

# Elite Swimming Clinic

## For competitive swimmers only

by Harry Wright International  
at the Canadian International School of Hong Kong  
**28 June - 2 July**

For Improvement

For Fitness

For Technique



**Harry Wright International Limited**  
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# For competitive swimmers

This clinic is open to all competitive swimmers aged between 8 and 16 years of age who want to further their swimming experience through an intensive programme. All swimmers will participate in video analysis of all four strokes, drill training, technique and endurance sessions, classroom discussions as well as in the pool swim sessions.

## Minimum Criteria

This clinic is aimed at those swimmers who wish to actively improve their swimming ability, the programme is not suitable for swimmers of recreational standards and parents should be aware of this prior to registration. As a guide, swimmers wishing to participate in this clinic should be swimming 2 to 3 times per week and reach a minimum standard in freestyle for their age. Below is a guide for parents, if you are not sure of your child's personal best time, please ask your coach.

8 years	50m Free	53.29 sec
9-10 years	50m Free	46.39 sec
11-12 years	50m Free	36.59 sec
13-14 years	50m Free	33.69 sec
15-16 years	50m Free	31.69 sec

## What you will get out of this clinic

- Individual stroke analysis of all 4 strokes, including report on stroke technique
- 30 minute Musculoskeletal Screening session and report to identify imbalances in your body
- 8 hours in pool training sessions
- 6 hours of classroom seminars on how to improve your swimming technique, diet and exercise
- 2 hours of underwater video testing sessions
- 3 hours of individual stroke analysis

## Instructors

The clinic will be led by Michael Fasching. Michael has been teaching competitive swimming for over 25 years, he was a former national age group swimmer in Germany and was awarded the Hong Kong Coach of the Year Award in 2006. In addition, Michael recently obtained a Silver Coaching Certificate from ASCTA, this is the highest coaching award offered by ASCTA for non Australian coaches. Michael will be supported by a team of professionals including:

Marvin Johnson      UKASA, ASCA & ASCTA qualified Coach  
Liam Fitzpatrick      Myotherapist

## Daily Routine - guide only

Every day will start at 7:00am and finish at 12:30pm.

7:00am-9:00am	Morning Training
9:15am-9:45am	Classroom: How to swim Fly, Back, Breast and Free
9:45am-10:15am	Classroom: Diet, exercise, drugs discussion
10:30am-11:15am	Underwater video – Butterfly, Backstroke, Breaststroke and Freestyle
11:15am-12:30pm	Stroke analysis, Musculoskeletal Screening, Video session & discussion

Evening training will be held each day (schedule to be provided upon registration) and all swimmers are welcome to participate in this training.

**Registration Deadline: 14 June 2010**

Registration fees received after this deadline are subject to a **\$500** per student Late Administration Fee.

**Clinic Fee**

**HWI & CDNIS Swimmers**

**Non HWI & CDNIS Swimmers**

2010 Elite Swimming Clinic

\$2970

\$3500

# Summer Holiday Elite Swimming Clinic Application Form

**28, 29, 30 June and 2 July**

**Canadian International School of Hong Kong**

- Please make cheques payable to **HARRY WRIGHT INTERNATIONAL LTD.**
- Parents who apply for swimming with Harry Wright International will receive acknowledgement through email only. Please ensure you print your email address clearly.
- If you have any questions regarding the schedule please email [swimming@harrywright.com.hk](mailto:swimming@harrywright.com.hk)

## Responsible Parent Information

Name: \_\_\_\_\_ Relation to swimmer(s) \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Telephone Number: (    ) \_\_\_\_\_ 2nd Telephone Number: (    ) \_\_\_\_\_

Email: *(please print clearly)* \_\_\_\_\_

## Course Enrolment

1st Child's Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

P.B.'s: 50m Fly \_\_\_\_\_ 50m Back \_\_\_\_\_ 50m Breast \_\_\_\_\_ 50m Free \_\_\_\_\_

Please list all allergies or medical conditions we should be aware of? \_\_\_\_\_

2nd Child's Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

P.B.'s: 50m Fly \_\_\_\_\_ 50m Back \_\_\_\_\_ 50m Breast \_\_\_\_\_ 50m Free \_\_\_\_\_

Please list all allergies or medical conditions we should be aware of? \_\_\_\_\_

3rd Child's Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

P.B.'s: 50m Fly \_\_\_\_\_ 50m Back \_\_\_\_\_ 50m Breast \_\_\_\_\_ 50m Free \_\_\_\_\_

Please list all allergies or medical conditions we should be aware of? \_\_\_\_\_

4th Child's Name: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

P.B.'s: 50m Fly \_\_\_\_\_ 50m Back \_\_\_\_\_ 50m Breast \_\_\_\_\_ 50m Free \_\_\_\_\_

Please list all allergies or medical conditions we should be aware of? \_\_\_\_\_

## Payment Details

Complete and mail this application form along with your cheque made payable to 'Harry Wright International Ltd.' to:  
**Harry Wright International, Flat B, 2/F, Amber Garden, 110 Blue Pool Road, Happy Valley, Hong Kong.** Please write the student's name on the back of the cheque.

