

August 22, 2021 through March 13, 2022

Webb's Tornadoes Swim Team

USA Swimming



Short Course

2021-22

8/22/21 thru 3/13/22



**Discounted Fee
if pay by June 28**

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: Rachel Borocov U Mass Boston Medical Nursing at present; Certified CPR and AED; Former Captain of WTST 2 years & swam competitively for 7 years; A skilled sprint swimmer, she excelled in all 4 major swim strokes: freestyle, backstroke, butterfly, and 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: Laura Lynch Graduated Fordham University 2019; Former Captain & original member of Webb's Tornado Swim Team. 10 yrs backstroke competitor; now teaches swim lessons and works in school settings. CPR cert.

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, Laura & Rachel. 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 1st Name _____ Middle Name _____ (full name)
 Last Name _____
 Address _____ Town _____ Zip _____
 Home phone _____ Parent's Cell Phone _____
 Swimmer's Cell Phone _____ Parent's email _____
 Emergency Contact name _____ his/her Phone number _____
 Date of birth: __/__/____ Grade in school _____

PAYMENT:

SHORT COURSE 2021-22 FEES: All fees due by July 9,2021

Fees paid on or before July 8th will be discounted as follows:

Senior Group (on or before 6/28/21): \$1345 make checks payable: \$990 to Bill Edward \$355 to Webb's
Junior Group (on or before 6/28/21): \$1128 make checks payable: \$800 to Bill Edward \$328 to Webb's
Age Group (on or before 6/28/21): \$1013 make checks payable: \$710 to Bill Edward \$303 to Webb's

After July 8, 2020, fees are as follows:

Senior Swimmers: (after 7/8/21): \$1445 make checks payable: \$1040 to Bill Edward \$405 to Webb's
Junior Swimmers: (after 7/8/21): \$1228 make checks payable: \$850 to Bill Edward \$378 to Webb's
Age Group Swimmers (after 7/8/21): \$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 could continue to transpire, we must state clearly that due to 6' distancing & other CDC guidelines & restrictions, we may have to alter these practice schedules to ensure the safety of your child(ren).

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