

2018  
**PACIFIC SWIM COACHES CLINIC**  
JANUARY 4-7  
MARRIOTT HOTEL, NAPA, CA

Hosted by

**NORCAL SWIM SHOP**



ASCA Certified 20 Units



**NAPA VALLEY MARRIOTT**  
**3425 SOLANO AVE**  
**NAPA, CA 94558**

**MARRIOTT HOTEL RESERVATIONS**

**Starting at \$139 / NIGHT**

You MUST Register by Thursday, December 21st  
to receive this DISCOUNTED RATE!

Includes FREE BREAKFAST.

**707-253-8600**

**DIRECTIONS:**

**From East Bay:** Hwy 80 to Hwy 37 W - 2 miles to Hwy 29 N to Trancas exit. Turn left onto Redwood Rd, then right on Solano, at the Chevron station.

**From Sacramento:** Hwy 80 W. 5 miles past Fairfield take Napa exit, West 6 miles to Hwy 29 N, 6 miles to Trancas exit. Turn left onto Redwood Rd, then right on Solano, at the Chevron station.

**From San Francisco:** Hwy 101 to Hwy 37 E - 7 miles to Hwy 121 N then E 15 miles to Hwy 29 N. 3 miles to Trancas exit. Turn left onto Redwood Rd, then right on Solano, at the Chevron station.

NOTE: Solano Avenue is the frontage road facing Hwy 29.

Room reservations for the Pacific Swim Coaches Association clinic are due 12/21/2017. Access to make reservations for attendees is available now via the web address below:

<https://aws.passkey.com/gt/215630401?gtid=19db2e5f558cd2cb614a750d55829e04>

## **Thursday, January 4, 2018**



**Guy Edson** serves several roles at the American Swimming Coaches Association's national office. His business card includes the titles of Technical Director, Job Service Coordinator, and Club Administration Advisor. His two favorite roles are consulting with club coaches and their employers on coach-employer relationships and presenting ASCA courses to young coaches. He teaches several courses including the Level 1 Foundations of Coaching, Level 2 Stroke School, Level 3 Physiology School, Personal Organization for Coaches, Age Group Sports Psychology, Dryland Training, How to Write Workouts, the Level 4 Administration School, and Working Successfully for Swimming Parents.

Before joining ASCA Edson was a full time professional coach for 15 years coaching state champion age group teams in three states and placing over 40 swimmers on the national top 16 listing including one national record holder. He continues to coach part time with a local team where he delights in teaching a novice group of 20-30 swimmers. He does this for fun, to keep his teaching skills sharp, and to stay close to the day to day concerns of athletes, parents, and officials. He is an ASCA Level 5 Age Group Coach.

**6:00pm - 9:00pm**

### **COACHING THE NOVICE SWIMMER - \$50.00**

How do you manage 25 7 through 10 year olds by yourself? Yikes! Plus you need to handle their mom's and dad's? This presentation is designed for the coach of young novice swimmers. (Hey, if that's not you, then send the person on your staff who gets to work with these wild, wacky, and wonderful children.) First up: How to plan the workout. Things go better when you have a plan. Then, how do you manage THEM and get everything done you want to get done? How do you maintain their focus on you? Then, what do you teach and HOW do you teach it? And when practice is over, how do you handle the onslaught of questions and opinions of parents? I know what it is like because this is exactly what I do every day and I have been doing it for the better part of 30 years. Topics include workout planning, managing the workout, progressions and fundamental drills for all 4 strokes, and forming partnerships with parents. In swimming we tend to put our least experienced and youngest coaches with the most difficult to manage swimmers and parents. PLEASE come to this class or send someone in your program.

## **Friday, January 5, 2018**

**8:00am - Noon**

### **ASCA PHYSIOLOGY SCHOOL (LEVEL 3) - \$65.00**

This class is open to ALL coaches. Membership in ASCA is NOT required and previous certification is NOT required. This class is about education, not certification. (And, if you do need the certification course, this will do!) We are going to cover the basic physiology and principles of training in half a day! We present this information in simple terms and our goal is maximum uptake by all in attendance. You get the full manual with certification test.

