

# YMCA OF GREATER WESTFIELD

## Westfield WAVE Swim Team Pre-Season Stroke and Turn Clinic April 24 – May 4, 2023



For swimmers looking to get a jump start on their summer swim season, the Westfield YMCA WAVE Swim Team is offering a stroke and turn clinic that will help them refine stroke technique and learn skill drills that will improve their efficiency (and speed) in the water.

The clinic will be split based on age and ability of swimmer with one session offered for 10 & Under swimmers and a session for 11 & Over swimmers.  
*Participants must have some competitive swimming experience.*

Clinics will be held at the Westfield YMCA Pool: 67 Court Street Westfield, MA 01085



This two-week program runs for eight days total,  
Monday–Thursday April 24–May 4, 2023  
10&Under Stroke Clinic 4:00 – 4:45pm  
11&Over Stroke Clinic: 5:00 – 6:00pm

Clinic Cost: \$80 (\$40 for WAVE Team Members)

To register, please complete the attached registration packet, also found on our website: [westfieldymca.org](http://westfieldymca.org), under Aquatics

Space for each session is limited, register early to ensure your spot!

Any questions please email

Coach Jason Russell – [jrussell@ymcawestfield.org](mailto:jrussell@ymcawestfield.org)

## A critical element that enables our swimmers to succeed are the coaches.



**Coach Jason Russell**  
Head Coach  
Email: [jrussell@westfeildymca.org](mailto:jrussell@westfeildymca.org)

**Coaching Experience:** Jason has been coaching in Western Mass for 15+ years. He started with the Westfield YMCA Wave in 2005 and coached under Jamie Bloom until 2016 before moving to Bluefish Swim Club for 2 seasons under Nick Rice. Jason will be entering his 2nd year coaching the WAVE. He has coached swimmers of all levels from beginners to Olympic Trial Qualifiers.

**Swimming Experience:** Jason was a competitive swimmer in South Florida his entire childhood. He took a 30-year break and jumped back in swimming part time for the Westfield YMCA Wave Masters Team!

### **Certifications/Trainings:**

- USA Swim Credentialed Coach
- ASCA – Level 3 Coach
- US Masters Swimming Coach
- CPR/Lifeguard Certified
- USA Safety Training
- Athlete Protection Training
- YMCA Principles of Swimming



**Coach Brendan Day**  
Associate Head Coach

**Coaching Experience:** Coach Brendan returns to the WAVE for his 6th season as an experienced coach and competitive swimmer. Brendan has been coaching for the Westfield Wave since 2016, starting under coaches Jamie Bloom and Tom Lewis. He has coached swimmers of all age groups and skill levels while working with the Wave.

**Swimming Experience:** Brendan was a competitive swimmer for the Hartwick Hawks in college, a small school in NY. He has also been a part of swimming in Western Mass for his entire swimming career.

### **Certifications/Trainings:**

- USA Swim Credentialed Coach
- CPR/Lifeguard Certified
- USA Safety Training
- Athlete Protection Training
- YMCA Principles of Swimming

Both Jason and Brendan currently head the Westfield Wave Program and it is their commitment and passion for teaching children and their love of swimming that is essential in creating an environment where swimmers thrive and progress quickly.