

March 14, 2022 through August 11, 2022

Webb's Tornadoes Swim Team



USA Swimming

Discounted Fee
if pay by January 21

Long Course

2022

3/14/22 thru 8/11/22



Swimmers work on training in correct technique in all aspects of competitive swimming including: all 4 strokes, starts, turns, race strategies & more! Swimmers draw upon Bill's expertise to improve in all aspects of swim training.



with Coach Bill Edward

Coached U.S. Olympic swimmers & Olympic trialists, Bentley Univ Coach

Coach Bill Edward: Bill is American Swim Coach Level 5 (highest attainable level), Head Coach of South Shore Strypers 13 years, Head Coach of Scituate/Cohasset High School for 3 years, Swimmers have reached the Olympics, Olympic trials, National Champions, National record holders, MA State champs & over 100 All-American swims, USA Futures Swimmers, NE Swimming Zones Coach.

Assistant Coach: Mary McGunnigal Presently Teacher at Fontbonne Academy; Assumption Graduate; Certified WSI 10 years, Lifeguard Instructor Trainer; Lifeguard; SSCC 4 year Swim Team Coach; SSCC Swim Instructor

Assistant Coach: Evan Baxter Manager 2019/prior South Shore Country Club pool Hingham; Graduate Bridgewater State University BA Education; Certified WSI, Lifeguard Certified, Hurricane Swim Team Assistant Coach; History teacher; presently at New Heights School/Brockton

Assistant Coach: Larissa Brewster Attorney and Career Advisor by day; Swim Lesson Instructor & Coach on weekends specializing in stroke technique for beg/int competitive swimmers; Larissa swam competitively for Bentley University: IM & butterfly & breast stroke.

Assistant Coach: Meg Barros Presently Clinical Research Analyst at Dana Farber, Boston; Union College graduate graduated in 3 years; BS Biology & Psychology; Competitive Swimmer; Swim Instructor > 5 yrs Webb's Tornado Swim Team & Ass't to Coach; CPR/AED certified; Lifeguard.

Assistant Coach: Liz Menard Recently joined WTST coach/swim instructor & stroke technique since 2011; career daytime works for tech company as marketing systems architect w/ assist't Ace (her corgi!). First Aid & CPR certified.

We are now offering 3 training groups: **ALL** swimmers must be placed in training groups by Bill & Assistant Coach. The Junior Group is for existing (*some new*) swimmers that are at the level above Age Group Training Group but not ready for the Senior Group.

Senior Group – with Bill & Larissa **Junior group** – with Liz & Mary **Age Groupers** - with Mary, Evan, & Meg. Practices will be designed accordingly.

At the discretion of the coaches, swimmers may be placed in a group most suitable for that swimmer.

Remember: NO REFUNDS AFTER ONSET OF SESSION

Only exception is medical note from doctor supporting swimmer cannot participate any more. **Turn for registration form....**



Webb's Tornadoes USA Swim Team Registration

Swimmer's Last Name _____ 1st Name _____
 Middle Name _____
 Address _____ Town _____ Zip _____
 Home phone _____ Parent's Cell Phone _____
 Swimmer's Cell Phone _____ Parent's email _____
 Emergency Contact name _____ his/her Phone number _____
 Age ____ Date of birth: __/__/____ Grade in school _____

PAYMENT:

LONG COURSE 2022 FEES: All fees due by January 28, 2022

Fees paid on or before January 18 will be discounted as follows:

- Senior Group** (on or before 1/21/22): **\$1345** make checks payable: \$990 to Bill Edward \$355 to Webb's
- Junior Group** (on or before 1/21/22): **\$1128** make checks payable: \$800 to Bill Edward \$328 to Webb's
- Age Group** (on or before 1/21/22): **\$1013** make checks payable: \$710 to Bill Edward \$303 to Webb's

After January 21, 2022 fees are as follows:

- Senior Group:** (after 1/21/22): **\$1445** make checks payable: \$1040 to Bill Edward \$405 to Webb's
- Junior Group:** (after 1/21/22): **\$1228** make checks payable: \$850 to Bill Edward \$378 to Webb's
- Age Group:** (after 1/21/22): **\$1043** make checks payable: \$750 to Bill Edward \$343 to Webb's

All swimmers meet accounts (\$350) must be paid in full or an arrangement with Anne Borocov.

PRACTICE TIMES:

- Age Group:** Sun 12-1:30pm // Mon & Wed 6-7:30pm (dryland 6-6:30) // Fri 2:45-4pm or 6:30-8pm
- Junior Group:** Sun 12-1:30pm // Mon & Wed 6-7:30pm (dryland 6-6:30) // Fri 2:45-4pm or 6:30-8pm & last Saturday of each month if no meet: 12-1:30pm
- Senior:** Mon & Wed 6:30-8:30pm (dryland 6:30-7:30) Tue & Th 6:30-8:30pm or Mon thru Th 2:30-4 & Sat 12:30-2 if no meet

NOTE: Due to the uncertainty of how the COVID-19 pandemic will transpire, we must state clearly that we may have to alter these practice schedules to ensure the safety of your child(ren) according to any changes in CDC guidelines & restrictions.

In consideration of the visit of the above named (print child's name) _____ to the health club Webb's Gym, Inc (dba Webb's Pro Fitness) and those people acting on the club's behalf are released from all claims of any nature whatsoever for injuries, illness, and consequential damages which may be sustained by the named child(ren) arising out of participation in any such activity at this facility or at any away swim meet or travel to/from meet. Webb's Gym, Inc (dba Webb's Pro Fitness) will not be responsible for accident nor property left in lockers, cubbies, elsewhere in building or parking lot. I will not sue Webb's Gym, Inc (dba Webb's Pro Fitness) or any staff/beneficiaries/owners acting on the club's behalf. I sign below as representative/parent/guardian of above-named child(ren).

X _____
Signature

Date