



2010 April Spring Clinics  
For  
FCST Swimmers Returning to Summer Rec. League  
Mon/Wed  
New Territory Club Pool

**April 7, 9, 12, 14, 19, 21 and 26**

Red & White Swimmers 4:30 – 5:30 PM  
Blue and Up Swimmers: 5:30 – 6:30 PM

**Cost: \$100**

(includes a \$25 nonrefundable fee)

**Things to Know:**

1) The Southwest Houston Recreational Swim League forbids participation on any other team (including USA Swimming teams) while you are a member of one of their recreational teams. This prohibition takes effect beginning April 1, and continues until the end of the recreational league season (usually around mid-July, depending on whether you participate in the recreational league All-Star meet).

2) SHRSL rules also allow their swimmers to participate in outside training in the form of clinics, up to 7 days worth during the recreational league season.

3) FCST will offer a recreational league clinic during the month of April for all of our swimmers leaving for their recreational leagues, so that you can train, but will be following the recreational league rules.

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**2010 FCST Returning Rec League Swimmer Spring Clinic**

Swimmer Name: \_\_\_\_\_ FCST Group: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Forms and payment may be turned into the FCST Mailbox at: Aquatic Center, Don Cook Nat, Fort Bend YMCA or New Territory. Make checks out to FCST, memo field: Spring Clinic

You may also mail registration and payment to  
FCST – Spring Clinics  
4501 Cartwright Rd. #406  
Missouri City, TX 77459

- You will receive a confirmation email once your registration & payment is received.
- Clinics will be filled on a first come first serve basis
- **REGISTRATION DEADLINE IS: April 1, 2009**

Email Questions to [clinics@swimfcst.com](mailto:clinics@swimfcst.com)