

HYDRO

STROKE-SPECIFIC CLINICS ***ROOSEVELT ISLAND, NY***

HYDRO clinics target all aspects of a specific event. Our coaches present a variety of concepts, drills, and fundamental skills which are relevant to all swimmers. While featuring distinguished athletes and coaches our clinics also provide a unique instructional environment which begins with the finish of the race and works backward to the start.

- Minimum of 6 / Max 12 swimmers ; 90-minute format -- \$75.00 per swimmer
- October 24th - Backstroke / October 31st - Butterfly / 9:00-10:30 AM
- See www.hydroswimteam.com/instruction for more information
- Email coachbrown@hydroswimteam.com to register

October 17th - Breaststroke

Featuring 2004 Olympian and Ivy League Champion Jackie Pangilinan

After competing in the USA Olympic Trials, Jackie represented the Phillippines at the 2004 Olympic Games in Athens, Greece. She swam the 100 and 200-meter Breaststroke events, placing 35th and 20th, respectively.

After her Olympic experience, Jackie began her collegiate career at Harvard University. She was a four-time Ivy League Champion, winning three titles in the 200 (2005, 2006 and 2008) and one in the 100 (2006). She is the school record holder in both distances. In 2005, Jackie was an NCAA All-American when she placed 15th in the 200-yard Breast at the NCAA Championships.

Jackie grew up swimming in New Jersey and New York, most recently for the Empire Swim Team of the Metro LSC.

