

Little Rhody Aquatic Club

LRAC Stroke and Turn School

Monday-Thursday, August 16-19, 2010

The LRAC Stroke and Turn School.

LRAC Director and Providence Head Coach John O'Neill and his staff offer a Stroke and Turn School. Swimmers, (Ages 9 & older) will receive extensive stroke drill and turn work in a fun and motivating environment. *Swimmers must have previous competitive swim experience (at least one season on a swim team).* LRAC Director is John O'Neill, Head Coach of Providence College and the Little Rhody Aquatic Club. Coach O'Neill brings over 25 years of college, age group and club coaching experience to his programs. He has been recognized as the Patriot League, Big East, New England, and National Catholic Coach of the Year and has directed camps and clinics for over two decades, including those featuring Olympic Gold Medalists Rowdy Gaines, Mike Barrowman and Head Olympic Swim Coach Don Gambril.

Swimmers will have the opportunity to use the facility at Providence College. Students should arrive each day between 8:00-8:30 AM and can be picked up at 11:15 AM. Cost – \$59.00. Medical – Parents and/or Guardians must make sure each swimmer has passed a physical examination within one year of attending our school and fill out the appropriate Waiver Form upon registering.

Space is limited...enroll today!

Registration Slip – Please Print

August Stroke and Turn School

Swim Team _____

Camper's Name _____ Age _____

Home Address _____

Parents Names _____

Home Phone _____ Cell Phone _____

Email _____ @ _____

**Please make checks payable to: LRAC and return to Swim Office, Athletic Department,
Providence College, Providence, RI 02918 Questions?? Please email us at
swimjto@gmail.com or call the swim office at 401.865.2268.**