

HEAD COACH SHELLEY TAYLOR-SMITH
7-time Women's World No.1 Marathon Swimming Champion,
OWS Coach & Champion Mindset Performance Coach
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CHAMPION
MINDSET



TEAM STS ROTTO CHANNEL 2020 SQUAD

20 weeks: Wed 2nd Oct 2019 to Wed 19th Feb 2020

FEES - 3 sessions per week \$1397- Rotto

FEES – 3 sessions per week \$1497 – Port2Pub

October 2019–February 2020 Team STS at Newman College, Empire Ave, Churchlands.

- Mon & Wed AM 5:30-7:00AM AND...
- Mon & Wed PM 6:30-8:00PM AND...
- Sat AM 5:30 -7:30am starting *Sat 28th Sept 2019
- Later finishes Dec 2019, Jan & Feb 2020
- Dec 22nd to Jan 3rd inclusive we're closed for Chrissy.

102.5+ hours Inclusive of our Passionate Experienced Coaching PLUS THESE BONUSES:

- Expert coaching, motivation and technique advice
- Team STS Rotto 2020 Squad t-shirt & Silicone Cap
- 3+ hour sessions with Head Coach Shells – (Value \$pricele\$\$)
- 1x PASS to Prepare Your Mind+Body for Rotto workshop (Value \$297)
- 1 x PASS to Injury Prevention workshop (Value \$99)
- 1 x PASS to Activation Session (Value \$99)
- Musculo-skeletal testing with Physio Guru Prue Stokes at Special Rate!
- Priority Physio with Prue @South Cott Physio – specific for Open Water Swimmers!
- VIP registration for Stroke Correction FRIDAY AM squad
- Team STS Loyalty Card for discount swim gear, hydration drinks & massages
- Open Water Swims every Sunday (beginning mid-November if not before)
- Take-a-Way Programs for Christmas holidays
- And of course... fun, fun, fun with your fellow passionate & crazy teammates

COMPLETE THE SECTION BELOW AND RETURN TO COACH SHELLS

3 sessions per week... SAT AM plus...

Choose MON AM or PM _____ & WED AM or PM _____

REGISTRATION DEPOSIT \$297

PAY TO SECURE YOUR SPOT NOW!!!

Name: _____

Phone: _____ SOLO _____ DUO _____ TEAM _____

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

Check Payment Option: Full Payment \$1397 _____ (paid by 25/9/19)

OR Monthly Instalments – 4 payments of \$400 _____

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

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

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