

**Coach and Swimmer  
Clinic  
August 11, 2018  
10-12 am  
Tupelo Aquatic Center**



Dear 2018 High School Swim Coach,

My name is Nancy Leigh McDade and I am a USA Swimming Official and help run Tupelo High School Swim Meets. The Mississippi area officials and I are excited for the upcoming 2018 High School Swim Season!

This year, we as officials want to host this **Coach and Swimmer Clinic** to help answer any questions, go over rules and rule changes. Swimmers will have the opportunity to learn what the different whistles mean (when to step up, enter the water, etc.), what a heat sheet is (how to read and use it), and what to expect at a meet. They will have the opportunity to go off the blocks. Moreover, we want this to be an experience for them to not only learn but also have fun.

If this is something that you or your swimmers would like to attend, please contact me at:

[mcdade.nancy@yahoo.com](mailto:mcdade.nancy@yahoo.com) and subject me with the name of your high school.

My number is 662-231-4800. Please feel free to call/text or email in questions or suggestions.

See you on deck,  
Nancy Leigh McDade