**1:30pm - 4:30pm**

### **AGE GROUP SEASONAL TRAINING, WRITING WORKOUTS AND MANAGING THE WORKOUT AND DIFFERENCE BETWEEN AGE GROUP AND SENIOR TRAINING - \$65.00**

Whew, that's a long title. Bottom line, How to Write and Manage Workouts for Age Groupers. This course is taught by Guy Edson, ASCA Level 5 Age Group Coach who has won state/LSC age group championships in 3 states, and is officially diagnosed with OCPD. Ok, so I am detail oriented and to me 90 minutes is... 90 MINUTES. I want to get everything into those 90 minutes and to have age group swimmers who get better by PLAN, not by natural growth, or by accident, or by new families moving into town. If you really want to be better organized and have better control of the workout then this is an excellent opportunity for you. Registrants will be emailed PowerPoint slides and Workout Management Forms before the class if pre-registered before January 1.



**Friday, January 5, 2018**

## **AMERICAN RED CROSS COURSES**

**JUDY & MACKENZIE HEYS:** Judy and Mackenzie Heys will offer American Red Cross courses from the unique perspective of aquatic athletes and coaches. Their insight allows them to efficiently convey the safety information in a manner that is most applicable to you. Nowhere else will you be able to cover this material as quickly or as effectively as the NorCal clinic.

**9:00 - 11:00 CPR/AED - \$97.00** (late fee \$107.00)

**INSTRUCTORS: JUDY & MACKENZIE HEYS**

This course covers the components of both Adult and Pediatric CPR and AED instruction. Up to date lifesaving techniques will be presented as well as contrasted with past methods. The opportunity to evaluate and handle a real AED will be included with hands-on skill assessments.

**12:00 - 2:00 FIRST AID - \$97.00** (late fee \$107.00)

**INSTRUCTORS: JUDY & MACKENZIE HEYS**

*This course is no longer explicitly required by USA Swimming to be a Coach member, as the online component of the Safety Training for Swim Coaches contains Aquatic First Aid information. HOWEVER, many facilities and insurance providers still require a current and complete certification:*

This course covers the basics of First Aid and Responding to Emergencies. It is an approved and required course for the majority of facilities and athletics programs. School districts, local sports organizations, some workplaces, and public facilities still require this certification. Hands-on skills will be assessed.

**2:00 - 4:00 COACHES SAFETY TRAINING - \$89.00**

**INSTRUCTORS: JUDY & MACKENZIE HEYS**

Coaches Safety Training is comprised of both an in-person skill session and online component to be completed before Thursday, January 4, 2018. The course is tailored specifically to swim coaches and was designed in conjunction with USA Swimming. The in-person skill session WILL be in the hotel pool. Bring a suit and towel. It will include spinal stabilization among other water rescue techniques. You **MUST** complete both sections for your certification to be valid.

You will be provided with a link after you register in order to complete the online portion of the course. DO NOT take the online portion of the course through anything but the provided link, otherwise we CAN NOT COMPLETE YOUR CERTIFICATION.

### **IMPORTANT INFORMATION ~ Safety Training for Swim Coaches classes:**

Attendees must first register with ARC online and complete their online training class!!!  
You must bring your certificate of completion for the online portion of the class to the clinic  
to be able to finish the class.

A link will be supplied to you shortly after you register

For this class you **WILL** be in the hotel pool. Bring a suit and towel.

You must complete the water portion and the online portion to receive certification.

There will be no refunds or make-ups for this class.

If you register for the clinic class and fail to complete the online class you will **NOT** get a refund.

**Challenge ~ CPR & First Aid ONLY begin at 8:00 am.** (NO LATE ARRIVALS ACCEPTED)

**Cost of Challenge - \$80.00** (late fee \$90.00)

**MUST BE PREVIOUSLY CERTIFIED. ALL COURSES ARE FOR RENEWAL ONLY.**

EVERY CLASS HAS AN AMERICAN RED CROSS \$19 CARD FEE

NO CARDS WILL BE ISSUED AT THE CLASSES

**Saturday, January 6, 2018**

**9:30am - 12:00pm / 1:00pm - 3:30pm**

**LUNCH BREAK - 12:00pm - 1:00pm**

**USA SWIMMING'S CLUB LEADERSHIP and BUSINESS MANAGEMENT 201 - \$20.00**



For coaches and club leaders, the Club Leadership and Business Management 201 course is taught in person by a USA Swimming staff member. The course is a companion to the CLBMS 101 online course (please take this free course online prior to coming). 201 is an interactive, discussion based course that goes in depth to help you learn techniques for running a great club, as well as how to avoid common pitfalls. In person attendance is a requirement for all new clubs prior to the second year of membership.

