



PENGUIN STROKE CLINIC

Thu.-Fri., May 31 - June 1
& Mon.-Wed., June 4-6

Parkcrest swim coaches will conduct a five day stroke clinic to prepare swimmers for the 2018 Parkcrest season.

The stroke clinic will focus on stroke refinement, starts & turns, and one-on-one stroke analysis.

Swimmers will be put in groups with swimmers their age.

SESSION TIME

7:00 - 8:00 PM

COST

Great Deal!! Just \$25 per child for five days

[Check made payable to... Parkcrest Swim & Dive Team]

OTHER DETAILS

Maximum of 40 swimmers - First come, first serve

No refunds or makeups for weather related cancellations

Bring suit, goggles, & towel

2018 PENGUIN STROKE CLINIC FORM

(Please fill out form and return to Aly Van Der Weide, 1 Rye Circle, Madison, WI 53717)

SWIMMER'S NAME	AGE (as of June 1)	CONTACT NAME & PHONE #:

FULL ADDRESS W/ ZIP _____

WAIVER I, the undersigned, hereby acknowledge that I am familiar with the risks and dangers inherent in the activity of competitive swimming and related training. I hereby grant permission for my child/ren to participate in the Penguin Stroke Clinic. I agree to hold Parkcrest Pool, its officers, agents and employees, both individually and in official capacity, harmless from any liability for injury or damage to person or property as a result of my child/ren's participation in this activity. I hereby agree that the person supervising the activity may, without further permission, take whatever steps he or she deems necessary in case of injury, including obtaining emergency medical or dental care, and to hold Parkcrest Pool, its officers, agents and employees harmless from liability in connection therewith as above specified.

PARENT/LEGAL GUARDIAN SIGNATURE _____

EMAIL ADDRESS _____

DATE _____

\$25 PER ATHLETE - TOTAL AMOUNT - \$ _____