



Rose Bowl Masters Presents: A one day clinic featuring

Camden Crane & Mike Kane

Rose Bowl Aquatics Center Trainers will be presenting a 2 hour training session on weight training. They will be covering how you can best supplement your swimming routine with the appropriate training that you need to succeed in the pool! We will be doing both classroom and weight room instruction so come prepared with proper attire.



Chad Durieux

2011 USMS Coach of the Year, 2012 and 2010
SPMS Coach of the Year.

Fly/Back/Breast Technical Clinic

We will be offering a 1.5 hour in water clinic and 1 hour class room clinic to cover all the non-Free strokes and how you can improve what you are currently doing.

Who: All Athletes, Coaches and Swimmers

When: Saturday February 21, 2015
8am - 1pm

Where: Rose Bowl Aquatics Center
360 N Arroyo Blvd.
Pasadena, CA

Registration: \$40 with Club Assistant Max 50 people:

Contact: masters@rosebowlaquatics.org