



## March Break Stroke Technique Camp for Competitive Swimmers

### **Camp Features**

- Mississauga Aquatic Club Staff will run the camp
- Swimmers aged 8-14 in Wave 3, Bronze and Silver programs
- Swimmers from Wave 1 & 2 are eligible by invitation
- Age and Ability grouping
- Teaching of all competitive swimming strokes
- Teaching all skills around the walls including starts, turns, and finishes
- Interactive use of underwater video for enhanced learning
- Sessions are run at the University of Toronto Mississauga Campus

### **Important Information**

- Dates: March 15<sup>th</sup> to 19<sup>th</sup>
- Time: 9:00am to 11:00am
- Cost: (\$95) Payable to Mississauga Aquatic Club
- Registration Deadline: March 3<sup>rd</sup>, 2010
- Maximum number of swimmers is 48
- Registration will be accepted on a first-come, first-served basis

### **How To Register**

- Fill out camp registration form below and return to MSSAC office.

**For More information please contact Mike Rutledge at [mike.rutledge@mississaugaswimming.com](mailto:mike.rutledge@mississaugaswimming.com) or (647) 223-7081.**



**2010 March Break Camp**  
**Registration is Due Wednesday March 3, 2010**  
**FAX: 905-274-9987**

**LOCATION:** UTM

**DATES:** Monday March 15-Friday March 19

**FEE:** \$95 NON REFUNDABLE

Payable by Visa or Master Card ONLY

**Registration is Due Wednesday March 3, 2010**

Please FAX or Email to [admin@mississaugaswimming.com](mailto:admin@mississaugaswimming.com)

**DISCIPLINE AND CODE OF CONDUCT:** The Mississauga Aquatic Club Code of Conduct that each Swimmer signed upon registration will be enforced.

**ACKNOWLEDGEMENT:** We have read and understand these warnings.

\_\_\_\_\_  
*signature of swimmer*

\_\_\_\_\_  
*date*

**PERMISSION:** I give permission for my child \_\_\_\_\_  
to participate in the March Break Swim Camp from Monday March 15 to Friday  
March 19, 2010

\_\_\_\_\_  
*Signature of parent*

\_\_\_\_\_  
*date*

CREDIT CARDS WILL BE PROCESSED MARCH 3,

VISA  or MASTERCARD

*Please check which is applicable*

CARDHOLDER'S NAME: \_\_\_\_\_

CREDITCARDNUMBER: \_\_\_\_\_

EXPIRY DATE: \_\_\_\_ / \_\_\_\_