

From: nanette stewart [mailto:nlrs796@yahoo.com]
Sent: Wednesday, July 27, 2011 8:16 AM
To:
Cc: 'coach1@kcswimteam.net'; coach2@kcswimteam.net; coach3@kcswimteam.net
Subject: Fw: CGBD Stroke and Turn Clinic 7/30

Hi All,

The last swim clinic is for stroke and turn on Saturday, July 30th. The flyer is attached for more info. City meet swimmers might be interested.

Nanette Stewart

----- Forwarded Message -----

From: Heather Kemmerly tabbtigersharkvp@yahoo.com

I just wanted to remind your swim team that Tabb Tigersharks is sponsoring the Last CGBD Stroke Clinic on **Saturday July 30th**. CGBD coaches will be working on Starts and Turns! We have the following CGBD coaches lined up to work with your swimmers: Mark Van Deren, Jack Bierie and Amy McMullen. Encourage your city meet swimmers to attend to improve their times! There is still space available! Cost is \$10 per swimmer. Please contact Cheryl Watson at tabbtigersharkvp@yahoo.com or 272-8132 to reserve your space. See attached flyer for more information.

Thanks

Cheryl Watson

Tabb Tigersharsk VP