

 **$40 Registration Fee**

**FREE to 2017 Long Course Swim Club members!**

Want to improve your freestyle? Want to learn a backstroke flip turn?

Ready to learn how to race a 50? Need help getting a faster start?

This will be a 2 day camp to improve the technique of the 4 competitive strokes, starting dives, and racing techniques. TSC and THS Coaching staff will be instructing students.

Tecumseh

Swim Clinic

**April 8 & 9, 2017**

**Sat Session 1: 8-10 AM (advanced) Sat Session 2: 10:30 AM-12:30 PM (novice) Sun Session 1: 8-10AM (advanced) Sun Session 2: 10:30 AM-12:30 PM (novice)**

**Contact Coach Hall**

**at 812-922-3237 to reserve your spot.**

**Registration is limited to 25 in each session.**

  **1-piece swimsuit (girls), trunks or jammers (boys), goggles, and a towel are all you will need!**

Focus on Technique

 Session 1: Open to swimmers that have knowledge of all four competition strokes. They must be able to skillfully swim distances of 50 yards or more. Swimmers should have the ability to maintain rhythm of freestyle and backstroke throughout the distance. Butterfly and breaststroke may be less developed; however, at least a novice skill level is preferred for this group.

Session 2:Open to swimmers that are growing past basic swimming skills. They must be able to skillfully swim distances of at least 25 yards (one pool length). Freestyle and backstroke should be performed in a rhythmic style for most of the distance, the technique for butterfly and breaststroke may be less developed and are not required for this group.

REGISTRATION INFORMATION:

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Phone: (\_\_\_\_\_\_\_\_) -\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**T-Shirt Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Medical Conditions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I acknowledge by signing this registration that there is risk associated with this activity. I will not hold the instructors, Tecumseh Swim Club, Tecumseh High School, or Warrick County School Corporation responsible for any injuries.