

An introduction to competitive swimming

Builds swim skills for life



A stepping stone to competitive swim clubs and High School Swim Teams

Swimmers will work to achieve efficient swimming technique in freestyle/front crawl and backstroke through instruction focused on working at the details of each stroke and building swim specific strength. As each swimmer becomes proficient in those strokes, breaststroke and beginning butterfly instruction will be added. Additionally, flip turns and racing dives will be introduced.

Our program makes use of the outdoor pool at Storrs Pond Recreation Area in Hanover, NH. This facility has been host to learn-to-swim programs and introductory competitive swim activities since its construction in the 1960's.

Coaching staff includes coaches certified as stroke technicians by the American Swimming Coaches Association

Program Offerings

Beginning Competitive Preparation

Novice competitive swimmers who practice three times per week. Entering swimmers must be Red Cross Level 5 or with coach's recommendation. This group is limited to 16 swimmers and practices 3 times per week.

6 week Session Dates:

Monday, July 5 - Friday, August 13

Mon, Wed, Fri practices 8:00 - 9:00 am

Participant cost \$210

Swim meets: All swimmers will be encouraged to participate in the Storrs Pond All-comers swim meets. Opportunities for other local swim meets will also be made available to interested swimmers.

Please note: All swimmers should be prepared for one hour of vigorous swimming and wear swim suits, goggles and bathing caps appropriate for swim training. Boys baggy jammers and girls two piece suits should be replaced with competition-type suits. Water bottles are required.

Sorry, program fees cannot be adjusted for missed days or weeks.

Sign Up Here on or before June 25

Participants name:

Beginning Competitive Preparation M, W, F \$210.00

Liability Release: Any participant who is accepted for participation in the activities of this program recognizes the inherent risks in swimming and will for him/herself, his heirs, executors and administrators waive and release any and all rights and claims for damages he may have against Storrs Pond Recreation Area, the Hanover Improvement Society, or the coaches for any injuries suffered as a result of participation in this program and related activities.

Signature of Parent or Guardian required

Name:

Address:

Phone

Make your check payable to Storrs Pond Recreation Area

Mail for receipt on or before June 25, 2010
PO Box 106, Hanover, NH 03755



Storrs Pond Recreation Area
Head Coach Laurie Albert
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