

DYNOSWIM

2008 Binge Swim Training Bender; May 23-June 1, 2008
(*Open-water preparation for beginners, intermediate, and advanced swimmers*)

Welcome to this year's Binge Swim Training Bender and we're happy that you're considering joining us for ten days of swimming, sun, sand, chlorine, and a few good nights out and about in our little beach community. Please notice that the binge training mostly takes place on the weekend of May 23rd (three days due to Memorial Day) and the following weekend ending on June 1st. There will be two days off (Tuesday, May 27, and Thursday, May 29) and only one practice session on Wednesday and Friday of the same week. We understand that for our local participants and out-of-town visitors that the majority of our training is best completed on the weekends. This will free up time for those of you interested in visiting the local attractions or to attend to commitments away from the pool.

The overall purpose of this swim cycle is fourfold:

1. *Prepare participants for the 2008 open-water season.*
2. *Encourage our tri-athletes to take part.*
3. *Enable our less experienced swimmers to swim open-water with confidence.*
4. *Support one another to achieve our training goals.*

This program is designed primarily for **entry level** and **intermediate** swimmers. If necessary, we will break the group out into separate parts divided by speed only if we exceed 10 swimmers on our open-water sessions **and** if at least half of those swimmers have a marked disparity in ability. Due to safety concerns and the style in which we train, we do our best to avoid differentiating between practice groups. (We follow the "All for one, one for all" mantra.)

In other words, this program is open to everyone and we'll be encouraging anyone who desires to do so, to take part. Traditionally, we expect a relatively small group (six swimmers) at each and every session with many others (for a total of ten) participating in sessions of their choosing.

There is one condition: you must confirm your attendance. There will be no drop-ins.

Additionally, this program is open to both Dynoswimmers / WSC members and non-Dynoswimmers. Nominal fees are noted on the following page.

So, if you're interested, please participate. We guarantee a great return on smiles, a good tan, and a great way to lay the foundation for the 2008 open-water season.

Best Regards,

Dean O.

Dynoswim Aquatics
(at the Frieda Zamba Aquatic Complex)
339 Parkview Drive
Palm Coast, FL 32137
www.dynoswim.com

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REGISTRATION

NAME: _____

CONTACT DETAILS:

Address _____

Phone _____

Email _____

- I would consider myself to be a(n) BEGINNER / INTERMEDIATE / ADVANCED (circle one) open-water swimmer.
- My USMS # is: _____
- Remember to attach a required photocopy of your 2008 USMS card.
- For those that are not yet USMS registered: I'm not USMS registered and I understand that I will be required to do so. (You may get your USMS registration for \$33.00 through Dynoswim if necessary.)

Agreed (initial) _____

- I intend to participate in the following sessions and dates:
 1. All Sessions
 2. The following sessions and dates: _____

(I understand that I will be encouraged to participate as much as possible.)

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FEES TO PARTICIPATE:

	Dynoswim / WSC	Non-Dynoswimmer / WSC
Binge Training:	\$25.00	\$50.00
T-Shirt (choose: XL/L/M/S)	15.00	15.00
<u>Open water cap:</u>	<u>5.00</u>	<u>5.00</u>
Total:	\$45.00	\$70.00

Please make checks payable to "Dynoswim"

For non-members of the Frieda Zamba Aquatic Complex, there are drop-in fees payable to the pool. Dynoswim is not affiliated with the pool management and any inquiries should be directed to the Frieda Zamba pool office.

Registration form should be sent to:

***Dean Osterloh
Dynoswim Aquatics
14 Great Oak Road
St. James, NY 11780***