

SALINE STINGGRAYS

Competitive Stroke Clinics

Monday-Thursday, April 14th- May 15th

These intensive competitive stroke clinics will cover all aspects of biomechanical development for swimmers. Geared towards swimmers age 7-18, who are legal in all four competitive strokes, this five-week clinic devotes a week to each of the four stroke. The 5th and final week will focus exclusively on the mastery of faster starts and turns. Build upon what you have learned over the winter and fine tune your strokes, while staying in shape and preparing for summer competition. Coaching will be implemented by Stingrays coaches headed by Jeff Gross.

All sessions will take place at Saline High School.

Introduction to Stroke Skills

Level: Stingrays Bronze/ Silver (or comparable experience)

Time: 6:30-7:30 pm

Cost: \$185

Max Swimmers: 24

Advanced Stroke Skills

Level: Stingrays Gold/ Gold+/ Platinum/ HS (or comparable experience)

Time: 6:30-7:30 pm

Cost: \$185

Max Swimmers: 24

Registration:

Registration is OPEN NOW for current Saline Stingray Team members and will be offered via the team website at salinestingrays.com.

Register current member - Swam for the team after 1/1/14 (You will also be given the option to register new siblings of current members)

1. Log-in to your team account
2. From the home page click "Start Registration"
3. Follow instructions to complete registration

Register Non-current member that has been a member in the past or had a sibling that was a member in the past- Swam for the Saline Stingrays or SST USA Prior to 1/1/14.

1. Email Nick Munsell munselln@salineschools.org. Please include your first and last name as well as your swimmers first and last name.
2. You will receive an email with log-in instructions
3. Log-in to your team account
4. From the home page click "Start Registration"
5. Follow instructions to complete registration

* Please note: Failure to follow the first two steps will results in duplication of the athlete or you may be unable to complete your registration.

Register new member - Has never been a member or had a sibling that was a member of Saline Stingrays Swim Team.

1. Go to www.salinestingrays.com
2. Click "Start Registration"
3. Follow instructions to complete registration

You will receive confirmation once your registration has been accepted. **Checks should be made payable to Saline Swim Team** and submitted to Nick Munsell in the pool office.

Questions contact Nick Munsell at munselln@salineschools.org.