



HAMPSHIRE HILLS SWIM TEAM PREP

Swim Team Prep is here! With two experienced coaches and a group spread across 3 lap lanes, we'll focus on:

- Helping kids learn all 4 strokes to be able to swim effectively
- Keeping kids who are more experienced engaged in swimming and continuously conditioned

Session 1: Nov 2nd - Dec 16th	Session 2: Jan 4th - Mar 10th	Session 3: Mar 22nd - May 26th
6 week session \$265 for the session <i>*Practices not held 11/25 or 11/30</i>	10 week session \$440 for the session	10 week session \$440 for the session
Registration: Oct 18th - Oct 25th	Priority Registration: Dec 16th Member Registration: Dec 20th	Priority Registration: Mar 10th Member Registration: Mar 14th

Practices will be held on **Tuesdays and Thursdays** from **5:30pm to 6:30pm** in **3 lanes of the lap pool** at Hampshire Hills for children **ages 6-12**.

All kids should be able to swim freestyle for 25 meters and be comfortable enough in the water to last for a 1 hour practice session. Aside from a swimsuit, goggles, and cap, no other equipment will be necessary.

This program is only open to members at this time.

To register, please visit our website and fill out our registration form during the proper registration date.

For any questions please email jbishop@hampshirehills.com or call (603) 673-7123.



Meet the Coaches:

Saturday, October 23rd

11:00 am - 12:00 pm

If spots are available you may register in person this day!



Steph Crigler - Steph swam competitively from age 9 through her senior year at Harvard, where she was the captain of the varsity team. She specialized in breaststroke from a young age and swam the individual medley as well. Steph was named to the All-Ivy League team multiple times, was a Scholar-All American, and received the award for Career High Point at the 2015 Ivy League Championships her senior year. Steph has coached group swim clinics, camps, and 1:1 lessons, and loves working with kids to find their love of the water.

Danny Crigler - Danny grew up swimming and continued his career at Harvard, where he was a key contributor on the 2014 Ivy League Championship team and set a school record in the 200 freestyle relay. He was named to the All-Ivy League team multiple times, competed at the NCAA Division 1 Championships, and received First Team Scholar-All American honors. He loves working with young swimmers to develop their strokes, and has coached summer league swim teams, camps and clinics, and 1:1 lessons. Danny still loves to swim and currently competes in triathlons.