

# Facing the Giants 2009

October 5<sup>th</sup> till the 9<sup>th</sup>.

08:00 till 17:00

We invite you to an exciting swim clinic  
with coach Kurt Schallitz (BlueDolphins Livermore CA, USA)  
and the Bulado coaching staff.

## Typical daily schedule:

**8:00 – 9:30am Class Room**

(Long Axis topics: Balance, rotation, length, propulsion)

**9:30 – 11:30am Pool Session**

(Long Axis: freestyle, backstroke)

**11:30am – 1:00 pm LUNCH**

**1:00 – 3:00 pm Class Room**

(Short Axis topics: video review, stroke analysis, goal setting, dry land, etc.)

**3:00 – 5:00 pm Pool Session (Short Axis: fly, breast)**

**Space will be limited.**

**Athlete must be 10 and up and have at least one "A" time.**

**Total cost ANG400,00**

**A deposit of ANG150,00 is required at registration time.**

Further information and the application form will soon be available @ [www.bulado.net](http://www.bulado.net),

or by mailing to [bulado.bestuur.2008@gmail.com](mailto:bulado.bestuur.2008@gmail.com) or calling +599 9 413 2006 between 18:00 and 20:00.



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## October 5<sup>th</sup> till the 9<sup>th</sup>.

### Camper Information

Male          Female

Date of birth

Last Name

First Name

Home Address

Home Phone

Mobile

e-mail address

### Parents Information

Fathers Name

Day or mobile Phone

Mother's Name

Day or mobile Phone

Family doctor

Doctor's address

Doctor's Phone

### Medical Insurance details

Insurance Company

Policy number if applicable

Enclosed is a check for the ANG150,00 registration fee, payable to Bulado Swim Club. I agree to pay the balance on or before September 30<sup>th</sup>, 2009. This registration fee is not refundable, unless the camp/clinic is cancelled due to unforeseen circumstances. I understand that there is no refund if my son/daughter is dismissed due to disciplinary action

Parent or guardian

Date

