

Storrs Pond Swimming

Competitive Development Swim Team

July 6 - August 12, 2011

Monday, Wednesday, Friday

8:00 am - 9:00 am

Storrs Pond Pool

Beginning Competitive Swimmers and High School Pre Team Preparation:

Novice competitive swimmers practice 3 times per week, one hour per session for 6 weeks. Swimmers must be Red Cross Level 5 or with coach's recommendation.

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.

An end of the season local swim meet will top off the season. Participation is encouraged but not required.

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

\$200 for the 6 week program

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

Participant Name: _____

Age: _____ Swimming Experience/level: _____

Mailing Address: _____

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Phone: _____ Email: _____

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, use of the facility and related activities.

I have read the above and agree: _____ Date: _____

Your checks payable to:
Hanover Improvement Society
PO Box 106
Hanover, NH 03755
Fax: 603-643-7429

For information email Pam Aman:
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603-643-1899