

**MONTGOMERY  
STROKE & TURN CLINIC**  
SUNDAY EVENING SWIM CLINICS  
**OCTOBER 29<sup>th</sup> 2017 -  
MAY 20<sup>th</sup> 2018**



- SESSIONS RUN  
OCTOBER TO MAY
- FOCUS ON STROKE  
TECHNIQUE
- CONVENIENT SUNDAY  
EVENING CLINIC TIMES
- DESIGNED FOR SUMMER  
LEAGUE SWIMMERS AGE 5-18

**ROCKVILLE MUNICIPAL  
SWIM CENTER  
(ROCK)**

355 Martins Lane Rockville, MD

**GAITHERSBURG AQUATIC  
CENTER  
(GAC)**

2 Teachers Way Gaithersburg, MD

FOR INFORMATION OR BROCHURE VISIT  
WWW.MSTCSWIM.COM, CALL THE MSTC  
VOICEMAIL AT 240.350.8511, OR EMAIL  
INFO@MSTCSWIM.COM

-----To pre-register tear here and mail completed Registration Form and Payment by October 15th, 2017 to:-----  
-----MSTC----- 328 Westlawn Drive ----- Ashton, MD 20861 -----

-----Registration will also be taken at pool on practice nights as space allows-----

**MSTC (ROCK & GAC) 2016-2017 REGISTRATION FORM**

**Athlete Information:**

Swimmers Name(s) \_\_\_\_\_ Date of birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Summer Pool \_\_\_\_\_ Best Freestyle Time \_\_\_\_\_  
Last, First, Middle Initial \_\_\_\_\_ mm/dd/yy \_\_\_\_\_ Time and Distance \_\_\_\_\_


Parent's Names \_\_\_\_\_ Home Phone \_\_\_\_\_  
Parent's Address \_\_\_\_\_ Work Phone \_\_\_\_\_  
\_\_\_\_\_ Family E-mail Address \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

**Practice Location and Time:**(please circle preferred)

Rockville Municipal Swim Center: **ROCK 4:00-4:55**      **ROCK 5:00-5:55**  
Gaithersburg Aquatic Center:      **GAC 6:30-7:025**

**Program Fee:** payable by check/money order to MSTC (Montgomery Stroke and Turn Clinic)  
**Amount Due:** \_\_\_\_\_ (**\$385 per Swimmer**)

Are there any problems that the coaches should know about such as allergies, hearing, asthma? All information is confidential.

The participant assumes all risks associated with participation in the program; the City assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the City encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the City's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program.

I, the undersigned, do hereby indemnify and hold harmless Montgomery Stroke and Turn Clinic Inc., Gaithersburg Aquatic Center, Rockville Municipal Swim Center, or any servants, agents, proprietors or employees of the above from any and all liability, damage, expense, cause of action, suits, claims or judgments arising from injury to person or personal property or otherwise which arise out of the act or failure to act or negligence of the participants in connection with or arising out of the use of the facilities for this program.

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# MSTC INFORMATION

## PRACTICE TIMES:

The following practice times at each facility are available to swimmers on Sunday Evening.

Rockville Municipal Swim Center:

**4:00-4:55 pm**

**5:00-5:55 pm**

Gaithersburg Aquatic Center:

**6:30-7:25 pm**

On the first night swimmers and parents should meet in the pool bleachers for orientation. From there swimmers will go to the pool and parents are welcome to view from the bleachers.

Goggles are suggested for all swimmers. Please put name on the strap. Swimmers with long hair should wear a swim cap.

MSTC is a 22 session swim clinic. Clinic will not meet November 26 (Thanksgiving), December 24, 31 (Winter Holiday), February 4 (Super Bowl Sunday), March 11, March 25, April 1 (Spring Break) and May 13 (Mother's Day)

There will be one intersquad swim meet scheduled during the spring.

## FEES:

**\$385.00 per child**

The program fee may be paid only by check/money order to **MSTC** (Montgomery Stroke and Turn Clinic).

During the clinic if a participant wishes to dedicate more time to swimming, they may join the RMSC competitive swim team program. A portion of the cost of the clinic will be credited to the RMSC program cost.

Withdrawal refunds will be given on a prorated basis minus a \$40.00 non-refundable processing fee.

## REGISTRATION:

**Limited space is available.** Acceptance is on a first come first serve basis. **Assume that you are in the practice time you requested unless you hear from us.** Please mail forms and fee by October 15<sup>th</sup>, 2017 to:

**MSTC**  
**328 Westlawn Drive**  
**Ashton, MD 20861**

Registration will also be accepted on practice nights at the pool as space allows.

**If you have any questions about the program please call (240) 350-8511**

The Montgomery Stroke and Turn Clinic is pleased to announce Sunday evening stroke clinics at Rockville Municipal Swim Center .

The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for more than twenty five years. MSTC is directed by Maneth Gravell and Kent Williams. Maneth is in his twenty fifth year with Rockville Montgomery Swim Club at MLK and has coached in both the MCSL and CCSDA during his twenty plus year coaching career. Kent is entering his twenty fourth year with Rockville Montgomery Swim Club at KSAC where he works with 12&under athletes. Kent's thirty plus year coaching career also includes six years in the CCSDA and two years in the MCSL.

Our experienced coaching staff has been carefully selected for their technical knowledge and ability to work with young athletes. This quality staff and a low swimmer to coach ratio has allowed our clinics to succeed in developing many top level summer and year-round swimmers.

MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, **swimmers must be able to swim 25 meters of freestyle without stopping.**