



Hossein Dastgah

CSP Tideriders coach 1984-present
Head Coach of CSP Age Group II, Stroke Development I, and Developmental Groups
Director SLU Super Skills Swim Camp 1984-present
Coached National Women's Team



Terry Freerks, Ph.D.

CSP Tideriders Executive Director
ASCA Level 5 coach
CSP Tideriders coach 1968-present
Olympic Trial Qualifier, All American, Masters National Record Holder
Ozark Hall of Fame Inductee 2008
Affiliated for over 50 years with CSP as a swimmer, coach and Executive Director



Khannie Dastgah

CSP Tideriders coach 1996-present
Head Coach of CSP Stroke Development I and Developmental Groups
Assistant Director SLU Super Skills Swimming Camp 1992-present
St. Josephs Academy Head swimming and diving coach 2001-present
CSP Tideriders swimmer 1984-1993



Rachel Ball

Assistant Coach CSP 2008- Present
Current student at Saint Louis University
CSP Swimmer 1994-2000
High School State Qualifier



Tony Ciaravino

Coach CSP 2007-Present
Asst Coach-Brentwood Swim Club, 2004-present
Asst Coach-Visitation Academy Girls Swimming and Diving, 2004 - present
Swam for Webster Waves & KWBY1993-97
High School Swimming 1994-97
Missouri State Qualifier
YMCA National Qualifier

CSP Tideriders
2627 Hope Avenue
St. Louis, MO 63143



CSP Tideriders 3rd Annual Swim Academy



**2009-2010
Season**

314-727-7946

What is a Swim academy?



CSP is a leader in the sport of swimming and we are continuously developing our swimming programs. A swim academy offers the opportunity to learn new skills, increase your swimming knowledge and improve your existing swim technique. The swim academy promotes individual development in an atmosphere that is fun and challenging.

The sessions will be conducted by CSP's professional coaching staff and are open to competitive swimmers ages 6 to 18 years old.

Each participant will receive an individual video analysis of their strokes from our professional staff.

Please bring a blank mini DVD.

All participants should wear proper swim attire with swim cap (optional) and goggles.



<u>Session</u>	<u>Date</u>	<u>Strokes</u>
1	Nov 15, 2009	All
2	Dec 13, 2009	Butterfly Breaststroke Starts & Turns*
3	Jan 17, 2010	Freestyle Backstroke Starts & Turns*
4	Feb 21, 2010	All
5	April 25, 2010	All

* Starts and turns will be related to the strokes being covered in that session.

Session Information

Time: 10:00 to 12:30 p.m.

Location: Ladue High School
1201 S Warson Rd
St. Louis, MO 63124

Cost: \$80 for individual session

Multiple Sessions:
2 sessions \$155
3 sessions \$225
4 sessions \$290
5 sessions \$350

Please add a one time \$5.00 fee for insurance if swimmer is not USA Swimming registered.

Snacks provided

NO REFUNDS Session switching may be made depending upon request and availability.

Registration Form

Session 1
11/15/2009

Session 2
12/13/2009

Session 3
01/17/2010

Session 4
02/21/2010

Session 5
04/25/2010

Name

Address

Email Address & Phone

Method of Payment

Check

Make check payable to: CSP Tideriders

Cash

Deadline: Two (2) weeks prior to start of each session.

Minimum: 10 Swimmers

Maximum: 25 Swimmers

CSP Tideriders

2627 Hope Avenue
St. Louis, MO 63143

Phone: 314-727-7946

Fax: 314-644-1107

www.cspswim.com





RELEASE, PHOTO AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

The undersigned,

Mother (name printed) or _____
Name of Child (printed)

Father (name printed)

in consideration of and for the opportunity to participate in activities with and obtaining services from the Clayton Shaw Park Swimming Team (a/k/a CSP Tideriders Swim Team), USA Swimming, Ozark Swimming, Inc. and any directors, officers, employees or agents of the Clayton Shaw Park Swimming Team (a/k/a CSP Tideriders Swim Team), USA Swimming or Ozark Swimming, Inc. (hereinafter, each of the above parties are collectively referred to as the "Swim Team") hereby on their/his/her own behalf and on behalf of their/his/her child **release the Swim Team, acquit and waive any claim for liability against the Swim Team, from any and all** claims, demands, damages, actions or causes of action, whether or not now known or contemplated, on account of any personal injury, including death, or damages to personal property sustained or suffered by the undersigned or their/his/her child **caused by or due to the negligence or fault of the Swim Team or otherwise** arising from said child's participation in or obtaining services from the Swim Team, including, but not limited to, any event, travel, practice or any other activity related to or involving the Swim Team.

The undersigned acknowledge(s) that they understand that from time to time and on different occasions and at different locations said child may participate in a Swim Team event, practice or any other activity related to or involving the Swim Team.

It is expressly understood and agreed that this Release and Waiver of Liability and Indemnity Agreement ("Agreement") is intended to cover and does cover not only all known injuries, losses and damages but any future injuries, losses and damages not now known or anticipated but which may later be sustained, develop or be discovered, including the effects and consequences thereof. It is further expressly understood and agreed that this Agreement shall be deemed to be a release, waiver of liability, indemnity discharge and covenant not to sue and shall bind the undersigned, their/his/her child and each of their respective heirs, executors, administrators, personal representatives and assigns. This Agreement may be pleaded as a counterclaim to or as a defense in bar or abatement of any action taken by or on behalf of the undersigned or said child. In the event it is necessary for a counterclaim to be asserted or for any other action to be taken to enforce the provisions of this Agreement, the undersigned hereby agrees to indemnify and hold harmless the Swim Team against all loss or expense incurred in connection herewith, including, but not limited to, the payment of attorney's fees and reasonable costs.

It is further understood and agreed that the undersigned shall defend, indemnify and hold the Swim Team harmless from and against any claims asserted by, on behalf of or through the undersigned or their/his/her child, including claims that the negligence of the Swim Team caused or contributed to cause, in whole or in part, any personal injuries sustained or suffered by the undersigned or their/his/her child.

The undersigned agree(s) that this Agreement and any claim arising out of said child's participation in or obtaining services from the Swim Team shall be construed in accordance with the laws of the State of Missouri, without regard to its conflict of laws provision and that the courts in St. Louis County, Missouri shall be the forum for any lawsuits arising from any such claim.

Photographs and/or motion picture or videotape for which s/he posed, and/or audio recordings made of her/his voice may be used by CSP Tideriders, its assignees or successors, and USA Swimming in whatever way they desire, including television and electronic media. This release is valid for one year.

I HAVE READ THE ABOVE AND FULLY UNDERSTAND ITS PROVISIONS.

Mother (signature) Date

OR

Father (signature) Date