

Old Dogs, New Tricks

Dive Clinic

Hosted by: Coaches Karla Helder and Michael McDowell

Dates: July 31 – Aug 2, 2009

Cost: \$250

Limit: max. 8 divers per clinic

In this 2 1/2 day clinic athletes will have the benefit of being analyzed, spotted and videoed. You will come away with a gift and some new changes and ideas that will complement your diving.

Coaches

Karla Helder~ UB & Wings diving coach. You know, Old Dog.

Michael McDowell~ aka: New Tricks. Entering his 4th year at the University at Buffalo, Michael has developed into a strong diver and is honing his skills and talents as a diving coach as well. He brings a fresh eye and aggressive passion to the sport. Within eighteen months of "trying his hand" at coaching his diver won gold and set two World records at the FINA games and has attained new Masters records. "Coaching in and of itself is very rewarding, especially when you get to work with an athlete who wants to learn and get better."

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Success equals the willingness and maturity to stretch beyond our comfort zone.