



EASTERN EXPRESS
RACE CLINIC
 TCNJ



With Summer League just around the corner, Eastern Express looks forward to providing swimmers with additional opportunities to focus on
STARTS, TURNS, and FINISHES

Clinics are open to all levels of swimmers, given that they have some rec, summer, competitive team experience or higher levels of SwimAmerica

New Swimmers Only: Please fill out the attached form and return to: ExpressSwimAmerica@gmail.com or bring to the clinic with your payment.

Eastern Express Team Members and Pre-Team members: Select four clinic dates of your choice (paid for as part of EEX Team Spring Tuition)
 Swimmers may sign up for additional clinics at \$25 each if interested in attending more than four

RACE CLINIC CALENDAR

Saturdays 10:30am to 11:15am URNS	Sundays 10:30am to 11:15am STARTS
April 6 th	April 7 th
April 13 th	April 14 th
April 20 th	April 21 st Easter No Clinic
April 27 th -	April 28 th
Saturdays 10:30am to 11:15am STARTS	Sundays 10:30am to 11:15am URNS
May 4 th	May 5 th
May 11 th	May 12 th
May 18 th	May 19 th
May 25 th	May 26 th -
June 1 st	June 2 nd

June 15th and 16th: EEX Hosted Miles, Middies, Minis Meet at TCNJ (USA swim meet)

JULY Evening Swims & Race Clinics at TCNJ – info coming later this spring

EASTERN EXPRESS SWIM TEAM

Race Clinic Registration

Swimmer's Name _____ AGE _____

Level of Experience (i.e. Lessons, Rec, Summer, Club) _____

Summer League Team for 2019? Which team? _____

E-Mail Address: _____

Emergency Phone Number: _____

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CIRCLE THE DATES (IF YOU KNOW WHEN YOU WILL BE ATTENDING)

PAY AS YOU GO ~ \$25 CASH