learn and train as an elite-level swimmer by participating and improving (1) daily training regiment of speed and power; (2) specific training aspects of starts, dives, underwater kicking and pullouts (3) gaining a competitive racing edge.

Throughout the session you will have the unique opportunity to work one on one with a member of the UH Coaching Staff. Each session will provide the swimmers with a small group atmosphere to work on the techniques and skills to help them to reach their swimming goals. Attendees will have the opportunity to experience the type of training done at the University of Hawaii.

## ***COMPETITIVE CLINIC TOPICS:***

- POWER Training
- Underwater kicking and pullouts
- Training for the Individual Medley
- Starts & Turns
- Daily Film Analysis

## ***SAMPLE DAILY ITINERARY***

2:00pm: Check In

2:15pm: Watch Video/Discussion

2:30pm: Water Session

4:00pm: Check out

### **Items to bring:**

Swim suit, towel, goggles, cap, sunscreen