

COMPETITIVE SWIMMING STROKE TECHNIQUE CLINIC

sponsored by

Kim Bierwert & the Smith College Swimming Team

CLINIC TIMES: Mondays & Wednesdays – 6:00-7:00 pm

Dates: March 29 - April 21

Cost: \$50 checks payable to Smith College

Clinic Objectives: This program is designed for swimmer's who are already members of a swimming team or who are contemplating joining a team. The focus of the program is to improve, refine and enhance existing swimming techniques: strokes, turns, starts, pushoffs, etc... in order to help each swimmer swim faster and perform at a higher level. We will utilize videotapes, land drills and demonstrations to help reinforce efficient and fast swimming skills. This is NOT "a learn to swim" program, nor is it a team training program.

Registration Limited (postmark/receipt)

INFORMATION: Kim Bierwert 585-2722 (on campus x2722) kbierwer@smith.edu

Send Registration by March 20 to: checks payable to Smith College

Kim Bierwert, Ainsworth Gym, Smith College, Northampton, MA 01063

You will be contacted by March 24 only if the program is over subscribed and you cannot be accepted into the program.

REGISTRATION FORM

	AGE	YRS EXPERIENCE (IF ANY)
NAME: _____	_____	_____
NAME: _____	_____	_____
NAME: _____	_____	_____
PARENTS NAME: _____		
ADDRESS: _____		
_____		TEL: _____
EMAIL: _____		

Send Registration and Check by March 20 to:

Kim Bierwert, Ainsworth Gym, Smith College, Northampton, MA 01063

NOTE: **Total Registration Limited** - postmark/receipt

Fee: \$50 - checks payable to Smith College