



STAR (of the South) Swim Team High School Summer Maintenance Program 2018

Dates: June = 11-14, 18-21, & 25-28
July = 9-12, 16-19, & 23-26

Participants: Boys and Girls entering 9th-12th grade.

Schedule: Monday – Thursday = 7:30 – 9 AM at St. Kate’s Pool (Swimming)
Tuesday & Thursday = 6-7 AM Cretin-Derham Hall (CDH) Fitness Center
(Weight Training)

Maintenance Program Coaches:

Primary Coaches:

Mike Steineman – Head Coach CDH Boys Swimming & Diving, Asst. Coach CDH Girls Swimming & Diving, & STAR Substitute Coach

Adam Weis – Assistant Coach CDH Girls & Boys Swimming & Diving & Former STAR Coach

Assistant Coaches:

Kate Steineman – Asst. Coach CDH Girls & Boys Swimming & Diving & Former STAR Coach

Shannon Van Oosterom – Head Coach CDH Girls Swimming & Diving, Asst. Coach Boys Swimming & Diving, & Current STAR Coach

Cost: \$350 – Includes pool rental fees, coaching fees, T-Shirt, and Seasonal Swimmer Registration with USA Swimming.

Registration: Opens Friday, April 13, 2018

Please register at the STAR Swim Team website:

<http://www.starswimteam.net/Home.jsp?team=mnssc>

Registration Questions:

Please contact Paul or Sue Lundsten (STAR Head Coaches)

Office: 651-704-0024 MWF 9AM – 12 PM.

Email: starswim@hotmail.com

Maintenance Program Questions:

Please contact Mike Steineman

Email: msteineman@c-dh.org

CDH Athletic Summer Camp Registration

Use ONE registration form for EACH clinic/camp/league you plan on attending. Send the registration and check to the appropriate address provided on the information sheet regarding each camp/league. Please print the following information:

Please specify which camp AND session (if applicable) this registration is for:

Camp: _____ Session/Time: _____ Weight (Wrestlers only): ____ lbs

Name: _____

Address: _____

City: _____ State: _____ Zip Code _____ Age: _____

Grade Entering (Fall 2018): _____ School: _____

E-Mail: _____

Parent(s)/Guardian(s): _____

Parent(s)/Guardian(s): _____

Home Phone: _____ Work Phone: _____

If a T-Shirt is provided for the camp you are registering, please circle size:

Shirt or Short Size (Circle One):

Youth: S M L

Adult: S M L XL

Permissions and Waivers

I give my permission for _____ to participate in the Cretin-Derham Hall Summer Clinic/Camp/League, as s/he is healthy and under no physical restrictions. I/we know that participation in sports may result in serious injuries and protective equipment does not prevent all injuries to players and do hereby waive, release, absolve, indemnify, and agree to hold harmless Camp Instructors, Cretin-Derham Hall, supervisors, participants and persons transporting my/our child to and from activities for any claim arising out of injury/ies to my/our child whether the result of negligence or for any other cause.

Parent/Guardian Signature _____