1st Child Amount	2nd Child Amount	3rd Child Amount	4th Child Amount	TOTAL AMOUNT
_____	_____	_____	_____	\$ _____

## Consent Details

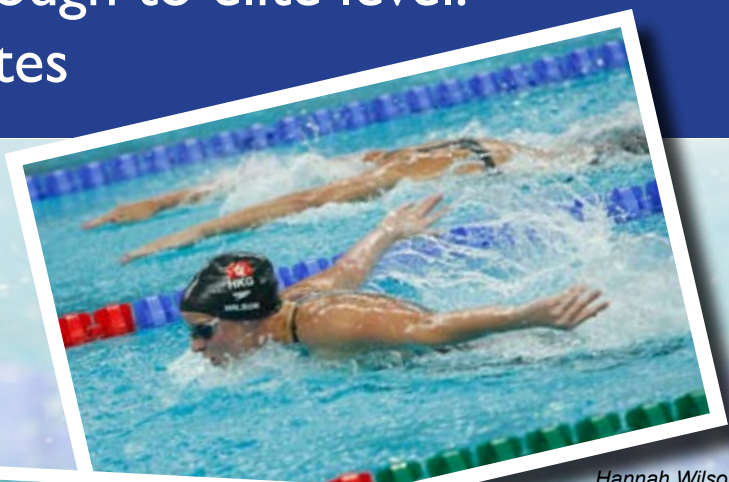
In enrolling my child in Harry Wright International Limited courses I agree that my child will abide by the rules and regulations set out by the company. I will not hold Harry Wright International Ltd. responsible for any injury to my child or damages or loss to my property as a result of participation in these courses.

Parent's Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Harry Wright International has coached many children from babies through to elite level. Here is a list of our elite athletes

## Olympians

- CROCKER, Mark - 1972, 1976
- FARGUS, Joanna - (England) 2000
- FONG, Alex - 2004
- HUNG, Celeste - 1988
- LI, Arthur - 1988, 1992, 1996
- MEICHTRY, Dominik - (Switzerland) 2008
- MOSSE, Anthony - (New Zealand) 1988
- MUNK, Annemarie - 1988
- NG, Fenella - 1984, 1988, (Rowing) 2000
- ROBERTSON, Karen - 1976
- RUTHERFORD, Andrew - 1992
- TODD, Duncan - 1992
- WILSON, Hannah - 2004, 2008
- WONG, Kathryn - 1984



Hannah Wilson



Dominik Meichtry

## Commonwealth Games Athletes

- CLARK, Jo - 1978
- CROCKER, Mark - 1974, 1978
- FARGUS, Andrew - (Scotland, Triathlon) 2002
- FARGUS, Joanna - (England) 1994, 2002, (Australia) 2006
- FONG, Alex - 2004
- HUNG, Celeste - 1986
- LEE, Suzanna - 1986
- LI, Arthur - 1990, 1994
- McDONALD, Fiona - 1974
- MOSSE, Anthony - (New Zealand) 1986
- MUNK, Annemarie - 1990
- NG, Fenella - 1982, 1986, 1994
- ROBERTSON, Karen - 1978
- WONG, Kathryn - 1984

## Asian Games Athletes

- CHEAH, Geoffrey - 2006
- COAK, Perran - 1982, 1986
- HUNG, Celeste - 1986, 1990
- LI, Arthur - 1994, 1998
- LO, Jonathon - (Waterpolo), 2006
- LOMAS, Lucy - 1982
- MOFFAT, Zac - 1998
- NG, Caroline - 1994
- NG, Fenella - 1982, 1986, 1990, 1994, (Rowing) 1998
- ROBERTSON, Sara - 1978
- TODD, Duncan - 1994
- WILSON, Hannah - 2006
- WONG, Andrew - 1990
- WONG, Howard - (Waterpolo) 1990, 1998, 2006 (Captain)
- WONG, Kathryn - 1982
- WRIGHT, Andrew - (Triathlon) 2006
- WRIGHT, Mark - (Rugby) 2006