

Valley Youth Swim Clinic

- WHO:** 5th to 8th graders ('08-'09 school year)
- WHAT:** Stroke Clinic and Mock Swim meet
- WHERE:** Mark Wagner Pool @ Valley High School
- WHEN:** Monday-Thursday, May 18th – May 21st, 2009
4 - 6 pm (Thursday: 4 - approx. 7:30 pm)
- WHY:** To enhance the swimming abilities of the youth of West Des Moines and future Valley swimmers.
- COST:** \$50 per swimmer – as always, free to children of WDMCS District employees

--Monday -Wednesday (18th-20th): Valley High School swimmers and swim coaches will be leading the 5th to 8th grade swimmers through a technique clinic. We will be enhancing the students' abilities in freestyle, backstroke, breaststroke, butterfly, flip turns and starts.

--Thursday (21st): there will be a mock swim meet. Through this swim meet, the students will be able to race competitively against each other and showcase the techniques we have been working on. Parents are invited to attend this swim meet!

Registration: Mail this form with check (made payable to Valley Swim Clinic) to:
Valley Swim Clinic · c/o Shawn DeBoef · 3650 Woodland Ave. · WDM, IA 50266
by Wednesday, May 13 or bring it to the first day of the camp.

Name: _____ Grade: _____ Male Female

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

To Camp Director: 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 above named participant while at camp.

Parent or Guardian must sign