



BAC is pleased to present and support an opportunity for it's swimmers to be filmed as they swim their basic strokes. The attachment to this email provides details about the company that will do the filming. Additional information is below:



**WHO:** Puppies thru Senior Dogs

**WHAT:** Filming of swimming strokes

**WHEN:** Saturday, April 24, 2010 in the morning; time to be confirmed

**WHERE:** NHS Pool

**WHY:** So the swimmer and BAC Coach can review strokes and work on stroke technique and improvement

**HOW:** Each participant will be filmed swimming each stroke and will receive a DVD within a couple of weeks or so after the session. BAC Coaches will also have a copy and will review the film with each participant during the weeks following the filming session.



**COST:** \$20 per participant; check made payable to BAC with swimmer's name and "Filming" noted on the memo line of your check placed in BEZZINA folder on pool deck no later than Friday, March 19. Because the cost per swimmer varies based on the number of participants, BAC will pick up the difference between \$20 and the final per swimmer cost.

**RSVP/Reply:** To BACVP5@AOL.COM no later than Wednesday, March 17 to indicate the name of each swimmer interested in participating  
The BAC Board is excited to be able to provide this opportunity to its swimmers and hopes you will take advantage of this learning experience.

Please contact me with any questions that you may have.

Chuck Bezzina  
BAC Vice President  
BACVP5@AOL.COM

