

**TOPS Small Group Lessons**  
**Spring/Summer 2008**

**TOPS**

**What:** Focused, semi-private instruction for swimmers committed to improving their fundamentals & technique.

**When:** Saturday mornings, except on meet weekends.

**Cost:** \$90, paid in advance

**Lesson Dates:**

May: 3, 10

June: 7, 21

July: 19, 26

**Expectations:**

*Commitment:* Small group lessons are made available for swimmers who are willing to make an extra commitment to improve their swimming fundamentals and technique. Because these spots are limited, swimmers who obtain a spot in these lessons are expected to be present for all lessons. If at anytime they can no longer maintain a regular commitment to their small group, please notify the coach and make the space available for another swimmer.

*Timeliness:* As with practice, time is precious. Swimmers should arrive 10-15 minutes before their small group, change, stretch, and be ready to begin at their scheduled time with all regular equipment. Lateness will result in the swimmer missing out on important steps in the stroke development process. Please make it a priority to be on time for the benefit of all team members.

*All lessons are scheduled on a first come, first served basis. Swimmers can begin at any time as long as space is available.*

-----T E A R   O F F -----

**TOPS Small Group Lesson Sign Up Form**  
**Spring/Summer 2008**

Please provide us with the following information:

**NAME:** \_\_\_\_\_

**TRAINING GROUP:** Tiny Tops   Red   Black   Bronze   Silver   Gold   National

**HOME PHONE:**     (\_\_\_\_) \_\_\_\_\_

**PARENT CELL PHONE:** (\_\_\_\_) \_\_\_\_\_

**TIME:** Please rank the following time slots according to your preference.

- \_\_\_\_\_ 10-11:00am
- \_\_\_\_\_ 11:00am-12 noon
- \_\_\_\_\_ 1-2:00pm

Spr/Sum 08 Season 6 Small Group Lessons x \$15/ Lesson <hr/> <b>\$90.00 Total</b>
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I understand the expectations for participation in a TOPS Small Group and will maintain regular attendance or release the space for another team member.

\_\_\_\_\_  
Swimmer Signature

\_\_\_\_\_  
Parent Signature

**TOPS**