**10:00am - 12:00pm BILL BRENNER & ED MAGEEAN**

**"BUILDING and GROWING a SUCCESSFUL U.S. MASTERS SWIM PROGRAM"**



Bill and Ed will discuss building and energizing Master swim programs from both a national and local perspective.

Bill Brenner is the Chief Operating Officer and Education Director of U.S. Masters Swimming. He has over 35 years of experience coaching swimming at the age group, college and Masters levels. A USMS certified level 4 Masters coach, Bill has been involved in the evolution of the USMS Masters coach certification courses curricula and has taught hundreds of classes to thousands of Masters coaches. Bill established the USMS Adult learn-to-swim certification program and serves as an ALTS lead instructor. With the knowledge acquired from coaching 20-30 Masters swim clinics each year, Bill recently wrote the USMS Clinic Course for Coaches, teaching Masters coaches how to run a successful USMS stroke development clinic. Bill serves as an ambassador and advocate for USMS by visiting hundreds of existing clubs and workout groups, establishing new Masters programs, speaking at national aquatics conferences and maintaining relationships with strategic partners such as USA-Swimming, USA-Triathlon, Y-USA, LifeTime Fitness and the Kroc Centers. Prior to joining USMS as a staff member, Bill served USMS as a volunteer at the local and national level. He has been a swim meet director, support team staff member and coach at his local program, the Sarasota YMCA Sharks Masters. Bill enjoys sharing his passion for swimming with others by encouraging adults to swim for life



Ed Mageean has been a member of US Masters Swimming since 1999. He is a certified USMS Level III coach. In 2014, Ed started Oakdale Aquatics Masters in Oakdale, Ca where he is the Head Masters Coach. In June of 2017, Oakdale Aquatics Masters took 1st place in "Try Masters Swimming Week", by registering more members into USMS than other clubs of similar size across the US. Ed brings a passion to coaching and swimming. He has developed a Masters Swim Program in a small town that boasts over 70 members in 2017. His membership ages range from 18 years old to 91 years old.

**9:00am - 10:15am MIKE ASHMORE**

**"BREASTSTROKE"**



He has been coaching swimming for more than 20 years beginning at the high school level in 1993. Since 1999, he has coached Junior National qualifiers, U.S. Open qualifiers, Senior National qualifiers, and a Junior National Champion for the Santa Maria Swim Club. In 2010-11, Ashmore helped local swimmer Josh Prenot make the Junior Pan Pacific Games and Junior World Championships teams. In 2012, Prenot made the finals at the Olympic Trials in the 200 breaststroke and 200 IM, breaking the National Age Group record for the 200 breaststroke. Prenot went on to break an American record and capture a Silver Medal in the 2016 Olympics in the 200 meter breaststroke event. The Santa Maria Swim Club has had an athlete at Olympic Trials in 2004, 2008, 2012, and 2016.

Before coming to Santa Maria, Ashmore was the graduate assistant coach at Western Illinois University. While at there, he was responsible for the distance and 400 IM group. Ashmore assisted in guiding the Leathernecks to two men's Mid-Continent Conference titles and one Southern States Conference title. On the women's side he assisted Head Coach Jerry Champer in bringing home the first ever, Mid-Continent Conference title.

Ashmore also coached with the Fremont Area Swim Team, assisting in building the club from scratch to more than 300 members, while also coaching the San Ramon Royal Vista Summer Team. Prior to that Ashmore was the head coach of the Moreau Catholic High School where he led the Mariners, his alma mater, to three H.A.A.L Varsity Boy's titles, two H.A.A.L Varsity Girl's titles, and two Junior Varsity titles. Ashmore swam competitively at Chabot College and Whitworth College where he was a five-time All-American. Ashmore earned his bachelor's degree in sports medicine in 1995 and a master's degree in exercise physiology from Western Illinois University in 1999. He is a Level 5 certified member of the American Swimming Coaches Association, placing him among the top three percent of coaches in the United States.

