

SUN Swim Clinics

In partnership with Black Dog Swimming, we would like to invite all USASwimming registered athletes to participate in one or both summer swim clinics. In these clinics, athletes will learn new skills and techniques that will accelerate their swimming development. We aim to help the swimmers become more efficient in and out of the water, more knowledgeable about their technique and injury prevention, and ultimately FASTER on their path to achieving their goals.

Starts and Turns Clinic

In this clinic, we will teach proper hand and foot placements, progression drills, and secrets to unlock the power of the swimmer's starts and turns. Kyle Robrock will be demonstrating the correct technique for the following starts and turns.

Swimmers will learn the following starts:

- Track Start
- Backstroke Start
- Relay dives

Swimmers will learn the following turns:

- Submerged flip turn
- Open turn
- Various backstroke to breaststroke turns

Stroke Clinic

In this clinic, we emphasize technique focused around injury prevention, moving as fast yet as efficient as possible, and correct body position in all 4 strokes.

Swimmers will be exposed to 4x30 minute sessions, one for each stroke. Each session will consist of progression drills and video feedback. In addition, Kyle Robrock will perform in-water demonstrations and feedback.

Price

\$85-Choice of **one** Clinic

\$150-**Both** Clinics

There is a 1.5% processing fee

About the Coaches

Kyle Robrock

Kyle started swimming at the young age of 6 for Black Dog Swimming (at the time Burnsville Swim Club). Swimming year round, he played other sports including basketball and soccer up until 8th grade. He decided to head into high school focusing on just one sport.

Kyle attended Prior Lake High School where he competed for the Lakers Varsity team. While there, he was coached by Justin and Katie Haycraft specializing in sprint freestyles and backstroke. Qualifying for the state meet freshman through senior year, Kyle became a 2-time state runner-up and 100 backstroke All-American.

When Kyle was not swimming for the Lakers, he swam for Black Dog Swimming under head coach Rocky O'Neill. Rocky coached Kyle to his first Summer Junior Nationals as a 16 year old, qualifying in the 100 meter backstroke. Within the next two years Kyle was able to make cuts in the 50 freestyle and 200 backstroke as well as earn a spot to swim Division I at the University of Denver.

While at the University of Denver, Kyle became a 3-time team Captain, 2-time NCAA qualifier, and 2016 Olympic Trials qualifier. He has since then turned his swimming career professional and is an assistant coach for the University of Denver.

Rocky O'Neill

Rocky grew up in the Twin Cities, swimming club and High School in Roseville, and College at St. Paul's Hamline University.

He began coaching in 1981 and was Head Coach of the Burnsville Swim Club (which became Black Dog Swimming) for nearly 30 years.

While coaching at Burnsville he produced nearly 100 High School All Americans, dozens of Junior National participants, Senior National swimmers and Olympic Trial qualifiers. His teams at Burnsville won several Age Group State and Senior State championships.