



**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. 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



**Tony Ciaravino**

Coach CSP- 2007-present  
Coach-Visitation Academy Girls Swimming and Diving 2004-present  
Coach- CBC High School 2009-present  
Swam for Webster Waves & KWBY1993-97  
High School Swimming 1994-97  
Missouri State Qualifier  
YMCA National Qualifier



**Hap Gentry**

CSP Coach 2007-Present  
ASCS Level 5 Masters coach  
ASCA Level 3 High School coach  
USA Triathlon coach Level 2  
Ladue High School boys and girls Swimming and Diving coach 2005-Present

CSP Tideriders  
2627 Hope Avenue  
St. Louis, MO 63143



**CSP  
Tideriders  
6th Annual**

**Swim  
Academy**



**2012-2013  
Season**

**cspswim.com**

**314-727-7946**

# What is a Swim Academy?



CSP is a leader in the sport of swimming and we offer a variety of programs for various skill levels. Our swim academy offers the opportunity to learn new skills, increase your swimming knowledge and improve your existing swim technique. The CSP 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 15 years old. Swimmers must be able to swim a 100 yard IM.

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

Swimmers need to bring a **16GB SDHC** card for the camcorder.

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



<u>Session</u>	<u>Date</u>	<u>Strokes</u>
1	Nov 11, 2012	All
2	Dec 9, 2012	Butterfly Breaststroke Starts & Turns*
3	Jan 6, 2013	Freestyle Backstroke Starts & Turns*
4	Feb 17, 2013	All
5	April 14, 2013	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 11/11/2012	Session 4 02/17/2013
Session 2 12/9/2012	Session 5 04/14/2013
Session 3 01/6/2013	Please circle desired session(s)

\_\_\_\_\_  
Name/Age

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email Address & Phone

yes  no

Are you a member of a USA Swimming Team?

yes  no

Are you USA Diving Certified?

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 of \_\_\_\_\_  
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