

# Northern Valley Swim Clinic

Presented by North Jersey Technique and Training Group

*Join us for our 18th summer!*

A swimmer can maximize his or her potential by training a proper amount **CORRECTLY**, and this is what we emphasize at our program.

Swimmers from Middle School to College ages are invited to come and train, and each practice is designed to fit many different ranges of ability.

Each day we will emphasize a different stroke or technical part of the sport, along with info on other aspects of the sport such as sports nutrition, goal setting and mental preparation for meets.



Dates: Monday – Friday  
July 8th to July 19<sup>th</sup>

Time: 8:00am – 9:30am

Place: **HAWORTH Swim Club**

Cost: \$150 per swimmer by June 1st  
\*\$165 after June 1st

**Sign up before all spots are full!**

Email Coach Ives at  
[coach.ives.nvd@gmail.com](mailto:coach.ives.nvd@gmail.com)  
with any questions!



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Name \_\_\_\_\_

Age \_\_\_\_\_ Gender M F Grade \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Parent / Guardian Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Swimmer Email Address \_\_\_\_\_

Emergency Contact Number \_\_\_\_\_

*Please make checks payable to “North Jersey Technique & Training Grp”*

*Send Registration & Checks to Coach Ives at 8 Calumet Ave, Oakland NJ 07436*

**To the fullest extent permitted by law, participants of the *Summer Swim Clinic presented by North Jersey Technique and Training Group* involved in any and all swimming and non-swimming activity shall hold harmless *North Jersey Technique and Training Group* against any claims, damages, losses, and expenses, including legal fees, arising out of or resulting from swimming and non-swimming activity.**

**Agreed to and Accepted by:**

Signature \_\_\_\_\_ Date \_\_\_\_\_