

ONE APPLICATION PER SWIMMER PLEASE

Swim Club

Geared to 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.

PRACTICE TIMES

Juniors ~ 8 & Under

Mondays & Wednesdays
3:30 - 4:15 p.m.
\$295 Members
\$385 NonMembers

Seniors ~ 9 & Over

Monday, Tuesday, Wednesday & Thursday
(your choice of 1-4 days)
3:30 - 5:00 p.m.
\$415 Members
\$505 NonMembers

Must be able to swim 1 length of the pool.

Name: _____ Middle Initial _____ Birthday: ___/___/___

Address: _____

City/State/Zip: _____

Parent/Guardian Work Phone: _____ Cell: _____

Home Phone: _____

Emergency Contact Name & Phone: _____

Email Address: (please print clearly) _____

Swim Club Registration Fee (member or non-member) \$ _____

USA Swimming Registration (required for 2011 competition) Y N \$60

Form available online at www.theswimmingholestowe.com, please download, fill out, and email to coach by 11/4/10

Team Suit Y N **Size: Boy \$29 / Girl \$39** \$ _____

Team Suit Order Deadline Thursday, 11/4/2010

TOTAL: \$ _____

PAID Y N REC'D BY: _____

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.

I understand that The Swimming Hole will be photographing events within the facility for promotional purposes only and allow these photos to be used.

Signature (Minor) _____(print)_____

Signature (Adult, parent or guardian in behalf of minor) _____(print)_____

Date: _____

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!



**Stowe
Swimmers
Winter Swim Club
10/25 - 3/21**

**Registration Day
10/20/10 4:00 - 5:00 p.m.**

**Regional Championship Dates
2/11 - 2/13**

**Head Coach, Cara Hancy
Assistant Coach, Linda Wall**

**Fun & Fitness
Stroke Improvement
Team Spirit**

**About 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

Practice Format

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...