**BERKELEY AQUATIC CLUB COMPETITIVE READINESS CLINICS**

 (Class sizes will be limited - payment must be received to secure a place in the clinic.)

**ELIGIBILITY:**

Advanced Beginner 2/Intermediate/Young Adult A

(Must be 8 years of age or older on the first day of the Clinic to participate)

Only presently enrolled [**Berkeley Swim School**](https://www.teamunify.com/SubTabGeneric.jsp?team=njbac&_stabid_=71924) Advanced Beginner 2/Intermediate/Young Adult A students are eligible to sign up for the clinics. **Swimmers MUST be enrolled in a group lesson in the 2019 Winter Berkeley Swim School Session.**

The Berkeley Swim School Director, **Suzi Pellegrino**, will schedule and conduct evaluations, as needed, to confirm students are at the appropriate level to be a part of the clinic.

Once completed registration form and payment have been received, an email confirmation will be emailed.

**CLINIC GOALS AND INSTRUCTION:**

Instruction will include:

* Introduction to USA swimming diving progression
* Focus on turns for all four competitive strokes: Freestyle, Backstroke, Breaststroke, and Butterfly
* Drills to focus on coordination of Breaststroke and Butterfly
* Introductory swim meet at the end of the session

**2019 WINTER SESSION TURNS, STARTS, AND STROKE CLINIC SCHEDULE:**

|  |  |
| --- | --- |
| **STARTS, TURNS, AND BREASTSTROKE** | **STARTS, TURNS, AND BUTTERFLY** |
| **SATURDAY 1/5 12:00-12:45pm** | **SATURDAY 1/12 12:00-12:45pm** |
| **SUNDAY 2/10 12:00-12:45pm** | **SUNDAY 2/3 12:00-12:45pm** |
| **SATURDAY 3/2 12:00-12:45pm** | **SATURDAY 3/9 12:00-12:45pm** |

**MEET DATE: TBA**

**GENERAL:**

Athletes are asked to be on deck, changed ready to swim 15 minutes early.

Equipment: students will need goggles, girls and boys with long hair must wear caps.

Additional clinics will be scheduled throughout the year each focusing upon different areas of competitive swimming. The goal of this series of clinics is to build upon the instruction provided through the Berkeley Swim School and better prepare athletes within the Berkeley Swim School to successfully transition to the Berkeley Aquatic Club Swim Team when there is room and the athletes are ready. Athletes interested in the team are encouraged to attend group lessons / clinics 2-3 days per week in order to continue to prepare from a technical and aerobic standpoint.

Refund Policy: Clinic fees are non-refundable after the first class. There will be a 25% fee charged for any cancellation on or before the first class. There will be no make ups offered for missed clinics, future clinic schedules will be posted on line: [**www.berkeleyaquaticclub.com**](http://www.berkeleyaquaticclub.com)

**2019 WINTER SESSION COMPETITIVE READINESS CLINIC REGISTRATION:**

Must be 8 years of age or older on the first day of the Clinic to be participate.

Athlete’s Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete’s Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**□** Individual Clinic - $60.00 (please select day or dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

**□** Three Clinics - $125.00 (please select clinics dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

**□** Full Session of Clinics $205.00

Athlete’s Class Level: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete’s Day / Time for the current Berkeley Swim School session: \_\_\_\_\_\_\_\_\_\_\_\_\_

Berkeley Swim School Manager Evaluation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Emergency Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Berkeley Swim School Director, **Suzi Pellegrino**, will schedule and conduct evaluations, as needed, to confirm students are at the appropriate level to be a part of the clinic. Students may be evaluated within their current swim school lesson OR during the scheduled evaluation days.

Please complete the registration form below and submit with a **CHECK** (payable to BAC) or **CASH**. Registration Form and payment should be returned within a sealed envelope to **KEVIN PETTO’s** mailbox at **629 Central Ave., New Providence NJ 07974**. (Mailboxes are located in the hallway from the main lobby to the swim school waiting room). Additionally, please email kevinp@berkeleyaquaticclub.com once your registration materials have been placed in the mailbox.

**MISSION**: The mission of the Berkeley Aquatic Club is to develop student-athletes who are a credit to society. The Berkeley experience tends to shape and strengthen character throughout one's lifetime. Although Berkeley Aquatic Club strives to develop champion swimmers, the club measures success not only by national championships and college scholarships, but also by personal improvement, both in and out of the pool.

**VISION**: Providing each athlete with the opportunity to reach his/her potential.