

FOR IMMEDIATE RELEASE

Japan's National Swimmer, Yuma Edo, to Conduct Exclusive Swim Clinic in Chennai

Chennai, India – June 4, 2024 –Sports Development Authority of Tamil Nadu (SDAT), in collaboration with Okazaki Tatsuki Swimming Club, brings you a highly anticipated event – Japan's celebrated national swimmer, Yuma Edo, will host a swim clinic at the SDAT Aquatics Gymnastics Badminton Sports Complex at Velachery. This unique event, designed to foster international exchange and elevate local swimming standards, will be held on June 4, 2024, and includes specialized sessions for both coaches and students.

Event Details:

Location: SDAT Aquatics Gymnastics Badminton Sports Complex at Velachery, Main Pool, Chennai

Session 1: Coaches Session

- **Time:** 9:00 – 11:00 AM
- **Content:**
 1. Health and Nutrition Knowledge for Swimming Coaches
 2. Technical Tips: Training Young Athletes in Swimming
 3. Q&A: Opportunity to Ask Questions to Yuma Edo
- **Capacity:** 30 Coaches

Session 2: Students Session

- **Time:** 5:00 – 7:30 PM
- **Content:**
 1. On-Land Talk Session: What Does It Mean to Be an Athlete?
 2. In-Water Session: Focusing on Swimming Techniques
 3. Starts: Are You Diving Correctly?
- **Capacity:** 50 Students

Purpose: This event aims to create invaluable opportunities for coaches and students in Chennai to engage with international expertise from Japan. By sharing specialized knowledge and techniques, Yuma Edo, hailing from a nation renowned for

its swimming prowess, seeks to strengthen the skills and insights of local participants. Additionally, the clinic endeavors to cultivate friendships and mutual understanding between the swimming communities of Tamil Nadu and Japan.

About Yuma Edo: Yuma Edo is a distinguished national swimmer from Japan, recognized for winning the Japan National Swimming Championships (25m) in 2018. He has participated in numerous top-level competitions, including the FINA Swimming World Cup and FINA World Championships. While continuing his athletic career, Edo is also a dedicated coach focused on nurturing the new generation of swimmers. He holds certifications as an NSCA-CSCS personal trainer, Japan Swimming Federation coach, and Athlete Food Meister. Edo is the official coach for the Okazaki Tatsuki Swimming Club, where he mentors 100 students from elementary to high school age.

Contact Information: For more information or to register for the clinic, please contact:

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Join us for this exceptional opportunity to learn from one of Japan's top swimmers and enrich the local swimming community with international insights and camaraderie.