**10:15am - 10:30am BREAK TIME "A CHANCE TO VISIT WITH THE VENDORS"**

**Saturday, January 6, 2018**

**10:45am - 12:00pm JULIE HARDT**

**"HOW TO REBUILD A TEAM THAT HAS HAD 5 COACHES IN TWO YEARS"**



Julie Hardt is the current Head Coach of the Carson Tigersharks in Carson City, NV. When she was hired in June 2014, she was the 5<sup>th</sup> Head Coach for the program in 2 years, including one coach who was subsequently named to the USA Swimming lifetime ban list. At the time Julie took over the program, membership was in freefall, and emotions were high. She will discuss how she implemented her plan for recovery and regrowth, including the ups and downs of successes and missteps along the way. Julie has been coaching since 2004 in a variety of different programs and levels in the U.S. and Australia, including learn to swim, age group, national, national open water, Paralympic and masters swimmers. She graduated with dual degrees from the University of Georgia in Psychology and Sport Science and pursued post-graduate education through The University of Western Australia in Perth, WA. She holds a Masters Degree in Biomechanics and a Doctoral Degree in Sport Psychology.

As a swimmer, Julie was an 8 time All American representing the Georgia Bulldogs from 2000-2004. She is also a former American Record Holder and World Champion as part of the 4x200m free relay at the 2001 World Championships in Fukuoka, Japan.

**12:00am - 1:00pm LUNCH TIME (On Your Own)**

**"VENDORS WILL STILL BE IN THE HALL AWAITING YOUR VISIT"**

**1:00pm - 2:15pm JACK BAUERLE**

**"THE IM ~ THE CURE FOR WHAT AILS YOU"**



"Jack Bauerle is the consummate team coach. What he has done at the University of Georgia represents the pinnacle of team swimming, which is what the U.S. Olympic Team is all about. He brings a fun approach to the sport."

Bauerle has had unparalleled success in and out of the pool at Georgia, highlighted by seven team national championships with the Lady Bulldogs. Under Bauerle's watch, individual national and Southeastern Conference champions, All-Americans, record-setters, Academic All-Americans and NCAA Postgraduate Scholarship recipients have become the norm.

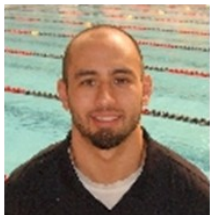
Bauerle has produced seven team national championships and 12 SEC crowns with the Lady Bulldogs. He has been chosen as the SEC Coach of the Year 18 times (16 with the women, two with the men) and the National Women's Coach of the Year seven times.



**2:15pm - 2:30pm BREAK TIME "A CHANCE TO VISIT WITH THE VENDORS"**

**2:30pm - 3:45pm DOUG DJANG**

**"REMOTE DEVELOPMENT OF A JUNIOR WORLD CHAMPION"**



Doug lives in Seattle and swam for KING Aquatics and Seattle University. He was a 6x All-American and a World Championship Trials competitor. As an age-group swimmer Doug was ranked as high as 2nd in the U.S. He attributes a large amount of his success to the attention to detail that was given to his strokes (all 4 of them) as they are what truly set the basis for which without his success would not have occurred.



## **Saturday, January 6, 2018**

**3:45pm - 4:00pm BREAK TIME**  
**"ANOTHER CHANCE TO VISIT WITH THE VENDORS"**

**4:00pm - 5:00pm MARK RAUTERKUS**

### **"REVAMPING YOUR AQUATIC TEAM"**



Innovative ways for revamping your aquatic team's recruiting and retention methods with SKWIM USA's new executive director, Coach Mark Rauterkus.

Mark Rauterkus, has coached at all levels since 1976 including nine seasons at the college ranks. He published more than 100 titles for cutting edge sports participants and is providing new, gratis ebooks for those in attendance at the NorCal clinic. He leads various school-based teams and after-school programs in the urban heart of Pittsburgh, PA. His most-popular Swim & Water Polo Camp provides a partnership model and teaches hundreds of kids about fitness, sportsmanship, teamwork and of course, how to swim and play well with others. See a news article from the Post-Gazette at [TinyURL.com/swim-waterpolo](http://TinyURL.com/swim-waterpolo). Mark's CLOH.org efforts aim to Create Literate Olympians Here.

## **Sunday, January 7, 2018**

**9:00am - 10:15am DOUG DJANG**

### **"CREATING PRIDE AND INSTANT IDENTIFICATION IN YOUR BRAND"**



As a coach, Doug wants to provide an atmosphere and opportunity to young kids and athletes that supplies structure, fosters growth and maturity, enables success, and ensures everyone has fun. He believes that the club's combination of coaches, experience, and objectives will ensure that this summer is a fun, captivating, and amazing experience for all involved!



