

Coach Aimee Lehr

Aimee Lehr has over 25 years of coaching experience at the recreational, high school, Masters, and USA level. Currently the Head Age Group coach of USA swim team, AquaSol, she is regarded as one of the top age group swim coaches in the area for her technical stroke development knowledge. Coach Lehr shares her experience and knowledge of swimming by leading select stroke clinics and private coaching. A former Stanford Varsity swimmer and Masters National Champion, she finds tremendous satisfaction in working with swimmers of all ages to help them become proficient swimmers.

Coach Lehr has worked with swimmers who have gone on to become National and Collegiate level competitors, high school champions, as well as Far Western, Junior Olympic, and recreation swim league high point winners. Her expertise in teaching technique so that swimmers can make changes is well respected by coaching peers, athletes and parents.

“Aimee Lehr is one of the finest coaches in all of USA swimming. This is a remarkable opportunity for an athlete that wants to improve their technique and take their swimming to the next level.”

Rebecca Landre, United States Swimming Official

“We have always incorporated these clinics into our children’s training during the summer. The coaches give each individual swimmer attention and fine-tuning with the technical skills for competition.”

Kim Sammon, Swim Parent



Perfect Technique

Aimee Lehr

Phone: 530-417-0018

E-mail Address: aimswims@sbcglobal.net

**PO Box 435
Shingle Springs, CA 95682**

“Understanding strokes and what makes swimmers efficiently flow through the water is something that fascinates me. I find a lot of satisfaction communicating my knowledge to swimmers and helping them make stroke changes to swim faster, and feel more confident in the water.”

Aimee Lehr

Perfect Technique

2019 Summer Clinic Series

*Located in Shingle Springs
at
Ponderosa High School
3661 Ponderosa Road
Shingle Springs, CA 95682*

Overview

USA Certified coaches will teach correct technique for the strokes, starts, and turns of competitive swimming. Coaches also emphasize character development through discussion of a concept of the day. Space is limited to ensure each swimmer receives individualized attention and feedback.

DAILY CLINIC SCHEDULE (Ages 9-up, 1-3 pm clinic)

Monday	Freestyle Technique Starts/Turns Goal Setting
Tuesday	Backstroke Technique Starts/Turns Coachability
Wednesday	Breaststroke Technique Starts/Turns Nutrition
Thursday	Butterfly Technique Starts/Turns Sportsmanship

**Each swimmer will receive daily individualized video analysis of their strokes.*

DAILY CLINIC SCHEDULE (Ages 6-8, 12-1 pm clinic)

Monday	Freestyle/Starts
Tuesday	Backstroke/Starts
Wednesday	Breaststroke/Starts
Thursday	Butterfly/Starts

Information

**REGISTER EARLY!
SPACE IS LIMITED!!**

<i>Date</i>	<i>Time</i>	<i>Age</i>	<i>Cost</i>
June 10-13	1:00-3:00pm	9-up	\$200
June 10-13	12:00-1:00pm	6-8	\$100
June 24-27	1:00-3:00pm	9-up	\$200
June 24-27	12:00-1:00pm	6-8	\$100

Note: All clinics will be held at the Ponderosa High School pool in Shingle Springs.



**CANCELLATIONS (LESS A \$10 FEE)
MUST BE MADE PRIOR TO START OF
CLINIC WEEK FOR A FULL REFUND.**

Perfect Technique

*Aimee Lehr
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Email: aimswims@sbcglobal.net
P.O. Box 435
Shingle Springs, CA 95682*

Registration

Swimmer			
Last Name: _____			
First Name: _____			
Age at Start of Clinic: _____			
DOB: ____/____/____		Sex (M / F)	
<i>Date</i>	<i>Time</i>	<i>Age</i>	<i>Cost</i>
June 10-13	1:00-3:00pm	9-up	\$200
June 10-13	12:00-1:00pm	6-8	\$100
June 24-27	1:00-3:00pm	9-up	\$200
June 24-27	12:00-1:00pm	6-8	\$100
Total Fees: \$ <input type="text"/>			
(Make Checks payable to Perfect Technique)			

**EMAIL CONFIRMATION SENT UPON RECEIPT
OF REGISTRATION AND PAYMENT.**

Parent Last Name: _____

Parent First Name: _____

Phone: (____) _____

E-mail: _____

**PLEASE FILL OUT THE ABOVE INFORMATION AND
MAIL ALONG WITH YOUR CHECK PAYMENT TO:**

**Perfect Technique
ATTN: 2019 Summer Clinic
P.O. Box 435
Shingle Springs, CA 95682**