

FEE SCHEDULE – PER SWIMMER

Monday Night 9 – 10 pm:

- \$198.00 or 6 post dated cheques for \$33.00

Wednesday Night 9 – 10 pm:

- \$225.00 or 6 post dated cheques for \$37.50

Sunday morning 8:30 – 9:30 am:

- \$144.00 or 5 post dated cheques for \$28.80

Payment options are:

- Pay in full at the start of the session or
- Write post dated cheques for 6 months beginning with January.

You must be a member of the club to swim.

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

*Make cheques payable to the:

“Cochrane Red Rock Running & Tri Club”

The Cochrane Red Rock Running & Tri Club

Contact information

Website:

www.redrockrunners.com

Phone: Ann Locke-Pope

403-851-1416

Email: avlp@shaw.ca

**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 Form,
January - June 2010*

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

Come Swim with Us!

OUR PROGRAM

Our **Tri Club Swim** 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 group is geared towards the novice to experienced swimmer. Workouts improve both technique and endurance that will assist you in improving your strength and efficiency in the water.

COACHES:

Angie Anderson: Angie is head coach and founder of Team Tri Life, a successful triathlon team based out of the Calgary Cochrane 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. Angie recently had the opportunity to take the lead as head coach for the Alberta Canada Summer Games Junior Elite Triathlon Team in PEI in August, 2009. Angie is a 10 time Ironman athlete and 3 time Kona qualifier.

Richelle Love: Richelle is an associate coach with Team Tri Life and currently in training to become an NCCP Competition Certified Coach. She is the manager of Tri It, a very successful triathlon store in Calgary, and is entering her second session as Monday coach for Red Rock. Richelle has a diploma in Outdoor Education from Mount Royal College and has competed in 2 Age Group World Championships. She completed her first Ironman distance race in Penticton, 2009 after 3 very successful Half Ironman races in 08 and 09.

Jessie Coderre -

Jessie has coached swimmers at all levels in Cochrane and Calgary. He swam competitively for a number of years and is an NCCP Skill Coach for swimming.

SWIM SESSIONS ARE EXPECTED TO FILL QUICKLY, SO DON'T DELAY IN REGISTERING!

SWIM DATES

Please keep the following calendar so you know the sessions that are cancelled due to holidays or staff training at the pool.

Mondays: Jan 4 - June 21 but...

No Swims - Feb 15, April 5, May 24.

Wednesdays Jan 6 - June 23, 2010

Sundays: Jan 10 - May 30th. but...

No Swims: Jan 24, Feb 28,

March 28, April 4 & 25,

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

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: _____

Session(s) you are signing up for:

Pd full / Post dated

Monday night: _____ / _____

Wednesday night: _____ / _____

Sunday morning: _____ / _____

Post dated cheques must be submitted for the entire session at the time of registration. Cheques should be made out for the first of each month.

Are you a club member for 2010?

Yes / No

If "no" your swim registration will not be accepted without a membership application form and the \$15.00 membership fee. Applications from non-members will be returned.