

March Clinic Mini Rays 2010



Want to see what being on a swim team is all about? The Mini Rays program is for children who are water safe and can swim at least 10 feet unassisted, and who have never been on a competitive swim team. Open to swimmers 4-8 years of age, this is a beginner level program that guides young athletes looking to make the transition from swim lessons into competitive swimming. Participants will receive in-water coaching instruction designed to help kids feel confident in the water and build their stroke skills. Coaches will teach your swimmer proper stroke technique in freestyle and backstroke, side breathing, diving, and confidence in their water safety skills to prepare them for the Stingrays Swim Team.

The session starts March 1st and ends March 31st. Practices will be Monday, Wednesday and Friday from 5:15-5:45. The cost is \$110 for 5 weeks. The goals for the Mini Rays are to:

- Gain confidence in the water
- Have fun and love swimming
- Get prepared for the swim team through practice and games
- Feel a part of the Gold River Stingrays Swim Team

Child's Name: _____ Male ___ Female ___

Child's Age: _____

Home Phone: _____ Work Phone: _____

Parent/Guardian: _____ Member # _____

If my child is ill or has an emergency, and I cannot be reached, please contact:

Name: _____ Phone: _____

Name: _____ Phone: _____

I hereby give my permission for my child _____ to participate in Spring Swim Clinic at Gold River Racquet Club. In signing this form I release Gold River Racquet Club, its employees, and agents from any and all liability which may arise as a result of accident or injury during the program. In the event of an emergency, I give my permission for a physician to provide needed medical care for my child.

X _____ Parent Signature

Any Questions contact Jeff Float at 916-638-7001, mailbox #30 or e-mail at coachjeff@goldriverstingrays.org .