

Milford Area Swim Team

IS LOOKING FOR YOU!

10 REASONS WHY SWIMMING SHOULD BE YOUR SPORT

- ✓ Everyone in the pool is successful, not just a few stars!
- ✓ Swimmers progress at their own rate!
- ✓ Competition is against the clock, not for a spot on the team!
- ✓ Multiple ages on 1 team - interact with swimmers of all ages!
- ✓ All muscle groups are developed!
- ✓ It is a non-contact sport with few sports-related injuries!
- ✓ Training discipline carries over to other activities!
- ✓ Swimming is great for overall toning and fitness!
- ✓ Swimming is a life-long activity!
- ✓ Swimming burns lots of calories!



WHY CHOOSE MAST?

- We are convenient to Milford, Miami Township, & adjacent areas.
- Our training fees are reasonable.
- Discounts are available for families with multiple swimmers.
- No fund raisers!
- Swimmers are encouraged to be well-rounded individuals through participation in other sports and activities.
- Technique and continuous improvement are stressed, not excessive yardage.
- Coaches teach the newest training methods & swimming technique.
- All of our coaches are certified through USA-Swimming, the national governing body for swimming in the US.
- Milford High School Natatorium is one of the best pool facilities in Greater Cincinnati.

M.A.S.T. WINTER SEASON SIGN-UP'S WILL BE

AUGUST 25, 26, 27, 28 FROM 6:30 – 8:00 PM

SEPT. 3RD & 4TH FROM 6:30 – 8:00 PM & SEPT. 6TH FROM 10:00 – 11:30 AM

@ MILFORD HIGH SCHOOL NATATORIUM

SWIMMER'S SHOULD COME PREPARED TO SWIM AND BE READY TO SHOW A COACH WHAT YOUR SKILLS ARE.
YOUR CHILD WILL BE PLACED IN THE PRACTICE GROUP THAT BEST FITS THEIR SKILLS.

M.A.S.T. PRE-FALL STROKE CLINIC

AUGUST 18-19 BUTTERFLY - AUGUST 20-21 BACKSTROKE

AUGUST 25-26 BREASTSTROKE - AUGUST 27-28 FREESTYLE

10 & UNDER FROM 6:00 – 6:50 PM / 11 & OVER FROM 7:00 – 8:00 PM

COST - \$40.00 FOR ALL SESSIONS OR \$15 PER INDIVIDUAL SESSIONS

***** M.A.S.T. PROGRAM IS FOR AGES 6 & UP *****