

HEAD COACH SHELLEY TAYLOR-SMITH
7-time Womens World Marathon Swimming Champion,
OWS Coach & Champion Mindset Performance Coach
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ROTTO CHANNEL SWIM SQUAD 2015 – 5 SESSIONS
20 weeks: Sat 4th Oct 2014 to Thurs 19th Feb 2015
FEES - \$1497 for total 160+hrs Squad Swimming = \$9.35 per hour

October 2014 – February 2015 at Scotch College, Shenton Road, Swanbourne:

- 3 x 2hrs swim squad sessions on Monday, Wednesday & Saturday
- EVERY Monday & Wednesday 6:15-8:15pm beginning Mon 6th Oct 2014
- EVERY Saturday 5.30am -7.45am beginning Sat 4th Oct 2014
- NB: (Dec 23rd to Jan 2nd inclusive we're closed for Chrissy).
- AND extra 2 x 60-75 mins squads per week. Refer schedule Oct 2014 –Feb 2015

160+ swimming hours of Passionate Coaching PLUS THESE BONUSES:

- Expert coaching, motivation and technique advice
- 2015 Champion Mindset Rotto Squad t-shirt & Silicone Cap
- 3 x 3+ hour Bonus sessions with Shelley – pre-race peaking!
- 1x COMPLIMENTARY PASS to Prepare Your Mind+Body for Rotto workshop
- 1 x COMPLIMENTARY PASS to Injury Prevention workshop
- COMPLIMENTARY PASS to attend Open Water Tuesday weekly squad
- Musculo-skeletal testing with Swim Aust OWS team no.1 physio Prue Newnham
- Priority reservation for Physio at Body Logic as STS Rotto Squad member
- VIP access for registration Stroke Correction Wednesday squad
- STS Squad Loyalty Card for discount swim gear, hydration drinks & massages
- STS Squad monthly team-bonding dinners
- Open Water Swims every Sunday
- Take-a-Way Programs for Christmas holidays
- And of course... fun, fun, fun with all the other passionate crazy Rotto swimmers

COMPLETE THE SECTION BELOW AND FAX TO 08 6210 1414 OR SCAN AND EMAIL

Name: _____

**REGISTRATION DEPOSIT \$397
PAY TO SECURE YOUR SPOT NOW!!!**

Phone: _____

Email: _____ Shirt size: _____ (XS to XXL)

Credit Card: VISA or Mastercard

OR Bank Transfer BSB: 062 179 Account Number: 1005 2261 Reference: INSERT YOUR NAME

Name (as it appears on the card): _____

Card #: _____

Exp. Date: _____ Signature: _____

7 time World Champion creating Champion Mindsets® with Taylor-Made Solutions!

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