



Golden Tiger Aquatic Club

Swim Lessons – Stroke Development Club - Masters

Stroke Development Club

The Golden Tiger Aquatic Club's (GTAC) Stroke Development Club is for high school and middle school age swimmers who want to continue to improve their skills during the high school and middle school offseason.

What you can expect:

- * Stroke Development and Corrections on all Four Competitive Strokes
- * Learn to be Efficient on Starts, Turns, and Finishes
- * Refine Underwater Skills to Cut Time in Your Races
- * Low Pressure – High Motivation Environment

Practice Times:

Dates: March 15 – June 30

Days: Tuesdays and Thursdays

Time: 6:30 - 7:45 PM

Cost: \$225 for 16 Weeks

*Space is Intentionally Limited

The Coaches:

Nathan Rhoads: Head Coach Brenau University and GTAC

Rhoads has over 16 years of coaching experience including coaching athletes at the NCAA Division I, NAIA, Masters, USA Swimming, High School, and summer league levels. His athletes have qualified for Olympic Trials and have set age group records in Virginia and Texas.

Jack Haire: Assistant Coach Brenau University and GTAC

USA Swim Coach Member, ISSA Certified Personal Trainer, Cross-Fit Level 1 Instructor, USA Sport Performance Weight Lifting Certified. Pose Running Technique Specialist. USA Triathlon All American. Furman Univ. Swim Team (1976-1978). University of Georgia Swim Team (1978-1979).

**To sign up and for more information please contact
Nathan Rhoads at nrhoads@brenau.edu.**



Golden Tiger Aquatic Club

Stroke Development School Registration

Names:

1. _____ Age ____ Date of Birth _____

2. _____ Age ____ Date of Birth _____

Mailing Address _____

City _____ State _____ Zip _____

Parent's Phone Number _____

Athlete's Phone Number _____

Special Medical Conditions _____

Emergency Contact & Phone Number _____

- Registrations must be paid in full to hold athlete's place in the class.
- Check should be made out to "Brenau University".
- Cash and credit card payments will be accepted at the Brenau University Fitness Center.

Please return this form to the Brenau University Fitness Center or mail it to:

Golden Tiger Aquatic Club
500 Washington Street SE
Campus Box 122
Gainesville, GA 30501

Brenau University Fitness Center / Golden Tiger Aquatic Club

Medical Clearance and Waiver

In consideration of my child/ward (listed below), I do hereby waive and release Brenau University, its officers, employees and representatives, and the Golden Tiger Aquatic Club, from any and all responsibilities or liability for injuries and damages resulting from the use of the Brenau University Fitness Center's facilities, equipment, and machinery, or arising out of my child's participation in any activities in the said facility.

I understand and am aware that strength and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and that my child is voluntarily participating in these activities and using equipment and/or facilities with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury on the part of my child.

Parent/Guardian Signature: _____ Date: _____

Address: _____

Phone: _____ Email _____

List of Children/Ward under the Age of 18:

1. _____

2. _____

3. _____