



POCONO FAMILY YMCA
COMPETITIVE High School Conditioning
Improve Your Technique & Conditioning
August 7th - August 23rd @ Stroudsburg Park, Stroudsburg
 (Program Registration Opens July 20th) Limited to first 40 swimmers



High School Swim Team will begin soon, so it is time to get off to a great start.

- Improve Your Technique (SWIM SMARTER & FASTER!)
- Correct Turns! (SWIM FASTER!)
- Correct Common Stroke Errors! (SWIM SMARTER & FASTER!)
- Improve your “FEEL” for the Water. (SWIM SMARTER & FASTER!)
- Improve your conditioning. (SWIM FASTER!)

Requirements: ALL NEW SWIMMERS ARE REQUIRED to TRY-OUT. >> WWW.TRYOUT.PFYSWIM.ORG

Family Info: **(MAKE SURE TO FILL OUT BOTH SIDES OF REGISTRATION FORM)**

Family Name: _____ Date: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Home Phone: _____ Alt Phone: _____ Email: _____ (REQUIRED)
 Fathers Name: _____ Home#: _____ Work#: _____ Cell#: _____
 Mothers Name: _____ Home#: _____ Work#: _____ Cell#: _____

>Stroudsburg Park:
 (Ages 13-18) **Practice Days:** Tuesday & Thursday (PM): 7:00-8:30

LOCATION PRACTICE TIMES DEPEND ON ENROLLMENT PER LOCATION. PRACTICE TIMES AND LOCATIONS MAY VARY

Clinic Limited to 40 (13 & Up) Swimmers

>TRAINING FEE INFO:

Ages 13-18: YMCA MEMBER	\$45.00 _____	Ages 7-12: NON -YMCA MEMBER	\$65.00 _____
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>Office Use Only: - Please indicate membership expiration on the back page for each swimmer.

Membership Verified: _____ (init) Amt Collected: _____ (Cash) (Check) (Credit Card)

Receipt #: _____

MAKE SURE EACH CHILD IS LISTED BELOW AND ALL INFORMATION IS COMPLETED.

	Swimmer Name /s First, Middle Initial, Last	YMCA Membership Expiration Date (Office Use Only)	Date of Birth	T-Shirt Size	Sex F or M	Medical Conditions or Special Notes
EX	Joseph W. Swimmer (Example)	4/06	10/15/89	XL	M	None
1						
2						
3						
4						
5						

>NEW SWIMMERS / TRY OUT REQUIREMENTS:

ALL NEW SWIMMERS ARE REQUIRED to TRY-OUT. To **SCHEDULE** a **TRY-OUT** go online WWW.TRYOUT.PFYSWIM.ORG

> FINS & EQUIPMENT:

Each swimmer is required to purchase fins, a practice suit and racing goggles. All equipment can be purchased through our online store <http://store.pfyswim.org>. For Equipment list go to our Team Web Site and go to the Practice & Meet Equipment List. A List can be found online and will be sent out by email.

>COMMUNICATION:

We use our team web site for a large part of our communication. WWW.PFYSWIM.ORG All team information as well as any practice or event changes will be posted on the web site.

>CHECKS:

Make all checks payable to the **POCONO FAMILY YMCA**.

>CONSENT & AUTHORIZATION:

IN CONSIDERATION OF ACCEPTANCE OF MY APPLICATION FOR SUMMER TRAINING, I INTEND TO BE LEGALLY BOUND, NO ONLY FOR MYSELF BIT ALSO FOR MY HEIRS, MY EXECUTORS AND MY ADMINISTRATIONS. IN SIGNING THIS RELEASST FROM LIABILITY, I WAIVE AND RELEASE EVERYONE CONNECTED WITH THIS COURSE FROM ANY AND ALL LIABILITY WHICH MAY ARISE FROM THIS COURSE.

>REFUND POLICY – all requests for refunds must be submitted in writing

One month before the start of the program -- 90% cash / 100% credit, Two weeks before the start of the program – 75% cash / 100% credit, One week before the start of the program -- 60% cash / 80% credit, After the start of the program -- 50% cash / 75% credit, After the program has ended -- No refunds or credits

>PARENT / GUARDIAN SIGNATURE: _____ **DATE:** _____

