

Mei's Typhoons Swim Club (MTSC)

Stroke Clinic September 16-21, 2019

Coach Mei Han will be conducting a five days stroke clinic commencing September 16-21, 2019 at Springfield College. The clinic will concentrate on one stroke per session and will include both video instruction as well as practical instruction in the pool. This is not a learn-to-swim clinic; swimmers must be able to complete four full laps in the pool.

The training videos are utilized to provide an excellent technical review of the strokes. The clinic is highly recommended for even the most competitive of swimmers in order to better refine the stroke as well as get prepared for the start of the next swim season.

Feedback from similar clinics has been extremely positive with requests to run the clinic again. The schedule noted below will include approximately 40-45 minutes of instructional video with the balance of time spent in the pool.

	<u>Stroke</u>	<u>Date</u>	<u>Time</u>
Session 1	Free and fly	Monday September 16, 2019	5:15 pm – 7:45 pm
Session 2	Back & breast	Wednesday 9/18, 2019	5:15 pm – 7:45 pm
Session 3	Starts and turns	Saturday 9/21, 2019	1:15 pm – 3:45 pm

The cost of the clinic is \$145 for all three sessions or \$50 for individual sessions. Payment should be sent out with the registration form. A swimmer paying for all five sessions will earn a \$20 credit that can be applied to MTSC team fees should you decide to join the team for the 2019-2020 short course yard (SCY) swim season which starts September 23, 2019 (This information will be posted at the team website at www.teamunify.com/Home.jsp?team=nemtsc).

Capacity is limited; first priority will be given to those swimmers registering and paying for all three sessions. Entries are officially entered the day payment is received. Swimmers registering for individual sessions will be put on a reserve listing and notified if the clinic becomes oversold. **To register, send a reply email** to coach Mei (meihanmtsc@gmail.com) noting the swimmers name, age and for which strokes the swimmer wishes to register. Then, **complete the attached registration** (don't forget to sign), **make a check payable to MTSC**, and send to: Coach Mei Han

36 Bypass Rd Lincoln, MA 01773

For more information, please contact Coach Mei at the above noted email address or call her at (413)244-4063.

- Refund policy: 100% refund 10 days or more before it starts. 75% refund 5-9 days before. 50% refund 1-4 days before. No refund after it starts.
- Springfield College: 263 Alden St Springfield, MA 01109;

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Stroke Clinic Registration

Please register the following swimmer(s) into the MTSC Stroke Clinic:

		Session 1	Session 2	Session 3
<u>Swimmer's name: Last, First,</u> <u>(please print). Email address & phone</u> <u>number (require)</u>	<u>Age</u>	Free/fly	<u>Back/brea</u> <u>st</u>	<u>Start</u> <u>&</u> <u>Turns</u>

Swimmer(s) registering all 3 sessions ___ X \$145 = \$ _____

If not registering for all Three sessions, complete below:

Total number of individual sessions ___ X \$ 50 = \$ _____

Total due \$ _____

Parent Consent

I, _____, for myself, my spouse, my child, and on behalf
Name of parent or gardian
of my heirs, assigns and next of kin, executors and administrators, hold harmless the Mei's Typhoons Swim Club and its agents and Springfield College for any and all injuries to my child incident to my child's involvement in the Mei's Typhoons Swim Club program or activities.

Signature

Date