2012 Spring Training
Stuttgart Piranhas Swim Team
12 March – 9 June

- ✓ Spring training will focus primarily on technique and breaking down of individual strokes in an effort to improve overall efficiency in the water and improving starts and turns. This training is essential for the coming season and preparing for the Long Distance Championships in the fall. We will be using drills and equipment to enhance training and preparation.

- ✓ Swimmers will be divided into two groups. Group A will swim Mon/Wed/Fri the first week and Group B will swim Tues/Thurs. They will alternate the next week and throughout spring training allowing both groups to have equal practice time.

  ***COST - 150 Euro per swimmer ** If we don't get the minimum number of swimmers to meet the pool costs, then we will combine all swimmers into one group that will practice on Mon/Wed/Fri and the cost will be adjusted accordingly.**

- ✓ Fees **MUST** be paid in full before swimmer can get in the water. We will be collecting money at the banquet on 3 March.

- ✓ Confirmation that your swimmer(s) will be participating in spring training MUST be sent to registrar@stuttgartpiranhas.org by 5 March.

- ✓ **We MUST have a current sports physical (good through the spring season) <u>prior</u> to getting in the water.**

- ✓ Please print out this registration form to be given to Team Registrar prior to or on the first day of swimming.

Swimmer(s) Name(s): _____AGE ____
_____AGE ____
_____AGE ____

Parent(s) Names: _____

Contact Information: <u>(*PLEASE CHECK PHONE NUMBERS FOR ACCURACY BEFORE SUBMITTING!!!!!)</u>

Home Telephone number: _____
Cell Phone number(s): _____

*If your swimmer desires additional practice days they can come on their non-assigned days for a 3 euro fee payable to the coach on that day.