**10:15am - 10:30am BREAK TIME**  
**"THE NEXT TO LAST CHANCE TO VISIT WITH THE VENDORS"**

**10:30am - 11:45am JACK BAUERLE**

### **"THE 2% ADVANTAGE"**



Fine tuning the little things or Polishing the stone.

At the 2016 Rio Olympics, Bauerle served as an assistant men's coach for the United States. Georgia also was represented by Americans Gunnar Bentz, Kalisz, Jay Litherland, Hali Flickinger, Melanie Margalis, Allison Schmitt, Smoliga and Amanda Weir; Canadians Javier Acevedo, MacLean and Chantal Van Landeghem; and Finn Matias Koski. In 2013 and 2014, Bauerle's Lady Bulldogs earned team titles at the NCAA and SEC Championships. The conference crown in 2015 gave Georgia its sixth straight, establishing the program's high-water mark, and the Lady Bulldogs took second at the NCAAs. The Bulldogs came in second in the SEC (their best finish since 1998) and seventh at the NCAAs.

**Sunday, January 7, 2018**

**11:45am - 1:00pm LUNCH TIME**  
**"THE VERY LAST CHANCE TO VISIT WITH THE VENDORS"**

**1:00pm - 2:15pm CARLENE TAKAKI**

**"BUILDING THE GROUP CULTURE YOU WANT"**



Group culture is a powerful tool that can be used to drive athletes to both individual and team accomplishments. This presentation will go over some methods and resources I use to help my swimmers build a positive and encouraging team environment, driven by personal responsibility, communication, and focus on the process.

Carlene started coaching in 2008 to help fellow Boilermaker, Marisa Watts-Cozort found the club team Swim South Bay in Willow Glen. Carlene coached age group up to senior swimmers there before accepting a position assisting the National Team at SCSC in 2010. There, she helped swimmers achieve Junior National times and National Team and National Select Camps spots.

Carlene grew up in the Bay Area and attended Presentation High School (class of '03) where she was a 3-time All-American and helped the team to a CCS victory in 2001. She started as a walk-on at Purdue University and ended as Big Ten champion in the 200 fly and an NCAA All-American. She graduated with a degree in Fine Arts with a concentration in Jewelry and Metals and a minor in Art History. After her collegiate career, she stayed at Purdue and continued to train for the 100 and 200 fly for the 2008 Olympic Trials.

In her free time, Carlene loves to listen to music, read, keep up with swim stats and do all forms of art, particularly jewelry/metalsmithing and textile work (sewing, crocheting, knitting, embroidery, etc.)

**2:30pm - 3:00pm MARK RAUTERKUS**

**"THE AUTOCOACH TECH TALK"**



My love affair with this stopwatch just expanded its domain --> to under the swimmers' cap. A date with the multiple modes and wearable functions of AutoCoach.

As we now come to a close, we wish to take this time to Thank You for coming and spending your weekend with us. We hope you got out of it all that you hoped for.

We would also like to Thank our Speakers and Trainers

Judy & Mackenzie Heys, Guy Edson, Mike Ashmore, Bill Brenner & Ed Mageean, Julie Hardt, Jack Bauerle, Doug Djang, Mark Rauterkus and Carlene Takaki for coming and sharing their knowledge with us.

May you have a safe trip home & a wonderful 2018 ahead.

From all of us at NorCal Swim Shop

**CLINIC REGISTRATION 2018**

Mail Registration to:

NorCal Swim Shop  
 2449 2nd Street  
 Napa, CA 94559  
 800-752-7946 fax: 707-252-7244

Or Register on-line @ [Pacific Swim Coaches Clinic](#)  
 Refunds - \$40 Process fee for Cancellations after 12/26/17

*PRE-REG SPECIAL ~ 2 Day Clinic ONLY*  
*Before Dec. 26*

3-5 Coaches from the same team ONLY  
 \$108.00 each (10% Off)  
 6 or more ONLY \$102.00 each (15% Off)

**MUST** use a Separate Form for  
 Each Coach

**MUST** Register at the Same Time

2 DAY CLINIC

	Before 12/26		Late After 12/26
_____	\$120.00	_____	\$140.00

SUNDAY ONLY (SATURDAY ONLY NOT AVAILABLE)

_____	\$99.00	_____	\$109.00
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**AVAILABLE CLASSES**

- 1. COACHING THE NOVICE SWIMMER (Thurs 6pm-9pm).....
- 2. ASCA PHYSIOLOGY SCHOOL LEVEL 3 (Fri 8am-Noon).....
- 3. AGE GROUP SEASONAL TRAINING etc (Fri 1:30-4:30).....

