



**RETRIEVER AQUATIC CLUB
COMPETITIVE STROKE, START & TURN CLINIC
SEPTEMBER 12– NOVEMBER 14, 2010**

The Retriever Aquatic Club Competitive Stroke, Start & Turn Clinic is for any swimmer (ages 6-14) with summer league experience and/or minimal year round swim team experience who wish to stay in the water during the fall, winter and spring months. The clinic will focus on proper competitive stroke, start & turn technique. The Retriever Aquatic Club Coaching Staff will be hosting the clinic. The clinic will be held on Wednesdays and Sundays. You may elect to sign up for either day or both days.

DATES & TIMES

SUNDAYS: 6-7pm
September 12, 19, 26
October 3, 24
November 7, 14

WEDNESDAYS: 7-8pm
September 15, 22, 29
October 6, 13, 20, 27
November 3, 10, 17

SUNDAYS ONLY \$105
WEDNESDAYS ONLY \$150
SUNDAY & WEDNESDAY \$215.00

The Clinic will be filled on a first come first served basis

**RETRIEVER AQUATIC CLUB
2010
Competitive Stroke, Start & Turn Clinic
Sept 12, 2010 – Nov 17, 2010
REGISTRATION FORM**

Swimmer's Name: _____

Swimmers Age: _____ DOB: _____

Parent's Name: _____

Address: _____

Home Phone#: _____ Cell Phone #: _____

Email: _____

CHECK ONE

_____ Sunday Clinic – \$105

_____ Wednesday Clinic – \$150

_____ Wednesday & Sunday Clinic – \$215

Make Checks Payable to Retriever Aquatic Club

Return Completed Form to:

**Chad Cradock
UMBC-Retriever Activities Center
1000 Hilltop Circle
Baltimore, Md 21250**

**Any questions please contact: Coach Chad Cradock
410-455-2770/ccradock@umbc.edu**