



Summer Clinics 2009

Teamwork!



Hybrids

**Minnesota
Synchronettes**



Lifts



Figures



MINNESOTA SYNCHRONETTES

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The Minnesota Synchronettes (MNS) is a non-profit club in the Minneapolis west metro area giving kids of all ages the opportunity to have fun in the water, build friendships, learn team work and develop as all-around athletes.

Each summer MNS runs summer clinic program for girls ages 6-18 who are interested in trying out the sport as well as for those who are interested in improving their synchro skills

Minnesota Synchronettes Summer 2009 Clinics

Clinic #	Date	Day/s	Skill Level	Time	Where	Price	Notes*
1*	July 11, 18, 25, August 1	Saturdays	High School Synchro Swimmers	9:00 AM-Noon	†	\$25 @ ¹	\$33 USSSI Membership fee required
2*	July 11, 18, 25, August 1	Saturdays	Young Swimmers (ages 6-11, new and experienced Synchronettes)	12:00-2:00 PM	†	\$15 @ ¹	\$33 USSSI Membership fee required
3*	July 11, 18, 25, August 1	Saturdays	New Swimmers (all ages - new and/or one year or less experience)	2:00-4:30 PM	†	\$15 @ ¹	\$33 USSSI Membership fee required
4*	July 11, 18, 25, August 1	Saturdays	Current Competitive Synchronettes (Ages 12-14 and 15 and Over)	4:00-6:00 PM	†	\$15 @ ¹	
5*	July 11, 18, 25, August 1	Saturdays	Privates	8-9:00 AM & Noon - 2:00 PM	†	\$35 per 1/2 hr. ¹	\$33 USSSI Membership fee required

1* = Clinic will cover HS figures, routine skills, choreography, trends in synchro and fun synchro activities...get up to date on the synchro sport!

2* = MNS wants young swimmers who would like to try a different kind of swimming. You get to combine gymnastics, dance and swimming into a new fun sport with new friends. Give it a try! Current young synchronettes are also encouraged to attend this special clinic

3* = Interested in trying out and learning more about the sport of synchronized swimming? This is the clinic for you. Bring your friends and have a blast!

4* = Synchronettes are invited to attend this clinic to stay in shape and get a jump start on next year's new figures and the fall session tryouts.

5* = You can sign up for a 1/2 hour private as an individual or with 1-2 other partners with your choice of MNS Coaches: Head Coach Joanne Kutzler or Ass't Coaches Liz Clark, Zofi Kudak-Field, Jill Hansen, Bonnie Buxton, and Claudia Parliament.

† Wayzata West Middle School, 149 Barry Ave N, Wayzata

* Clinic Cost doesn't include USSSI Membership Fee required for new swimmers (\$33)

¹ Registration Deadline: any clinic (money received) is **Monday, July 7th.**

Coached by: Joanne Kutzler (Minnesota Synchronettes and Carleton College Varsity Synchro Head Coach, nationally recognized Developmental Coach of the Year, former national official, USSS National Governing Board member, and Senior and Junior National medallist). And additional experienced MNS coaches.

MNS 2009 CLINIC REGISTRATION FORM

Name: _____ School: _____

Address: _____ City and Zip _____

Phone: _____ E-mail: _____

Age/Year of Birth: _____ Years of Synchro Experience: _____ Next year grade _____

Please circle Clinic and Days attending:	#1 \$25 @ day:	July 11	July 18	July 25	Aug 1
Mail with check to:	#2 \$15 @ day:	July 11	July 18	July 25	Aug 1
Minnesota Synchronettes (MNS)	#3 \$15 @ day:	July 11	July 18	July 25	Aug 1
P.O. Box 966, Wayzata, MN 55391	#4 \$15 @ day:	July 11	July 18	July 25	Aug 1
	#5 \$35 per 1/2 hr:	July 11	July 18	July 25	Aug 1

Time: _____

