

# SLCC Swim Team 2016

## Practice Schedule

**Practices Start June 13<sup>th</sup> and ends July 21<sup>nd</sup>**

*Participants need only attend one practice per day. No practices on meet days.*

### **Mondays**

9:00-10:45 a.m.    Advanced training group  
9:15-10:30 a.m.    All ages \*6 and unders: 9:15-10:00 a.m.  
2:00-2:45 p.m.    Ages 8 and under  
3:00 -3:45 p.m.    Ages 9 and up

### **Tuesdays**

9:00-10:45 a.m.    Advanced training group  
9:15-10:30 a.m.    All ages \*6 and unders: 9:15-10:00 a.m.  
2:00-2:45 p.m.    Ages 8 and under  
3:00 -3:45 p.m.    Ages 9 and up

### **Thursdays**

9:00-10:45 a.m.    Advanced training group  
9:15-10:30 a.m.    All ages \*6 and unders: 9:15-10:00 a.m.  
2:00-2:45 p.m.    Ages 8 and under  
3:00 -3:45 p.m.    Ages 9 and up

### **Fridays**

#### **New this Summer**

9:00-10:45 a.m.    Advanced training group  
9:15-10:30 a.m.    All ages \*6 and unders: 9:15-10:00 a.m.

## Swim Meets

### **Tuesday June 21st**

Home vs Muskegon YMCA, Warm up 5pm, 6pm start

### **Tuesday June 28**

Away at. Muskegon Country Club, Warm up 9am, 10am start

### **Wednesday July 6**

Home vs. Spring Lake Aquatic Center, Warm up 5pm, 6pm start

### **Wednesday July 13**

Away at Spring Lake Aquatic Center, combined with MCC. Warm up 2pm, 3pm start

### **Tuesday July 19**

Home vs. Muskegon Country Club, Warm up 5pm, 6pm Start

**Swim Team Banquet on Sunday, August 7th @ 5pm**

# SLCC Swim Team Registration 2016

Child's Name: \_\_\_\_\_ Age at time of program: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_ (This is the coach's preferred communication method.)

Emergency Name & Phone: \_\_\_\_\_

Emergency Name & Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Team Suit Size:

Boys Size (circle one) 22 24 26 28 30 32 34 36

Girls Size (circle one) 24 26 28 30 32 34 36 38

T-shirt size (*please circle*): Child or Adult **and** S M L

Also new this year, each swimmer will be receiving a team towel.

*I acknowledge that participation in the Swim Program necessarily involves physical activity, and as such, the possibility of injury. I assume all risks and hazards incidental to the conduct of the swim program's activities. Further, by accepting these risks, I hereby release, discharge and hold harmless, the Spring Lake Country Club, its Board members, officers, employees, volunteers, and any other representatives from any claims arising out of, or related to, any physical injury that may result due to my son/daughter's participation.*

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Member#

\*Your account will be charged \$185 per child registered