

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.
- 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. SUMMER SEASON SIGN-UP'S WILL BE

APRIL 15, 17, FROM 6:00 – 8:00 PM

APRIL 18TH FROM 10:00 – 12:00 NOON @ MHS NATATORIUM

IF YOU CAN'T MAKE THESE DATES THEN CHECK THE WEB SITE AND COME IN DURING A SCHEDULED PRACTICE.

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. PROGRAM IS FOR AGES 6 & UP *****