	With Clinic	Without Clinic	Late After 12/26
_____	\$50.00	_____	\$70.00
_____	\$65.00	_____	\$85.00
_____	\$65.00	_____	\$85.00

**BOTH FRIDAY CLASSES TOGETHER**

_____	\$110.00	_____	\$135.00
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CPR/AED (Fri) *INCLUDES CARD FEE*.....

_____	\$97.00	_____	\$117.00
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CPR CHALLENGE *INCLUDES CARD FEE*.....

_____	\$107.00	_____	\$127.00
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COACHES SAFETY TRAINING (Fri) *CARD FEE PAID ONLINE*.....

_____	\$89.00	_____	\$99.00
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FIRST AID (Fri) *INCLUDES CARD FEE*.....

_____	\$97.00	_____	\$117.00
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FIRST AID CHALLENGE *INCLUDES CARD FEE*.....

_____	\$107.00	_____	\$127.00
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CLUB LEADERSHIP & BUSINESS MANAGEMENT SCHOOL (Sat).....

_____	\$20.00	_____	\$25.00
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**FEES ARE NON TRANSFERABLE**

**TOTAL**

\_\_\_\_\_

TEAM: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, ST & ZIP: \_\_\_\_\_

PHONE / CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**PSCC clinic cannot issue refunds or credits  
 for any cancellations after 12/26/17.**

Payment Method  
 MC / Visa / Amex / Discover

**All fees must accompany Registration Form.  
 Payment on day of Clinic will be at Late Fee  
 Charges even if Pre-Registered**

CC# \_\_\_\_\_

Exp: \_\_\_\_\_ Check # \_\_\_\_\_

**PURCHASE ORDERS WILL NOT BE ACCEPTED**



**COACHES POLO with EMBROIDERED LOGO  
PACIFIC SWIM COACHES CLINIC 2018**

**\$31.95**

Pre-Orders Only - NO RETURNS or EXCHANGES

TEAM: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, ST & ZIP: \_\_\_\_\_

PHONE / CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Mail, Fax or Call Orders to:

NorCal Swim Shop  
2449 Second Street  
Napa, CA 94559

800-752-7946 fax: 707-252-7244

*Must be Postmarked by December 26, 2017*

*Orders to be picked up at the CLINIC REGISTRATION DESK*

PLEASE INDICATE CHOICE:

WOMEN S-XXL \$31.95  
(PSCC FEM POLO)

\_\_\_\_ NAVY \_\_\_\_\_ GREY

MENS S-XXL \$31.95  
(PSCC MEN POLO)

\_\_\_\_ NAVY \_\_\_\_\_ GREY

Payment Method

MC / Visa / Amex / Discover

CC# \_\_\_\_\_

Exp: \_\_\_\_\_ Check # \_\_\_\_\_

PURCHASE ORDERS WILL NOT BE ACCEPTED

**COACHES POLO with EMBROIDERED LOGO  
PACIFIC SWIM COACHES CLINIC 2018**

**\$31.95**

Pre-Orders Only - NO RETURNS or EXCHANGES

TEAM: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, ST & ZIP: \_\_\_\_\_

PHONE / CELL: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Mail, Fax or Call Orders to:

NorCal Swim Shop  
2449 Second Street  
Napa, CA 94559

800-752-7946 fax: 707-252-7244

*Must be Postmarked by December 26, 2017*

*Orders to be picked up at the CLINIC REGISTRATION DESK*

PLEASE INDICATE CHOICE:

WOMEN S-XXL \$31.95  
(PSCC FEM POLO)

\_\_\_\_ NAVY \_\_\_\_\_ GREY

MENS S-XXL \$31.95  
(PSCC MEN POLO)

\_\_\_\_ NAVY \_\_\_\_\_ GREY

Payment Method

MC / Visa / Amex / Discover

CC# \_\_\_\_\_

Exp: \_\_\_\_\_ Check # \_\_\_\_\_

PURCHASE ORDERS WILL NOT BE ACCEPTED