



## Winter 2011 High School swimmers

**Dates:** November 1st until January 26, 2012

**Cost:** \$345 (\$90 per month x 3 months = \$270 plus \$75 USA reg.).

**Coaches:** John and Cindy Griffin and the staff of the Lodi Swim Club

**Practice site:** Twin Arbors tennis club, Lodi high school (Nov. 2-Jan 2012) and Tokay high school (Nov. 1-23); depending on availability.

This program is intended to give the high school age swimmer a fall/winter program to develop their skills, endurance and prepare them for the upcoming high school swim season which starts Feb. 2012.

It will be coached by John Griffin, head coach of the Lodi Swim Club and Lodi high swim team. John has coached for the past 29 years in Lodi. During this time he has had many All-Americans, Section qualifiers and winners and he's teams have won many SJAA League Championships. "I feel that technique is the key to fast swimming". We will build the strokes, turns and dives that will give your swimmer an advantage during the high school season. While developing technique we are also building their endurance for high school season and summer swimming and water polo .

We will practice 4 days a week, Monday through Thursday for 1 & ½ hours. We plan to have 2 time trial competitions against other winter programs to see where our swimmers are in relation to their past high school times and competitors.

If you have any questions please don't hesitate to call John Griffin at 712-4382, or e-mail at [SwimLodi@gmail.com](mailto:SwimLodi@gmail.com) or check at [lodiswimclub.com](http://lodiswimclub.com) and on Facebook, Lodi Swim Club

Space is limited to 60 swimmers, so please fill out and return the bottom portion of this form attach your check and reserve your spot today! Our goal is to improve technique, have fun and swim fast.

This program is part of the Lodi Swim Club. All USA Swimming rules will be followed during competitions. Please return the bottom of this form and a check for \$165 (to cover registration and 1st month) to John Griffin at 783 Palm Ave., Lodi, Ca. 95240. Make checks payable to "Lodi Swim Club"

Name\_\_\_\_\_ ; Age\_\_\_\_\_ ; Birth date\_\_\_\_\_ ;

Phone \_\_\_\_\_

Address\_\_\_\_\_ ; City\_\_\_\_\_ ; zip\_\_\_\_\_

Parents Names\_\_\_\_\_

You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself.

Jim Rohn – American Business Philosopher