

HEAD COACH SHELLEY TAYLOR-SMITH
7-time Womens World Marathon Swimming Champion,
OWS Coach & Champion Mindset Performance Coach
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TEAM STS SWIM SQUAD SUMMER 2018

21 weeks: Tues 3rd Oct 2017 to Thurs 22nd Feb 2018 (or 15th March)

FEES - 3 sessions per week \$1497 – Rotto Channel

FEES – 3 sessions per week \$1650 – Port to Pub

- 3 swim squad sessions per week
- Tues & Thurs 6:30-8:15pm from Tues 4th Oct 2017 at Scotch College, Swanbourne (Earlier starts in December and January) **AND**
- Sat 5:30 -7:30am from Sat 7th Oct 2017 at Claremont Aquatic Centre, Claremont.
- NB: (Dec 24th to Jan 2nd inclusive we're closed for Chrissy).

111.50 hours Inclusive of our Passionate Experienced Coaching PLUS THESE BONUSES:

- Expert coaching, motivation and technique advice
- 2018 Team STS Rotto Squad t-shirt & Silicone Cap
- Six - 3hour Sat sessions with Head Coach Shelley in Jan & Feb – (Value \$pricele\$\$)
- 1x PASS to Prepare Your Mind+Body for Rotto workshop (Value \$297)
- 1 x PASS to Injury Prevention workshop (Value \$99)
- Musculo-skeletal testing with Prue Stokes & Matt Affleck (Half price offer)
- Priority Physio with Prue & Matt – Physio Masters for Open Water Swimming
- VIP registration for Stroke Correction Wednesday squad
- Team STS Loyalty Card for discounted swim gear, electrolytes, physio & massages
- Team STS monthly team-bonding dinners (Value pricele\$\$)
- Open Water Swims every Sunday (beginning mid-November if not before)
- Attend weekly Open Water Tues & Thurs AM at Matilda Bay & Sorrento Beach.
- Take-a-Way Programs for Christmas holidays
- And of course... fun, fun, fun with all the other passionate crazy Rotto swimmers

COMPLETE THE SECTION BELOW AND FAX TO 08 6210 1414 OR SCAN AND EMAIL

SOLO _____ DUO _____ TEAM _____

**REGISTRATION DEPOSIT \$297
PAY TO SECURE YOUR SPOT NOW!!!**

Rotto Channel Y/N _____ OR Port to Pub Y/N _____

Name: _____ Phone: _____

Email: _____ Shirt size: _____ (XS to XXL)

Credit Card: VISA or Mastercard

OR Bank Transfer BSB: 062 179 Account Number: 1005 2261 Reference: **INSERT YOUR NAME**

Name (as it appears on the card): _____

Card #: _____ Exp. Date: _____

Signature: _____

7 time World Champion creating Champion Mindsets® with Taylor-Made Solutions!

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