

Stingrays' Pre-Season High School Program

Get Ready for High School Swimming with Stingrays Swimming. The RAYS are Georgia's Finest Swim Team (currently ranked top 10 in the country, out of nearly 7,000 teams). Twice the American Swimming Coaches Association has named Stingrays the National Stroke Champions. This is an honor given to the program with the **Best Stroke Technique in the USA**. *If you are participating on a High School swim team this school year, then this program will help you get a head start.* This program is for Non USA-Swimming athletes.

All swimmers interested in registering for the Stingrays High School program must fill out the attached registration form and return it, with payment to: **Stingrays Swimming, 3023 High Vista Walk, Woodstock GA, 30189**. Space is limited to the first 45 swimmers.

The program will focus on all four of the competitive strokes and turns. The coaches will teach the swimmers proper technique using drills and full stroke swimming. Once the technique is in place we will focus on building the aerobic base (endurance) and getting the athlete ready for their upcoming High School season.

For more information contact:

Coach Andrew Baer 770-337-3796 or swimbaer@comcast.net

Coach Kim Seaman 678-481-1264 or seaman.kim@gmail.com

Times and Dates

Practice times: Monday through Thursday, 8:45-9:45 PM (AMBERTON) or, Monday through Thursday, 8:00-9:00 PM (EAST COBB Swim/Tennis)

September 19th – October 13th, 2011 (4 Weeks)

There may be 2-3 days of dryland conditioning when we erect the tent. Those dates and times TBA.

Cost per athlete is a \$149 registration fee (includes T-shirt)

Directions to this facility can also be found on our webpage at: Stingraysswimming.com under "Locations"

High School Program

Name: (First) _____ (Last) _____ Birthdate: _____

Name: (First) _____ (Last) _____ Birthdate: _____

Parent's Name: _____

Address: _____ City _____ Zip _____

Phone: (H) _____ (W) _____ (Cell) _____

High School of Swimmer _____

Location: **Amberton** _____ **East Cobb S/T** _____

How did you hear about this program? _____

Any further information, contacts or health issues should be listed below.