

Stroke School for Competitive Swimmers only

by Harry Wright International
at the Canadian International School

For Improvement

For Fitness

For Technique



Harry Wright International Limited

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www.harrywright.com.hk



For competitive swimmers only

The Stroke schools are aimed at giving specific feedback to a small group of competitive swimmers on a regular basis. These schools are led by Coach Michael Fasching with the assistance of Coach Marvin Johnson and run in addition to normal training. They take place at the Canadian International School of Hong Kong on Sundays only.

The session

Each session lasts 90 minutes and consists of three separate parts:

1. 30 minute underwater video session to gather data on each swimmer.
2. 30 minute pool deck evaluation and feedback session aimed at individual swimmers.
3. 30 minute drill session with students focusing on weaknesses and strengths identified during feedback session.

Criteria

Swimmers MUST be coached by Harry Wright International coaches. The stroke schools focus on specific technique and do not act as a replacement for a training session. Coach Michael reserves the right to remove swimmers from the stroke school who do not continue to train regularly and offer their place to another swimmer.

The stroke school IS NOT a training session and swimmers should also attend Sunday training at SCAA as normal.

Course Details

All stroke schools are **strictly limited to 12 swimmers** on a first come - first served basis.

BUTTERFLY STROKE SCHOOL

Time: Premier & Elite Team 12:30pm-2:00pm
Senior & Junior Team 2:00pm-3:30pm
Day: Sunday
Date: 15 November 2009

BACKSTROKE STROKE SCHOOL

Time: Premier & Elite Team 12:30pm-2:00pm
Senior & Junior Team 2:00pm-3:30pm
Day: Sunday
Date: 17 January 2010

BREASTSTROKE STROKE SCHOOL

Time: Premier & Elite Team 12:30pm-2:00pm
Senior & Junior Team 2:00pm-3:30pm
Day: Sunday
Date: 24 January 2010

FREESTYLE STROKE SCHOOL

Time: Premier & Elite Team 12:30pm-2:00pm
Senior & Junior Team 2:00pm-3:30pm
Day: Sunday
Date: 7 March 2010

Stroke School Fee

Swimmers can choose one or more of the Stroke Schools at a fee of **\$695 per swimmer per stroke school**

If you want a copy of the underwater video, please bring your own USB thumb drive and a copy will be made on the day. Please write your initials on the thumb drive.

Stroke School for Competitive Swimmers only Registration Form

- You will receive an acknowledgement of your child's booking via email only. Please ensure your email address is clearly written
- If you have any questions regarding the schedule please email swimming@harrywright.com.hk
- There is limited free car parking available at CDNIS on Sundays

Swimmer Information

Child's Name: _____ D.O.B.: _____ Age: _____ M / F

Squad: _____ Venue: _____

Address: _____

Home Telephone: _____ Mobile Number: _____

Email (*please print clearly*): _____

Vehicle registration number if you wish to park at CDNIS during the stroke school: _____

Does your child have any allergies, medical conditions or physical limitations that our coaches should be aware of? If so, please indicate: _____

Course Enrolment

Stroke School	Venue	Date	Time	Course Fee
_____	Canadian International School	_____	_____	_____
_____	Canadian International School	_____	_____	_____
_____	Canadian International School	_____	_____	_____
_____	Canadian International School	_____	_____	_____

TOTAL AMOUNT: \$ _____

Payment Details

Cheque payment:

Complete and attach your cheque for the appropriate amount made payable to 'Harry Wright International Ltd' to this application form and mail 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.

Consent Details

In enrolling my child in Harry Wright International Limited courses I agree that my child and I 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.

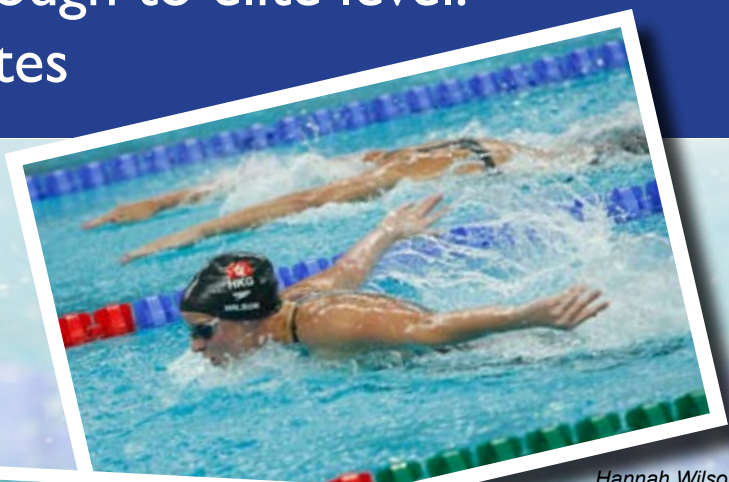
Parent's Name: _____ Signature: _____ Date: _____

Cheque Number: _____

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