



Coach Mel and Carol Nash's SWIMFASTER CLINIC returns to Camp Lohikan during the 13-Day Session #4 which runs from August 5th through August 18th. Coach Mel will lead a 3 day clinic during the session with assistance from Coach Carol. The participation fee is \$295.00.

SwimFASTER clinics are Technique Clinics. Coaches Mel and Carol focus on teaching excellent stroke technique in the four competitive strokes: Freestyle, Backstroke, Breaststroke and Butterfly. Perfecting the swimmer's starts and turns will also be addressed. Underwater Video Analysis is part of the clinic. Video lessons include: Underwater filming, stroke analysis, and technique lessons.

Accomplished, experienced swimmers will benefit greatly from three days studying stroke technique. They will learn how to make their strokes better and more efficient. However, the clinic is not limited to experienced swimmers. Kids on swim teams or kids who know how to swim and want to be on a swim team are eligible. But these are not "learn to swim" programs. Swimmers must be at least eight years old and must be able to swim a pool length of basic freestyle and a length of backstroke.

Private lessons are available at an extra charge. Coach Mel's rate is \$125.00 an hour. Coach Carol's rate is \$90 an hour.



Coach Mel's swimming resume displays excellence at every level of the sport. Mel has had swimmers and students compete in 6 out of the last 7 Olympics. As an athlete he was World Champion, USA National Champion, NCAA Champion and he won the Pan-American Games 100 Backstroke as a 16-year-old high school student. Mel was the Head Coach at Texas A&M University for 25 years where he built a Top Ten NCAA team, had 80-plus All-Americans and produced USA National Champions, as well as Pan-American and Goodwill Games Gold Medalists. Most of these athletes were "unknowns" before swimming for Mel. Recognized for his technical expertise and training methods, he has transformed swimmers' strokes for his entire career. Mel currently has students who fly in from around the world to work with him including swimmers from New Zealand, Great Britain, Brazil, Canada, and Venezuela and all over the United States.



Coach Carol Nash is a stroke specialist. She concentrates on improving the stroke technique in newer swimmers to the sport. She works with teens who are just starting out as competitive swimmers and younger swimmers who need to learn technique. Athletes she has introduced to the sport have gone on to be high school All-Americans, College Scholarship athletes, and National Qualifiers.

Please enroll my child for the THREE DAY SwimFASTER Clinic.

August 5th - August 18th Clinic with Coach Mel and Coach Carol. Cost is \$295.

I am interested in arranging for the private lessons indicated.

Coach Mel Nash: \_\_\_\_ 1 Hour Lessons @ \$125 per lesson. Total: \_\_\_\_\_.

Coach Carol Nash: \_\_\_\_ 1 Hour Lessons @ \$90 per lesson. Total: \_\_\_\_\_.

Camper's name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Today's date: \_\_\_\_\_

Completed forms must be accompanied with payment in full and mailed to: Camp Lohikan, P.O. Box 189, Gladstone, New Jersey 07934. To pay by credit card, please download the credit card form from [www.lohikan.com/ccform.pdf](http://www.lohikan.com/ccform.pdf).