

STOWE SWIMMERS SWIM CLUB

Stowe Swimmers Summer Program caters to a variety of swimmers with differing reasons to participate in our summer club program.

Fun
Fitness
Competition
Self Esteem
Cross Training

STOWE SWIMMERS

AT THE SWIMMING HOLE



The Swimming Hole • 802-253-9229
75 Weeks Hill Road • Stowe, VT 05672
www.theswimmingholestowe.com

WHAT TO EXPECT

MISCELLANEOUS

- Swimmers must bring their own goggles to practice.
- Winter Swim Club is available to swimmers 6 years & older.
- Parent participation may be required for job assignments at meets.
- Prompt pick up after practice - there will be no supervision of swimmers after your posted end of practice.

SWIMMER BEHAVIOR CODE

Swimmers are advised to adhere to the following to be eligible to be a team member...

- No diving unless in supervised starts as instructed by coach.
- No running, touching, hitting, splashing or spitting... period!
- No horseplay in the locker rooms.
- Eyes & Ears above the water while the coach is talking
- If arriving early, wait patiently in Lobby.
- Respect members & guests of our facility.

HOW TO REGISTER

1. Complete Application Form
2. Submit along with payment to The Swimming Hole:
 - Front Desk
 - Mail: 75 Weeks Hill Rd. Stowe, VT 05672
 - Email: jbradley@theswimmingholestowe.com
 - Fax: 802-253-9229

WINTER SWIM CLUB 2018

October 23, 2017 - March 26, 2018

Head Coach: Jeremy Bradley
Assistant Coach: Karyn Scherer, Louisa Hayes & Christian Avard
Strength & Conditioning Coach: Sean Hunt

FEES

ROOKIES \$375 members / \$475 nonmembers
DEVELOPMENTAL \$475 members / \$575 nonmembers
ELITE \$525 members / \$625 nonmembers

PRACTICE TIMES

ROOKIES Tues & Thurs **3:15-4:00pm**
DEVELOPMENTAL1 Mon - Thurs **3:15-4:15pm**
DEVELOPMENTAL2 Mon - Thurs **4:15-5:30pm**
ELITE Mon - Thurs **3:15-6:00pm**
Dryland **3:15-4:00pm**
Swim **4:15-6:00pm**

ROOKIES - Must be able to legally swim 25m freestyle & backstroke without stopping, holding onto the wall or lane lines.

DEVELOPMENTAL 1 - Must be able to legally swim 50m freestyle, backstroke and breaststroke without stopping, holding onto the wall or lane lines, as well as attempting to swim 25m butterfly.

DEVELOPMENTAL 2 - Must be able to legally swim 100m freestyle, backstroke, breaststroke and 50m butterfly. D2 Swimmers perform legal flip turns and starts.

ELITE - Must be able to legally swim 200m freestyle, backstroke, breaststroke and 100m butterfly. Elite swimmers must also perform legal starts and turns.

Registration Now Open!

DATES

SWIM CLUB

October 23, 2017 - March 26, 2018

TEAM SUIT ORDER DEADLINE

Thursday, October 26, 2017

END OF SEASON HOME MEET

Friday, March 23, 2018

BANQUET

Monday, March 26, 2018 • 3:30pm

QUESTIONS

Contact Head Coach, Jeremy Bradley
jbradley@theswimmingholestowe.com

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

1. Paid in Full 2. Monthly installments: Pay 1st two months & then 4 remaining payments

USA SWIMMING REGISTRATION FEE \$ 76

TEAM SUIT - Boy \$ 32 / Girl \$ 42

SUIT SIZE: _____

FEES

SWIM CLUB \$ _____

USA REG. \$ _____

TEAM SUIT \$ _____

TOTAL DUE \$ _____