

# Stingrays' Pre-Season High School Program

**Get Ready for High School Swimming** with Stingrays Swimming. The RAYS are Georgia's finest swim program. Twice the American Swimming Coaches Association has named us the National Stroke Champions. This is an honor given to the program with the **Best Stroke Technique in the USA**. If you are participating on a High School swim team this school year, then this program will help you get a head start. This program is for Non USA-Swimming athletes.

**All swimmers** interested in registering for the Stingrays High School program must fill out the attached registration form and return it, with payment to: *Stingrays Swimming, 3023 High Vista Walk, Woodstock GA, 30189*. Space is limited to the first 30 swimmers.

The program will focus on all four of the competitive strokes and turns. The coaches will teach the swimmers proper technique using drills and full stroke swimming. Once the technique is in place we will focus on building the aerobic base (endurance) and getting the athlete ready for their upcoming High School season.

## For more information contact:

Coach Britney Cato 770-295-9466 or [Britney.cato@gmail.com](mailto:Britney.cato@gmail.com)

## Times and Dates

Practice times: Monday through Thursday, **7:45-8:45 PM**

**September 13th – October 14th, 2010 (5 Weeks)** **There will be 2-3 days of dryland only when we erect the tent, those dates and times TBA.**

Cost per athlete is a \$149 registration fee (includes T-shirt & USA Swimming Insurance)

**Stingrays' East Cobb Swim Tennis Location (Intersection of Holly Springs and Old Canton)**

Directions to this facility can also be found on our webpage at: [Stingraysswimming.com](http://Stingraysswimming.com)

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## High School Program

Name: (First) \_\_\_\_\_ (Last) \_\_\_\_\_ Birthdate: \_\_\_\_\_

Name: (First) \_\_\_\_\_ (Last) \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail: \_\_\_\_\_

High School of Swimmer \_\_\_\_\_

How did you hear about this program?

\_\_\_\_\_

Any further information, contacts or health issues should be listed below.