

**MONTGOMERY
STROKE & TURN CLINIC**
SUNDAY EVENING SWIM CLINICS
**OCTOBER 13th 2019 -
MAY 17th 2020**



- 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 1st, 2019 to:-----

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

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

MSTC (ROCK & GAC) 2019-2020 REGISTRATION FORM

Athlete Information:

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

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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 4:00-4:50** **ROCK 4:50-5:40** **ROCK 5:40-6:30**
Gaithersburg Aquatic Center: **GAC 6:10-7:00**

Program Fee: payable by check/money order to MSTC (Montgomery Stroke and Turn Clinic)
Amount Due: _____ (**\$425 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:

4:00-4:50 pm

4:50-5:40 pm

5:40-6:30 pm

Gaithersburg Aquatic Center:

6:10-7:00 pm

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

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

MSTC is a 24 session swim clinic. Clinic will not meet December 1 (Thanksgiving), December 22, 29 (Winter Holiday), February 2 (Super Bowl Sunday), March 1, April 5, April 12 (Spring Break) and May 10 (Mother's Day)

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

FEES:

\$425.00 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 \$50.00 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 1st, 2019 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 and Gaithersburg Aquatic 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 seventh year with Rockville Montgomery Swim Club at MLK and has coached in both the MCSL and CCSDA during his thirty plus year coaching career. Kent is entering his twenty sixth 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.**