



ALL STAR

Stroke and Turn Clinic

Cost is \$110

Includes a \$25 non-refundable registration fee.

**7 Sessions - 6:30-7:30 pm
at Don Cook Nat**

Tues. June 22nd	Introduction
Thurs. June 24th	Freestyle
Tues. June 29th	Backstroke
Thurs. July 1st	Breaststroke
Tues. July 6th	Butterfly
Thurs. July 8th	Starts
Tues. July 13th	Start/Turns

**Deadline for registration is
Thursday, June 17th**

*** limit 24 athletes - register early!**

**E-Mail Registration or
Questions To:**

clinics@swimfcst.com

Or

281-969-8759

**Forms May Be Turned
Into The FCST Mail Box
At:**

Don Cook Nat.

You May Also Mail

Registration To:

FCST - 'All Star Clinic'
4501 Cartwright #406
Missouri City, TX 77459.
(281) 969-8759



Work with First Colony Swim Team coaches to gain an edge on stroke technique, starts, and turns prior to the SHRSL All Star Championships.

2010 All Star SWIM CLINIC **AT Don Cook Natatorium**

Swimmer's Name: _____ Swimmer's Age: _____

Parent's Name: _____

Address

Summer Club: _____

Phone Number

E-Mail Address

*** Please note that if you have participated in a clinic hosted by FCST since April 2010 you will not be eligible to participate in this clinic due to SHRSL rules.**

***Please make checks payable to FCST**