

## STOWE SWIMMERS SWIM CLUB

Founded in 2001, Stowe Swimmers aspires to create an environment where swimmers experience success in the water through stroke improvement, with a focus on improving personal best times, appreciation of team friendships & team spirit.

Come & see why so many are turning to Stowe Swimmers Swim Club & swimming for fun, fitness, competition, improved self esteem, cross training & weight management.

# STOWE SWIMMERS

## AT THE SWIMMING HOLE



The Swimming Hole • (802) 253-9229  
75 Weeks Hill Road • Stowe, VT 05672  
[www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)

## WHAT TO EXPECT

Each practice consists of a warm-up period, stroke drill period for technical development & a cardiovascular period to help kids improve their swimming & overall fitness. Followed by a cool down period & starts.

Fun is emphasized as much as the workouts with team games, relays and more...

## SWIMMER BEHAVIOR CODE

Swimmers are asked to stick to the following when participating in Swim Club...

- NO diving unless in supervised starts as instructed by coach.
- NO running, touching, hitting, splashing or spitting, period!
- NO horseplay in the locker rooms or lobby area.
- Eyes & ears above the water while the coach is talking.
- Keep voice level low.
- Be courteous of other members in lobby or locker rooms.
- Supervision starts when practice begins and ends when practice is over.
- Prompt pick up after practice, please!

## WINTER SWIM CLUB OCTOBER 17, 2011 - MARCH 16, 2012

Head Coach, Cara Hancy  
Assistant Coach, Linda Wall

## FEES

**JUNIORS** \$295 members / \$385 nonmembers

**SENIORS** \$415 members / \$505 nonmembers

## PRACTICE TIMES

**JUNIORS - 8 & UNDER** 3:30-4:15pm  
**MONDAY & WEDNESDAY**

**SENIORS - 9 & OVER** 3:30-5:00pm  
**MONDAY, TUESDAY, WEDNESDAY & THURSDAY**  
*(your choice of 1-4 days)*

Geared toward recreational swimmers ages 6 & up looking to have fun and improve their fitness and skills in the water - AND - to competitive swimmers of any age and ability looking to enjoy the experience of competitive swimming.  
Swim meets are optional.  
Must be able to swim 1 length of the pool.

## DATES

### SWIM CLUB

October 17, 2011 - March 16, 2012

### MEET THE COACH

Wednesday, October 12 • 3:30-5:00pm  
Meet the coaches and get your questions answered.

### SUIT DEADLINE

Monday, October 31, 2011

### 2ND ANNUAL SWIM-A-THON

Wednesday, November 16, 2011

### END OF SEASON HOME MEET

Friday, March 16, 2012

### BANQUET

Monday, March 19, 2012 • 3:30pm

## ONE APPLICATION PER SWIMMER - PLEASE PRINT

**NAME** \_\_\_\_\_

**DOB** \_\_\_\_\_ **AGE** \_\_\_\_\_

**HOME ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**HOME PHONE** \_\_\_\_\_ **CELL** \_\_\_\_\_

**PARENTS EMAIL** \_\_\_\_\_ **SWIMMERS EMAIL** \_\_\_\_\_

## RELEASE OF LIABILITY & ASSUMPTION OF RISK

I wish to use the facilities and equipment and engage in activities at The Swimming Hole. I also wish to allow guests and my child or children and other minors to use the facilities and equipment and engage in activities. Use of the word "I" in this document means and includes me individually and as parent, guardian, or supervisor on behalf of such child or children, minor, or guest.

I am aware that using the facilities and equipment and engaging in activities at The Swimming Hole involve risks of injury, disability, and death by drowning and other causes. I hereby assume all risks and accept full responsibility for any such injury, disability, or death.

I attest that I am physically fit without any medical or health problems. I have arranged for medical insurance coverage and such life insurance as I deem necessary or advisable.

I hereby release and absolve The Swimming Hole and all employees, agents, officers, directors, and other persons involved in any way with The Swimming Hole from any and all liability for injury, disability, death, or other loss incurred by me or any such children, minors, or guests using the facilities and equipment and engaging in activities at The Swimming Hole, except that this release shall not apply to wilful malfeasance or intentional wrongdoing by The Swimming Hole. I covenant not to commence any lawsuit or take any other proceeding or action against The Swimming Hole or any employees, agents, officers, directors, and other persons for any such liability, each and all of whom I agree to indemnify and hold harmless from all costs and expenses, including reasonable attorney's fees, they may incur in the event any such lawsuit, proceeding, or action is taken.

I understand that by signing the release of liability, I am waiving substantial rights, and I do so voluntarily with full knowledge of the significance of this document.

**DATE** \_\_\_\_\_

**SIGNATURE (ADULT)** \_\_\_\_\_

**PRINT** \_\_\_\_\_

### OFFICE USE ONLY

**SWIM CLUB REGISTRATION FEE**

**USA SWIMMING REGISTRATION FEE \$ 60**

*Form available online at [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com), please download, fill out, and email to coach by 10/31/11*

**TEAM SUIT - Boy \$ 29 / Girl \$ 39**

**SUIT SIZE:**

### RECEIVED

**HANDBOOK**

**CAP**

**SWIM-A-THON  
PLEDGE FORM**

### FEES

**SWIM CLUB** \$ \_\_\_\_\_

**USA REG.** \$ \_\_\_\_\_

**TEAM SUIT** \$ \_\_\_\_\_

**TOTAL DUE** \$ \_\_\_\_\_