

2012 Spring Competitive Stroke Clinic & Conditioning

Sponsored by Collegiate Aquatics

Stroke Clinic Sessions at Central Penn
 April 17-May 24, Tuesdays & Thursdays
 1 hour sessions

Conditioning Sessions at Central Penn
 April 16-May 25, Monday-Friday
 1.5 hour water sessions
 plus half hour dryland prior to water time

	Swimmer's Full Name (Last, First, M.I.)	Birth date mm/dd/yy	Indicate session	
			Stroke clinic	Conditioning practices
1				
2				
3				
4				
5				

- Stroke Clinic \$55
- Conditioning practices \$80

Please contact a coach if you have any questions or payment concerns (collegiateaquatics@yahoo.com)

Checks payable to "Collegiate Aquatics"

Total Enclosed _____

Family Information

Address: _____

City: _____ Zip code: _____

Email address: _____ Phone: _____

Mother: _____ Father: _____

Emergency Contact Information

Emergency Contact: _____ Relationship: _____

Phone (home/work &/or cell): (H) _____ (W) _____ (Cell): _____

Please mail or return completed registration form and payment to (deadline is Friday, April 8):

Collegiate Spring Clinic
 118 East Simpson Street
 Mechanicsburg, PA 17055