



...SPLASH INTO SUMMER AT METEA VALLEY HIGH SCHOOL

# Stroke Clinic and Conditioning Camp for the Competitive Swimmer at Meteva Valley High School

Meteva Valley will run a stroke clinic and conditioning program during May in preparation for the summer swim season. This program will be coached by the Meteva Valley Aquatics Staff in conjunction with Maverick Swim Club Coaching Staff and Local Summer Swim Program Leaders and is open to swimmers ages 6 and over capable of meeting the minimum requirements as noted below. Space is limited and will be reserved on a first come first serve basis.

**Registration**  
**Monday, March 5**  
**6:00-7:30pm**  
**Enter Aquatics Door 25**

**Two Week Clinic**  
 May 14, 15, 16, 17  
 May 21, 22, 23, 24

**Participation Fee**  
**\$60** Developing and Novice Levels  
**\$75** Advanced Level

*\$5 late registration fee  
 if registered after 3/5*

**Available Sessions**  
 4:45pm - 5:25pm: Developing  
 5:30pm - 6:10pm: Novice  
 6:15pm - 7:15pm: Advanced

**Developing Level Minimum Requirements**  
 Must be able to swim in deep water for one full length without stopping. Must be able to demonstrate how to swim all four strokes.  
*Recommended age is 6 to 9 years old.*

**Novice Level Minimum Requirements**  
 Capable of swimming all 4 competitive strokes without stopping for 50 yards. *Recommended for recreational summer swimmers 10-13 years old.*

**Advanced Level Minimum Requirements**  
 Must be able to swim freestyle and backstroke for eight lengths (200 yards) legally and capable of swimming 4 lengths (100 yards) of butterfly and breaststroke legally. *Recommended for competitive swimmers who swim in the winter age 11 and over.*

**CONTACT**—for questions or more information please contact Aquatics Director, Lenny DePasquale, at lenny\_depasquale@ipsd.org or 630-375-3994

**Make checks payable to "Mustang Aquatics"**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

Parent Contact Name and Phone Number \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ e-mail \_\_\_\_\_

Please Mark an X on the time you would like to participate in:

**(Developing) 4:45-5:25pm**

**(Novice) 5:30-6:10pm**

**(Advanced) 6:15-7:15pm**

5/14-5/24 \_\_\_\_\_

Check # \_\_\_\_\_ Cash \_\_\_\_\_ Total \_\_\_\_\_

**one registration form per participant please!**