



Albright Aquatic Club - Spring Clinic 2010

Albright Aquatic Club will be hosting a six week **SPRING** session to help your swimmer get into shape for **SUMMER** swimming.

The **SPRING** Training session will run for 6 weeks beginning on Monday, April 19th running through to Friday, May 28th.

Open registration begins on March 1st. Registration Forms can be mailed or brought to the Albright College Pool in person. Openings may be limited as we have a maximum number of swimmers per training group, so register early. Registrations will be accepted on a first come first serve basis until all swimmer openings are filled.

Albright Aquatic Club offers several training groups to meet the needs of a swimmer's interest and capability.

Group D: is intended for 8&under or beginning swimmers. Swimmers in this group **MUST BE ABLE TO SWIM 25 YARDS OF ANY TWO STROKES**. Practices for this group primarily involve stroke technique with some conditioning. Practices for Group D are Monday/Wednesday/Friday at 6-7 p.m. **This group is not a swim lesson program and swimmers must meet minimum expectations set by the coaching staff to participate.**

Group C: this group is typically for 9-10 and 11-12 swimmers but also includes older swimmers who are new to competitive swimming. Group C practice sessions are Monday through Friday 6-7 p.m.

Group B: this practice group is typically for more developed 11-12 swimmers and 13-14 swimmers. B Group practices Monday through Friday 7-8:30 p.m. and on Saturdays 7-8:30 a.m.

Group A: this practice group is reserved for the most advanced swimmers and entry into this practice group is determined solely by the coaching staff. Group A practices Monday through Friday 7-9 p.m. and Saturday 7-9 a.m.

Swimmers who are new to Albright Aquatic Club should register your swimmer in one of the groups described above by their age. Coaches will evaluate new swimmers during the first days of practice and assign a practice group that is appropriate to the swimmers skill. If there is a change to the swimmers group assignment, registration fees will be adjusted to the appropriate rate. Returning swimmers can only move up practice groups with the approval of the coaching staff. AAC reserves the right to effectively balance the practice groups by moving swimmers between groups.

Registration Form Below

AAC 2010 SPRING SESSION REGISTRATION FORM

Swimmer's full name: _____

Swimmer's Age: _____ Birth Date: _____

Parent's Name's: _____

Street Address: _____

City: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Emergency Contact: _____

Emergency Phone: _____

Registration Group: Please circle the appropriate registration group

Practice Group A \$210

Practice Group B \$195

Practice Group C \$155

Practice Group D \$130

Make checks payable to: **Albright Aquatic Club**

Registrations can be mailed to:

Pat Durning
Albright Aquatic Club
40 North Carolina Avenue
Sinking Spring, PA 19608

Registrations may also be dropped off at the Albright College pool Monday to Friday between 6pm and 7pm prior to Tuesday, March 23rd.

Registration must be paid in full before swimmer can be registered for participation at practice. Parent Release and Agreement Form must be complete for registration.

Email questions to: albrightaquaticclub@yahoo.com

Albright Aquatic Club
2010 Spring Session Parental Release and Agreement Form

As a parent or guardian of an AAC Swimmer I agree to:

- Acknowledge that swimming is a physical activity that can result in potential injury.
- In the case of an emergency or if any injury occurs while participating in programs at Albright Aquatic Club (AAC), I and my family agree to waive any legal claim against United States Swimming (USS) and those associated with USS, AAC Board of Directors, AAC Coaching Staff, the Albright Aquatic Club and Albright College.
- Give consent for AAC to provide medical/athletic training and attention, transportation and emergency medical services as warranted.
- I swear that the swimmer is in good physical condition and I am not aware of any disease or injury that would predispose the swimmer to being injured during program participation. I have reported to the AAC Coaching Staff any medical information (including a swimmers asthma condition) that may be relevant to participation in AAC programs.
- Understand and agree to abide by the general rules of conduct prescribed for members of AAC and that violations may result in a denial of club privileges.
- Understand that my swimmer can be removed from AAC activities if the swimmer does not abide by the coaches instruction.
- I understand that AAC has access to the Albright College Pool as a tenant and as such will instruct my swimmer to treat the facility appropriately. Swimmers who cause destruction to the facility will be removed from the program and could be liable to the Albright College for damages.
- Understand that communications on AAC activities are communicated primarily by emails and postings on the club website and bulletin board located on the north side of the pool. I understand that I must be proactive in seeking out club communications.
- Understand that any check returned for insufficient funds will be charged a \$25.00 service fee to offset the cost charged to AAC by its bank.
- I understand that registration for Spring Session is not refundable. AAC has limited space available and completing registration closes out that practice spot to other potential swimmers. Exceptions to this policy require Board of Director approval.

Swimmer Name (print): _____

Parent Name (print): _____

Parent Signature: _____

Date: _____