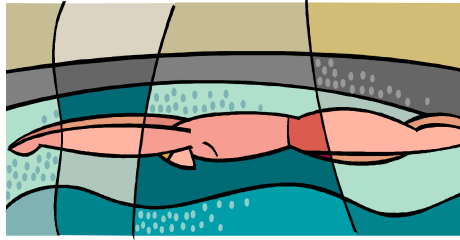


Lake Shore Swim Club

Summer 2010 ~ Stroke Technique Clinics



Session 1: June 7th- June 30th, 2010
Session 2: July 12th – August 4th, 2010

Mondays/ Wednesdays ~ 6:30-7:15 pm

Each session will include eight (8) 45-minute drill sessions. We will cover all four strokes, starts and turns. This is a great way to review competitive swimming skills and build better stroke technique.

These clinics are encouraged for Developmental (Elementary Aged) and Junior (Middle School Aged) Swimmers. Previous competitive swimming experience is suggested, but not required.

Coaches:

Laura Trzybinski, Head Coach – Lake Shore Swim Club

Josh Brown, Assistant Coach – Lake Shore Swim Club

*Lake Shore staff will be available as additional coaches on deck should the number of registered swimmers call for that.

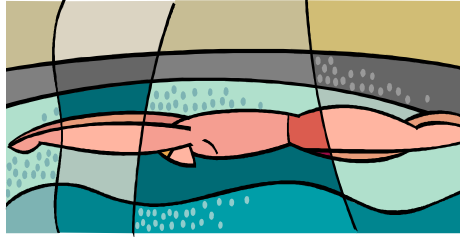
*******Cost: \$50.00 per session*******

There is a \$50.00 USA Swimming registration fee for new swimmers. This fee does not apply to current LSSC swimmers.

Registration forms are available on the Lake Shore website, at Rocky River HS pool and can be emailed by request.

Questions: Please contact LSSC Head Coach,
Laura Trzybinski at: lelssc_lsscswimming@teamunify.org

**Lake Shore Swim Club ~ Stroke Technique Clinics
Summer 2010
Registration Form**



**Session 1: June 7th- June 30th, 2010
Session 2: July 12th – August 4th, 2010**

Mondays/ Wednesdays ~ 6:30-7:15 pm

Name: _____

Birthday: _____
(mm/dd/yyyy)

Sibling: _____

Birthday: _____
(mm/dd/yyyy)

Address: _____

City/Zip: _____

Email: _____

Phone #: _____

Currently Registered with Lake Shore: Y N

**If no, Do you have Previous
Competitive Swimming Experience:** Y N

**Lake Shore Swim Club – Stroke Technique Clinics
Summer 2010**

_____ **Session 1: June 7th-June 30th\$50.00**

_____ **Session 2: July 12th-August 4th\$50.00**

_____ **Registration Fee\$50.00**
(Non-LSSC Swimmers only)

****Please include with this form, your MEDICAL FORM (if not currently registered with LSSC) and a check for registration.**

****Checks should be made out to: Lake Shore Swim Club ****