Northern Valley Swim Clinic

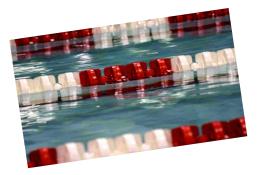
Presented by North Jersey Technique and Training Group



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 19th

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 <u>coach.ives.nvd@gmail.com</u> 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: SignatureDate 2