

After this week of intensive clinic, your swimmer will benefit from greater:

- SELF ESTEEM
- SELF CONTROL
- PRIDE
- KNOWLEDGE OF HEALTHY EATING
- MENTAL STRATEGIES FOR PEAK PERFORMANCE
- TECHNIQUE ON HOW TO SWIM FASTER

#### A GREAT VALUE FOR THE MONEY!

Six day session- Monday to Saturday \$300.00

Families with multiple swimmers receive a 10% discount per swimmer.

Swimmers that sign up before May 31st will receive a 5% discount for early registration. The final registration is June 24<sup>th</sup>.

\* **Registration will begin May 5th Monday through Friday from 5pm- 7pm at Connetquot High School until June 24<sup>th</sup>.**

\* **This clinic is designed for 9yrs+ competitive swimmers.**

#### COACHES BACKGROUND:

**Coach Alex** is a US Head swim coach of the Connetquot swim club. He has been coaching for over 15 yrs. Coach Alex has trained athletes to the

U.S Open, National, and Junior National level. He is Head Coach for the JV team and assistant coach for the varsity team at Connetquot HS. Coach Alex is a Certified First Aid, lifeguard & CPR instructor, Ocean Lifeguard, Triathlete, and a Professional High School teacher.

**Coach Bryan** is a US swim coach for 10 yrs. Certified First Aid & CPR, Ocean lifeguard, Triathlete. Professional Long Distance Swimmer representing the United States of America. Four-time winner of the Cross Bay Swim 5.2 mile swim. Competed on the Olympic Circuit For Long Distance Swimming. Cross Sound Swim Point-to-Point 28K National Long Distance Swim in 2002. Owner of Open Water Swimming LLC

Please kindly contact Coach Alex or Coach Bryan for specific details:

**Coach Alex at 631-445-3267 or**

**email at: [coach24@optonline.net](mailto:coach24@optonline.net)**

**Coach Bryan at 516-356-5306 or**

**email at: [BKRUT1@verizon.net](mailto:BKRUT1@verizon.net)**

#### **HOLD HARMLESS AGREEMENT**

I and my heirs hereby release Peak Performance Swim Clinic and all its employees, officers, and agents, and staff, from any liability for damages to or loss of personal property, sickness, and injury from whatever source which Peak Performance Swim Clinic is not culpable, which might occur during the activities of the clinic.

Participants Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_



ADVANCED COACHING BY

**ALEX SCICHLONE & BRYAN KRUT**

# PERFORMANCE SWIM CLINIC

## FOR THE SERIOUS SWIMMERS



### THE MOST UNIQUE SWIM CLINIC OFFERED HERE ON THE ISLAND

Directed by US Certified Swim Coaches:

Alex Scichilone

&

Bryan Krut

**Byron Lake, Oakdale, NY**

Swimmer Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

T-shirt Size (circle one): S, M, L, XL

Emergency Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Bring to Registration on May 5th –June 24<sup>th</sup> , 5pm-7pm at Connetquot High School pool.

**DATES: August 23<sup>rd</sup>-28<sup>th</sup> 2010**  
**6:30-8:45am Mon-Fri**  
**August 28th, Open Water Swim**  
**Location to be announced on Monday**  
**August 23rd.**



THIS CLINIC WILL PROVIDE THE SWIMMER WITH THE ESSENTIALS NEEDED TO BE A SUCCESSFUL SWIMMER IN & OUT OF THE WATER!

What you will learn at this unique swim clinic:

NUTRITION

TECHNIQUE

MENTAL TRAINING

PHYSICAL/STRENGTH TRAINING

Without them you will never achieve the highest level of performance and potential allowed. Each phase of the clinic we will be covering the above. Each swimmer will receive a “smart bag” on the first day of the clinic. The “smart bag” will include a packet breaking down the above topics along with the essential tools an athlete requires for peak performance and, of course, an official T-SHIRT to remember your time at the

## “MOST UNIQUE SWIM CAMP EXPERIENCED ON THE ISLAND.”

**DETAILS:** The swimmers and Coaches will discuss and observe the key aspects of Sports Nutrition, Technique, and the importance of Mental and Physical health and how each play an integral part in achieving the highest level of performance. Coach Alex, Coach Bryan, and several guest speakers will work one on one with the swimmers analyzing their stroke, their strengths and weaknesses and providing tips for improvement.



## DETAILS ON THE END OF THE WEEK & THE LONG DISTANCE SWIM IN OPEN WATER.

Swimmers will learn more about and “experience” the physical aspect of swimming! This session consists of an intense training program covering the physical, technical and mental requirements needed to achieve peak performance. In the last stages of the clinic, the swimmer will be required to put into practice all the key aspects learned throughout the session and find out what they are capable of. We will have a long distance swim in open water. The swim will be in a secure environment, controlled with Kayaks, boats, and several professional swimmers, coaches, and lifeguards.