

**2019 Fair Oaks Dolphins March Swim Clinic**

**Where**: Bella Vista High School – 8301 Madison Ave. Fair Oaks, CA (6-lane heated pool)

The Spring Swim Club is a *fun*, four-week stroke clinic for juniors ages 6 to 18. We will spend one week on each of the four competitive strokes: freestyle, backstroke, butterfly, and breaststroke, in preparation for the upcoming Swim Team season. This program will emphasize proper stroke development using drills, games, and other teaching techniques. **This is NOT a beginner swim lesson.** *Your child must be completely comfortable with his/her face in the water, kick independently with and without a kickboard making good forward progress in the water, and have appropriate behavior and listening skills for a group environment.* Dolphin Coaches Kim Berrios, Jack Solt, and Ava Soltesz will be leading this clinic.

The March clinic will be held on Mondays, Tuesdays, and Thursdays. March 4th through March 28th.

Session times are 5:45 to 6:30 pm for beginners (6 & up), 6:15 to 7:15 for the intermediate group
 (8-12 years old), and 7:00 to 8:15 pm for the advanced group (11 and up).

***The ages listed are approximate***. Swimmers will be placed in groups according to ability more so than by age. The Beginner group is for those with limited swim team experience who are still learning their stroke fundamentals. The intermediate group is for younger, experienced swim teamers who have efficient flutter kicking, good side-breathing, and have been introduced to all four strokes. They are working to master stroke fundamentals (streamlining, kicking, head position, and breathing/breath control). The Advanced group swimmers have mastered their fundamentals, have good stroke mechanics, and are learning advanced drills/turns.

**Registration**: Please fill out the attached registration form, and write a check to Fair Oaks Dolphins. Either email the form to Michelle Forbess at mforbess@comcast.net or mail check and form to FOD, P.O. Box 5025, Fair Oaks, CA 95628. The cost of the clinic is **$100** per swimmer.

\*\*Space is limited so sign-up ASAP! Registration is first come, first serve. Last year the two early groups reached capacity, so don’t delay! Your registration is not complete until payment is received. Swimmers registered for the clinic on or before the Dolphins Swim Team Parents’ meeting on 2/7/19 will receive a Fair Oaks Dolphin’s knitted beanie!

Please contact Kim Berrios (oappkimmyberrios@gmail.com) concerning eligibility or group placement. Swimmers with no swim team experience may be accepted if they meet the beginner group requirements, but must be “OK’d” by Coach Kim beforehand.



**Fair Oaks March Swim Clinic Registration**

Swimmer’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_ M / F

Swimmer’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_ M / F

Swimmer’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_ M / F

Parent’s Name(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Contact Phone number(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Summer rec team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years on the team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about the program?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other information or special requests\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Does your child have asthma, diabetes or any other medical condition we should be aware of? \_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Clinic Fee: $100 per swimmer (Fees not refundable after start date)

Total Enclosed: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Check #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_