

East Bay Bat Rays Swimming High School Clinic

About The Program

The East Bay Bat Rays Swim Team (EBAT) is a non-profit organization that teaches year-round competitive swimming. This clinic is an excellent opportunity for high school swimmers to get in shape before the season begins. Many high school programs have time trials early on in their season. Swimmers that have been training longer will have better performances at these time trials. The high school season is also relatively short, so more training can only mean better performance at leagues and NCS. In addition to getting in shape, proper stroke technique in all four of the competitive strokes, as well as starts and turns, will be taught and practiced. Different aspects of training such as work ethic, discipline, and energy systems will be introduced and discussed. Other aspects such as sportsmanship, goal setting, nutrition, racing strategies, etc. Will be discussed and focused on throughout these 5 weeks. This clinic is for high school swimmers only!

Location

California State University, East Bay (Hayward)
2500 Carlos Bee Blvd.
Hayward, Ca. 94542

Outdoor heated pool, locker rooms and showers available

Directions: Heading north on Mission Blvd., turn right on Carlos Bee Blvd. Heading south on Mission Blvd., turn left on Carlos Bee Blvd. Stay to the right and follow the CSUH signs. Turn right at the top of the hill at the stop sign. The pool is next to the first parking lot on the left. This lot is for drop off and pick up only. **There is limited Metered parking available on the street.**

For More Information

Mark Sand: delasand@sbcglobal.net
Or visit our website www.batrays.org

Scheduling

~ 5 week session January 4 - Feb 5
~ Classes are one hour, one and a quarter hours, and one and a half hours in length,
Monday - Friday
~ **NO PRACTICE ON TUESDAYS**

Practice Times

Week 1: 7:00 - 8:00pm
Week 2: 7:00 - 8:15pm
Week 3,4,&5: 7:00 - 8:30pm

- **Note:** the practice times and dates are subject to change, however, not significantly. In the past, scheduling conflicts have arisen beyond our control. We will make up any cancelled classes on Tuesdays or Saturdays.

Cost: \$125 per swimmer

Family Discount: 2nd swimmer in same family 80% of \$125 (\$100), 3rd swimmer in same family 50% of \$125 (\$62.50), 4th swimmer is free.

EBAT High School Clinic

Winter, 2010 Mail-in Registration Form

Swimmer's
Name _____
Age _____

2nd swimmer _____
Age _____

3rd swimmer _____
Age _____

Parent's Name _____

Phone Number _____

Emergency Number (cell) _____

E-mail address _____

Address: _____
Street

City zip

**please post mark by December 28. You will receive confirmation by phone or e-mail during the week before the clinic begins.*

Registration

Early Registration by MAIL ONLY!
First Come/First Serve!

Send in a check or money order for the FULL AMOUNT made out to EBAT with this registration form to:

EBAT
20049 Sapphire St.
Castro Valley, Ca. 94546