



EASTERN EXPRESS RACE CLINIC



Sponsoring Coaches: Brent Matheson (EEX Head Coach), Mike Randazzo, & Dan Eckel

WHAT is the EEX Race Clinic?

The Eastern Express Race Clinic is a FREE lesson program designed to help summer league swimmers sharpen their skills in order to improve performance at their remaining dual meets and PASDA Championships.

WHY is EEX offering this Race Clinic?

The primary objective of the EEX Race Clinic is to help swimmers who are new to the sport refine their racing techniques (starts, turns, finishes, and stroke work) with the hope that their short-term successes in summer league will encourage them to consider pursuing swimming as a long-term athletic activity. Participants will have the benefit of working with USA swimming certified coaches, as well as with highly accomplished Senior-level EEX athletes – many of whom will be attending college for free next year as a result of their in-water achievements. The EEX Race Clinic will emphasize swimming as a fun, user-friendly, and competitive sport which teaches young athletes the value of hard work, discipline, and goal-setting.

WHO is eligible to attend the EEX Race Clinic?

- **Age:** Must be at least 6 and no older than 14.
- **Skill Level:** Must be able to swim at least 3 strokes legally; swimmers DO NOT need to have racing start or turn experience.
- **Competitive Experience:** Must be a member of a PASDA (or other summer league) swim team; swimmers DO NOT need any winter swimming experience.
- **Attendance:** There is no obligation regarding attendance; swimmers may attend one, some, or all sessions of the EEX Race Clinic. No pre-registration is required.

WHERE is the EEX Race Clinic taking place?

The EEX Race Clinic will be held at The College of New Jersey. (2000 Pennington Rd. Ewing)

WHEN is the EEX Race Clinic being held?

All EEX Race Clinic sessions will be held from 6:30-7:30PM at TCNJ on the following dates:
Mon 7/12, Wed 7/14, Fri 7/16, Mon 7/19, Wed 7/21, Fri 7/23, Mon 7/26, Wed 7/28.

HOW do I find out more, ask a question, or talk directly with an EEX Coach?

E-mail EEX Head Age Group Coach Mike Randazzo at: randazz3@tcnj.edu