

REGISTRATION (CONTINUED)

DISCLAIMER:

I hereby authorize the directors and members of the Valley High School Swimming Clinics to act for me, according to their best judgment, in any emergency requiring medical attention and hereby waive and release the camp of all liability for any illness or injury incurred by the aforementioned participant(s) while at camp.

Parent or legal guardian must sign

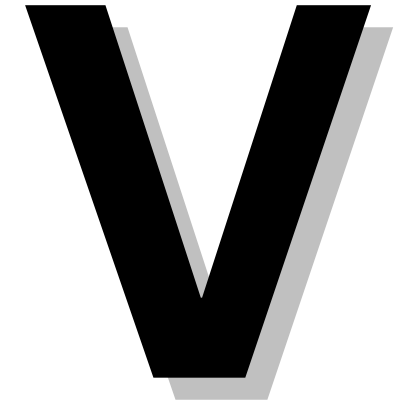
If pre-registering, please mail the completed registration form along with check (made out to 'Valley Swim Clinic') to:

Valley Swim Clinic
c/o Shawn DeBoef
3650 Woodland Ave.
West Des Moines, IA 50266

Registration will also be accepted the first day of the session.



Questions? Contact Shawn DeBoef at deboefs@wdmcs.org or 641-660-2793



**Valley
Swim Camps
2009**

State Champions

Boys: 1984

Girls: 1974, '75, 2005, '06, '07, '08

WEDNESDAY EVENING INDIVIDUAL VIDEO-TAPING SESSIONS

Purpose: to provide individual instruction to swimmers through video-taping and analysis

What: This is a half-hour session with a minimum of one Valley coach present and more than likely 2 or more coaches. We are willing to work on any or all strokes, starts, turns or finishes – whatever your preference. At a later date a DVD of the video-taped session will be provided to you. Open to 8th-12th graders but would consider providing sessions to younger swimmers if requested.

When: Wednesday evenings during June and July will be split into ½ hour sessions from 5-7pm. Each ½ hour session is intended to be for a different individual.

Cost: \$20 for each ½ hour session.

How do I sign up? Call or email Coach DeBoef to sign up for a session. He can be reached at (641)660-2793 or deboefs@wdmcs.org. The sessions are first come, first served. Dates available are June 3, 10, 17, 24 and July 1, 8, 15, 22 & 29.

HIGH SCHOOL PRE-SEASON CAMPS

Purpose: to provide technique instruction and a training base heading into the school year

What: There are 2 camps, each a week long.

Each camp will run Monday-Friday from 7-9am. Doors will open at 6:45am.

The first week will have a primary focus on technique and a secondary focus on providing a training base.

The second week will focus equally on technique and a training base. Inexperienced swimmers will focus on technique both weeks.

This camp is open to 8th-12th grades, both boys and girls.

When: Week 1: July 27-31, 2009; 7-9am
Week 2: August 3-7, 2009; 7-9am

Cost: \$50 per week.

Included in the cost is a clinic t-shirt if registration is received by July 20. Registration is also accepted the first day of each week but t-shirts will not be available to swimmers who do so.

REGISTRATION

Name: _____

Grade ('09-'10): _____ Sex: M F

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Sessions (check all that apply):

_____ Wednesday evening individual video-taping session (must be scheduled with Coach DeBoef – see flyer)
\$20 per ½ hour session

_____ Week 1 Pre-season Camp
July 27-31 · 7-9am · \$50

_____ Week 2 Pre-season Camp
August 3-7 · 7-9am · \$50

If signing up for a Pre-season Camp before July 20, indicate t-shirt size: _____

Total cost: _____

* As always, no charge for children of district employees

- Registration continued on reverse -