



# CALIFORNIA CAPITAL AQUATICS

Character ❖ Family ❖ Community

PO Box 368 Roseville, CA 95678

## CCA Spring Pre-Comp Clinic

March 6th – March 21, 2018

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**California Capital Aquatics (CCA)** is introducing a **NEW** Spring Pre-Comp Clinic to provide an open "swim clinic" style experience for those preparing to join either Seasonal Swimming or CCA.

**Purpose:** Get ready for summer swimming with the 2018 CCA Pre-Competition Clinic! Designed for those who are gearing up to join the new CCA Pre-Comp Program in April or those looking for a little extra work before seasonal swimming, our 9 session will cover and review the basic skills needed to get a great head start to fast swimming this summer! Swimmers will receive group instructions from the CCA Staff, then break into smaller learning groups to hone their new swim skills!

**Where:** *Clinic will be held Tuesday/Wednesday/Thursday evenings at the newly renovated Roseville Aquatic Complex, from 5:00-5:45PM beginning on March 6<sup>th</sup> until March 21<sup>st</sup>.*

Week 1: March 6<sup>th</sup>-8<sup>th</sup>  
Week 2: March 12<sup>th</sup>-14<sup>th</sup>  
Week 3: March 19<sup>th</sup>-21<sup>st</sup>



**Registration Information:** The program fee is \$90. Swimmers will also need to have current USA Swimming Registration. Annual USA Swimming Registration costs \$81 and will cover all program participation in 2018. Please register for CCA's Spring Pre-Comp Clinic on-line at: [www.ccaswimming.org](http://www.ccaswimming.org) *\*\*Those who sign up for the March Clinic and plan on joining our new Pre-Comp Program in April can earn a special incentive for the April session! Swimmers should have prior swim lesson or pre-team experience when signing up for this clinic.*

For additional information, please contact Coach Chad Reimschuessel at [coach.chad@ccaswimming.org](mailto:coach.chad@ccaswimming.org). CCA website is [www.ccaswimming.org](http://www.ccaswimming.org).

*The Roseville City School District does not support, sponsor, staff, supervise, or endorse the information, activities or events posted.*



Building Character Through the Pursuit of Excellence in Competitive Swimming

