

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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TEAM STS ROTTO CHANNEL 2020 SQUAD
SATURDAY MORNING SESH ONLY!
20 SATURDAYS TOTAL: Sat 5th Oct 2019 to Sat 15th Feb 2020
FEES- \$597.00 Rotto OR \$697.00 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.

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

Check which you are swimming below please...

SOLO _____ DUO _____ TEAM _____

REGISTRATION DEPOSIT \$270
PAY TO SECURE YOUR SPOT NOW!!!

Name: _____

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

Email: _____

Check Payment Option: Full Payment \$570 _____ (paid by 25/9/19) OR....

Monthly Instalments – 2 payments 1. \$270 2. \$300 by 31/10/19 _____

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