

World Record Holder Nick Thoman

(Set the 100 meter backstroke World Record on December 18, 2009 at the Dual-In-The-Pool meet in England)

American Record Holder Nick Brunelli

& Jennifer VanAssen Brunelli ARE COMING TO HYCAT!

**April 24th
Swim
Clinic**



When

Session 1: 8:00am - 11:30am (ages 8 - 12)

Session 2: 12:30pm - 4:00pm (ages 13 & up)

Where

HYCAT Swim Program - University of Charleston -
Gorman Athletic Bld. 2300 MacCorkle Ave., SE,
Charleston, WV 25304

At this cutting-edge clinic, you will learn:

- Core body/head position to maintain streamline
- How to hold speed off the start, into and out of turns
- How to increase your distance per stroke
- How to stay motivated to perform at your best
- Pre/post workout and race nutrition
- And much more...

Complete the registration form below and return it with your fee to the HYCAT swimming office no later than **Saturday April 10th, 2010**. Registrations for this clinic are taken on a **first come, first served** basis. No more than 48 swimmers per session; once a session is full, no additional registrations will be taken so please **register TODAY**. **\$65.00** for first swimmer, **\$55.00** for each sibling swimmer (siblings attending different sessions still receive the discount). Please make your check payable to HYCAT and put "Swim Clinic" in the memo section of your check.

Registration Form - (complete one form per swimmer) - Deadline April 10th, 2010

Swimmer's Name: _____

Swimmer's Age: _____ Swimmer / Parent Email Address: _____

Home Phone: _____ Cell or Work Phone: _____

Please register me for: _____ Session 1 (8:00am to 11:30am / ages 8 - 12) _____ Session 2 (12:30pm to 4:00pm / ages 13 & up)

_____ Parent Nutritional Seminar (optional - \$10.00) Total Amount Enclosed: _____ Check # _____

Release Statement (must sign prior to participating): In consideration of myself or my child's or ward's participating at the HYCAT Swim Clinic, I, intending to be legally bound, do hereby for myself, my spouse (if any), my child, or ward, and my child's or ward's executor and administrators, waive, release, hold harmless, and forever discharge HYCAT and the University of Charleston, its trustees, its agents, employees, representatives or sponsors, of and from any and all claims, damages, or expenses for loss damages or injury to myself or my child.

Signature: _____