

Zero Negative Swim Training for Young Athletes at Toms River Fitness and Aquatic Center

Head Coach and Training Coordinator - Zero Negative Owner - James Kotran 732 597 4148

Program Name: **Zero Negative Swim Training** for **Young Athletes**

Description: ZN Swim Training for Young Athletes:

Whether your Child/Children are new to competitive swimming or an accomplished athlete; *Zero Negative Competitive Swim Training* will help them realize their potential and achieve goals beyond their own expectations! Our unique and comprehensive program offers a fun, positive, and encouraging atmosphere in which your children will be challenged to grow and develop as successful swimmers and in life! Coach James and his Assistants are motivated to help children thrive and enjoy all aspects of being an athlete! They bring a special energy and enthusiasm that is unmatched and is appreciated by both athletes and parents! We welcome you to come join the FUN!!!

Note: *This is Swim Training... not Swim Lessons!*

Eligibility – Age 8 - 18 Must be able to swim one length of the pool freestyle, plus one other competitive stroke without stopping (Younger swimmers should **LOVE** to be in the Water and Possess the abilities to listen and cooperate)!

Note: Swimmers under 8 years of age are eligible, but must be evaluated and approved by ZN Coach James.

Parents, Please Note: *All children learn and grow at their own pace... please be as patient as we are with the process!*

Thank You! Coach James :)

Location: Toms River Fitness and Aquatic Center - 213 Route 37E – K-Mart Plaza Toms River, NJ 08753 732-914-9500

Training Fees: Program Member - \$89 per month + Tax 10 Session Package - \$395 1 Day Guest - \$50

Note: You can sign up at any time during the month!

Training Fee Includes:

* **All Swimmers (8 - 18)** train twice a week during hours listed below.

You can come to any 2 of the sessions during the week. 8 Times per Month Total

* **12 and Up Swimmers** may use the gym courtesy of TRF.

Swim Schedule **Nights...** Wed 7 - 8 pm Fri 6 - 7 pm **Weekends...** Sat 8 - 9 am

~ All Participants must fill out a 2012 Zero Negative Waiver ~

CoachJames@SwimZN.com 732 597 4148

Captain / Coach James Kotran has been a lifeguard and competitive open-water swimmer for 30 yrs. He has saved more than 100 lives and has amassed over 300 swim victories and 700 top 3 finishes, Including 3 (2008 2009 2010) USLA International Iron-Man Championships (Mid-Atlantic Region Masters). He is a Five-Time State Rowing Champion, Seven-Time State Kayaking Champion, Two-Time New Jersey State Surf-Ski Champion, and a Garden State Champion and Former Record Holder in the 50 yard Freestyle and The 2011 1.2 Grand Master Champion. He has coached his swimmers to more than 100 State, Regional, and Junior Olympic Titles. James's favorite accomplishment, is helping his athletes achieve over 25,000 PB's (Personal Bests). He is the Owner and President of Zero Negative Lifestyle and Fitness Consulting and he loves helping others realize their potential!!!

"He is an Exceptional Coach! My children and I Love his Coaching Style, Energy, and Enthusiasm! He makes Swimming and Training FUN!"

~ Dr Carolyn Essington ~