

2010 NSC SPRING CLINIC

Even world-class swimmers need to work on technique. So come take advantage of NSC'S annual Spring Clinic!

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| <u>WHEN:</u> | April 26th – June 11th Tuesdays & Thursdays - 5:30-7:00pm (8&U have an option to leave after one hour on Tues & Thurs) Fridays - 6:00-7:00pm |
| <u>WHO:</u> | <u>Current NSC & NHS swimmers only</u> |
| <u>WHERE:</u> | Newington High School Pool |
| <u>FEE:</u> | \$80 each for the first & second swimmers in a family No charge for additional swimmers in a family |
| <u>INCLUDED:</u> | A new high quality NSC t-shirt! <i>*New this year*</i> |
| <u>WHY:</u> | Get an edge on your competition. Low coach to swimmer ratio. Swimmers will learn not only <i>how</i> but <i>why</i> they are doing what they're doing in the water. Improve all four strokes, starts, turns and finishes. It's a great way to transition into your summer swimming. |
| <u>FEATURES:</u> | Each swimmer will go through a detailed stroke program including all four strokes, starts, turns, finishes and relay work. Swimmers will also be introduced to mental training and visualization drills. High School and advanced swimmers will also focus on endurance training. Coaches will utilize video & training equipment throughout the clinic. |

A limited amount of spots are available for the Spring Clinic so please sign up early!
Your payment will reserve your spot.

The clinic will benefit all NSC swimmers.

2010 NSC SPRING CLINIC REGISTRATION FORM

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| Swimmer #1: | T-Shirt size: |
| Swimmer #2: | T-Shirt size: |
| Swimmer #3: | T-Shirt size: |
| EMAIL: | |

Please make checks out to:
Newington Swim Club, Inc.

Please send the form (or place in Mark's folder) to:

Mark Greaves 150 Hepworth Street Bristol, CT 06010

If you have any questions please contact Coach Mark at NSCWaves@comcast.net.