

# High School Stroke Clinic

Arkansas Dolphin-Laser Swim Team

Phone (479)200-3732

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## High School Swimmer Application

Parents' Names: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip Code: \_\_\_\_\_

E-mail Addresses: Parent \_\_\_\_\_ Child \_\_\_\_\_

Father Daytime Phone: \_\_\_\_\_ Mother Daytime Phone: \_\_\_\_\_

### Swimmer(s) Name(s)

\_\_\_\_\_  
Full First Name Middle Initial Preferred Name Last Name Birth Date

\_\_\_\_\_  
Full First Name Middle Initial Preferred Name Last Name Birth Date

### General Information

We are pleased to be able to offer competitive stroke instruction to High School only swimmers. We would like to help High School swimmers improve upon their success this past season and get them ready for the upcoming High School year. This program will be run by Head Senior Coach of the Dolphin-Laser Swim Team, Matt Adams and the Assistant Senior Coach Basil Hicks who has 15 years of coaching experience. The first session will cover Freestyle and Butterfly stroke and turns. The second session will cover Backstroke and Breaststroke stroke and turns. We will focus on drills and techniques to improve overall body position and efficiency in the water. Please bring the completed form to the first session that you come to.

**When:** Dates: September 19 & 26, 2009

Time: 11:00 a.m – 12:00 p.m

**Where:** UALR

**Fees:** \$10

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date