

STROKE CLINICS

A great alternative to joining a year round club is to sign up for a stroke clinic. Clinics are great for swimmers who have limited time but still want to improve their stroke mechanics. They are also great for swimmers looking to get some technique work before the summer season begins.

Our primary focus is to identify weak areas of each stroke, and make corrections through a steady progression of drills. We don't offer any magical techniques or quick fixes, but instead prefer to improve on each stroke through small but significant adjustments to best fit each athlete. We stress the critical areas that will remain constant throughout the swimmer's growing years. Maintaining good body position in the water, learning how to keep strokes long and smooth, streamlining off the walls, proper breathing mechanics, etc are where we put the most emphasis.

Our coaches have an extensive wealth of knowledge and competitive experience to help bring your swimmer along. Many of our most accomplished swimmers (Summer league champions, high school All Americans, Nationally ranked, and even our Collegiate athletes) have begun their careers in stroke clinics similar to these.

DEVELOPMENT LEVEL I Thursdays 5:30 – 6:10

Ages 6 - 10

Cost is \$ 100 April 15 – May 27

6 Classes total Max - 16

Must be able to swim 25 yards of Free and 25 yards of Back

DEVELOPMENT LEVEL II Tuesdays 4:00 – 5:00

Ages 8 – 12

Cost \$ 125 April 13 – May 27

6 Classes total Max - 16

Must be able to swim 50 yards of Free and 50 yards of Back

Registrations are due by March 15.

SPRING STROKE CLINICS 2010

Parents' Name: _____
{Please list BOTH parents}

Address: _____ City: _____ Zip: _____

Home Phone #: _____

Dad's work #: _____ Mother's work #: _____

Dad's cell #: _____ Mother's cell #: _____

Emergency Contacts: (May NOT be a parent)

Name: _____ Phone #: _____

Name: _____ Phone #: _____

Email address: _____

	Swimmer's Name	Middle Initial	Date of Birth	Group
1)	_____	_____	_____	_____
2)	_____	_____	_____	_____

ALL CHECKS MADE PAYABLE TO FAST.

MAIL TO: 9518 Haddaway Place Laurel MD 20723