

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 SWIM CLUB

AT THE SWIMMING HOLE

Keep cool, fit & healthy this summer!

Fun
Fitness
Stroke Improvement
Team Spirit



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.
- Summer Swim Club is available to swimmers 6 yrs & older and able to swim 1 length of pool, in both freestyle & backstroke without stopping.
- Parent participation may be required for job assignments at meets.
- Prompt pick-up after practice (there will be no supervision of swimmers after posted finish times).

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.

SUMMER 2018
June 19 - August 5

PRACTICE TIMES

ROOKIES & DEVELOPMENTAL 1 **9:45-10:45 am**
ELITE & DEVELOPMENTAL 2 **10:45-12:00 pm**

MONDAY, TUESDAY & WEDNESDAY

(your choice of 1-3 days)

Must be able to swim 1 length of the pool, in both freestyle & backstroke.

Geared toward 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.

Registration Now Open!

DATES

SWIM CLUB

June 19 - August 5, 2018

TEAM SUIT ORDER DEADLINE

June 22, 2018

VT STATE CHAMPIONSHIPS

August 4 & 5

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 _____

FEES

SWIM CLUB REGISTRATION FEE - Rookie & Developmental 1 - \$185m / \$215non
Elite & Developmental 2 - \$205m / \$235non

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

SUIT SIZE:

SWIM CLUB \$ _____

TEAM SUIT \$ _____

TOTAL DUE \$ _____