

# Competitive



## Swimming Skills Clinic

for Quincy Public Schools

Middle School Students

Instructor: QHS/NQHS High School Swim Coach Bob McGillicuddy

**What:** Free Competitive Swimming Skills Clinic: learn techniques, turns, starts, and relay starts

**When:** Tuesdays & Thursdays, 3:30 pm to 5:00 pm  
November 5 and 7; November 14; November 19 and 21

**Where:** Lincoln-Hancock Community School Pool

**\*\*\*Transportation is provided\*\*\***

**Who:** Quincy Public Schools Middle School students; must be able swim 25 yards freestyle and backstroke

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Yes, I am interested in attending the Competitive Swimming Skills Clinic!

STUDENT NAME/GRADE \_\_\_\_\_

MIDDLE SCHOOL \_\_\_\_\_

PARENT NAME/PHONE # \_\_\_\_\_

EMERGENCY CONTACT/PHONE # \_\_\_\_\_

\*\*\*Please return to School Office by November 4\*\*\*