

**MONDAY NIGHT SWIM
FEE SCHEDULE – PER SWIMMER**

Monday Night 9 – 10 pm

Jan 9th – June 25th. 2012

Payment:

➤ **\$190.00** - one time payment up front

OR

➤ 4 post dated cheques of **\$47.50 ea**

➤

Make cheques payable to the:

“Cochrane Red Rock Running & Tri Club”

**YOU MUST BE A MEMBER OF THE
CLUB TO BE ENROLLED IN THE
SWIM PROGRAM.**

**Applications for swimming from non-
members which do not include the
application for membership will be
returned.**

Membership for the year is \$15.00. For
membership information please refer to
the website at

www.redrockrunners.com

**The Cochrane
Red Rock Running
&
Tri Club**

*Contact information for the
Club*

Website:

www.redrockrunners.com

Phone; Ann Locke-Pope

403-875-3214

Email: crrrtc@gmail.com

**Thank you to our
sponsors for their
continued support
throughout the year!**

Check out on the website for
more details



The Cochrane
Red Rock Running and Tri Club

*Swim Registration
MONDAYS ONLY
Jan 9th to June 25, 2012*

Whether you're a competitive
triathlete, a runner looking to
cross train, or an active adult
hoping to improve your
technique, we have the swim
program for you!

Come Swim with Us!
www.redrockrunners.com

OUR PROGRAM

Our **coached swim program** appeals to swimmers who want to swim for fitness and cross training. We also have a number of athletes who participate in triathlons ranging from sprint to Ironman distances. All the athletes, regardless of their goals, have been thrilled by the gains they've made. This program is geared towards all levels, from novice to experienced swimmer. Workouts improve both technique and endurance that will assist you in improving your strength and efficiency in the water.

COACH

Angie Anderson

Angie is head coach and founder of Team Tri Life, a successful triathlon team based out of the Cochrane/ Calgary area. She has a Bachelor of Physical Education and Bachelor of Education. She is an NCCP Competition Certified Coach for Triathlon and the Master Learning Facilitator for all NCCP Triathlon coaching programs in Alberta which allow her constant professional development opportunities. Angie has been the Acting Provincial Triathlon Coach for Junior triathletes for the past 2 years. Angie is a 10 time Ironman athlete and placed 7th in the Ironman 70.3 World Championships in her Age Group in 2009. She also finished 8th woman overall at the National Age Group Championships in Kelowna in 2010.

***THIS SWIM SESSION IS
EXPECTED TO FILL QUICKLY,
SO DON'T DELAY IN
REGISTERING!***

PLEASE NOTE THE POOL
IS CLOSED ON

Feb 20th. April 9th. May 21st

***Refund policy: If you drop out in
the first half of the session, you
will be refunded for half of the
session. If you drop out in the
second half of the session, you will
NOT RECEIVE A REFUND.***

***YOU MUST BE A CLUB MEMBER
IN ORDER TO PARTICIPATE IN
THE SWIM PROGRAMS***

REGISTRATION AND WAIVER

Registration forms can be mailed to:
**Box 8010, Cochrane, Alberta,
T4C 2J7**

OR

***Dropped off at Big Hill Leisure Pool
In the Running Club Drop Box***

NAME: _____

Address: _____

Email: _____

Phone: _____

Waiver:

In consideration of your accepting this application, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights or damage claims I may have against the volunteer Board of Directors of the Cochrane Red Rock Running and Tri Club (the "Club"), their agents, successors and assigns, for any and all injuries I may sustain as a result of participating as a member of the Club.

Signature of Participant

Date: