

McHenry Marlins Aquatic Club

The McHenry Marlins Aquatic Club (MMAC) Swim Team competes in the Northern Illinois Summer Swim Conference and is open to novice and experienced swimmers. This swim team is not designed as a swim lesson program. Students advance strokes, diving, starts, turns and conditioning. Swimmers must have a team or navy/red suit and team swim camp (vendor can be found on the MMAC website). Year-round team participants have the option to compete in ISI/USA Long Course swim meets at an additional cost. **MMAC Website:** www.macswimmers.org. (NT)

Important Dates

Parents Meeting..... Wednesday, May 6 at the RC
 Team Pictures..... Wednesday, June 10 at MAC
 Team Pictures (rain date)..... Thursday, June 18 at MAC
 Splash Party..... Friday, July 31 at MAC
 RC = McHenry Recreation Center
 MAC = Merkel Aquatic Center
 MWC = McHenry West Campus High School

Swim Meets

The team has home and away dual meets on evenings in June and July. Swimmers need to arrange transportation to and from meets. Parent volunteers are required to work at home meets.

Lincolnwood at McHenry..... Wed, June 17
 McHenry at Arlington Heights..... Wed, June 24
 Norridge at McHenry Wed, July 1
 McHenry at River Trails..... Wed, July 8
 Buffalo Grove at McHenry Wed, July 15
 Conference Meet at McHenry..... Wed, July 22

Levels Of Practice

Gold (Platinum): The elite group swims 4,500 meter per day. Students must be efficient in the four competitive strokes. This practice includes high school age swimmers plus any 11-14 year olds who can maintain the same level. (100% training only for swimmers who desire to work hard)

Silver: This group swims up to 3,000 meters per day. Students know the basics of stroke, start and turn techniques but are not ready for the Gold training regime. (20% instruction and 80% training)

Blue & Bronze: This group works up to 2,000 meters per day. Students work on strokes, starts, and turns. (50% instruction and 50% training)

Prerequisites

1. Swim 25 yd (ages 6-8) or 50 yd (ages 9-18) freestyle exhibiting proficiency in breathing patterns and stroke.
2. Swim 25 yd (ages 6-8) or 50 yd (ages 9-18) backstroke exhibiting proficiency in kick and body position.
3. Swim 25 yd (ages 6-8) or 50 yd (ages 9-18) breaststroke exhibiting proficiency in kick and body position.

Registration Information

Parents must complete and sign forms and submit medical release at registration. Registering multiple children? Receive a \$25 discount off the second child.

Previous swimmers must register before the first day of practice. Payment is due at time of registration.

Practice Information

Reg #	Level	Days	Dates	Time
552201A	Gold	M - F	May 11 - May 22	6:30 pm - 8:15 pm
		M - F	May 26 - Jul 17	6:30 am - 8:15 am
552201B	Silver	M - F	May 27 - Jul 19	6:30 pm - 8:00 pm
		M - F	May 26 - Jul 17	6:30 am - 8:00 am
552201C	B & B	M - F	May 27 - Jul 19	5:30 pm - 6:30 pm
		M - F	May 26 - Jul 17	8:00 am - 9:00 am

Location: MWC (May 11 - 22) & MAC (May 26 - July 17)
 Fee: \$350/R - \$360/NR Regular Season
 Long Course: \$200 Coaching Fee + Individual Meet Fees

Early Bird: Register for the season before April, 17 & get 2019 rates \$315/R - \$325/NR

Two-A-Days Training

Swimmers will work in small groups with a coach to provide the swimmers with an extra workout and training. Great for long course swimmers. Note: Swimmers must sign up 24 hours prior to session at the pool if spot available. Entire session registrations must be done at the McHenry Recreation Center prior to attending. Limited lanes.

Reg #	Level	Days	Dates	Time
552201D	Silver & up	M/TU	Jun 1 - Jul 14	6:45 pm - 8:00 pm
Fee:	\$8/per day or \$72 entire session			Max: 20 swimmers

McHenry Parks & Recreation Department

SUMMER SWIM TEAM REGISTRATION FORM

Date: _____

Complete the registration form below and submit program payment payable to the City of McHenry.
Completed and signed forms are due at registration.

CONTACT / FAMILY INFORMATION - CHECK LEVEL OF PRACTICE (1 FORM PER CHILD)			
Proof of residency is required to receive resident rates. A family is defined as no more than two adults and their unmarried children, through 21 years of age, residing in the same household full time. Children 22 years and older, as well as other relatives and/or individuals in the same household are not in the definition of a family.			
<input type="checkbox"/> Blue & Bronze	<input type="checkbox"/> Silver	<input type="checkbox"/> Gold	
Child's First & Last Name		Middle Initial	
Parent 1 First & Last Name		Child's DOB (M/D/Y)	
Parent 2 First & Last Name		Child's Age as of 5/1/2020	
Street Address		Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	
City, State, Zip		Primary Contact Number	
Email Address		Cell Number (Parent 1)	
T-Shirt Size		Work Number (Parent 1)	
# of years on summer team (1=1st yr)		Cell Number (Parent 2)	
Allergies/Medications		Work Number (Parent 2)	
FOR OFFICE USE ONLY			
<input type="checkbox"/> Multiple Child Discount <input type="checkbox"/> MMAC Website Acct <input type="checkbox"/> Copy to Coach			

PLEASE COMPLETE AND SIGN BACK PAGE - REQUIRED TO PROCESS ENROLLMENTS

PAYMENT INFORMATION		
Mail or Drop-off: 3636 Municipal Drive, McHenry, IL 60050 • Fax: 815-363-3186 Make checks payable to City of McHenry. If paying by credit card, please complete the following:		
Credit Card Number	Expiration	Security Code
Card Holder's Name	Card Holder's Signature	

McHenry Parks & Recreation Department

SUMMER SWIM TEAM REGISTRATION FORM

Please review and sign - required to process enrollments

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK / PHOTO RELEASE / REFUNDS

WARNING OF RISK: Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slip and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities exist. In this regard, it must be recognized that it is impossible for the City of McHenry Parks & Recreation Department and McHenry Marlins to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK: Please read this form carefully and be aware that in signing up and participating in the programs listed above, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with these programs (including transportation services and vehicle operations, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in these programs, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs against the City of McHenry Parks & Recreation Department and McHenry Marlins including its officials, agents, volunteers and employees. In the event of an emergency, I authorize the City of McHenry Parks & Recreation Department and McHenry Marlins to secure any/all necessary medical attention for me and/or my child/ward and further agree that I will be responsible for any and all medical services rendered.

I HAVE READ AND FULLY UNDERSTAND the important information, warning of risk, assumption of risk, and waiver and release of all claims. If registering online or via fax, my online or facsimile signature shall substitute for and have the same legal effect as an original form signature. I further understand that my signature is required below in order to participate in City of McHenry Parks & Recreation programs.

PHOTO RELEASE: The City of McHenry Parks & Recreation Department and McHenry Marlins take photos and videos of participants in programs, during special events, and in City of McHenry parks and facilities. By signing this waiver, I give permission to the City of McHenry and McHenry Marlins to use these photos and videos in its publications, websites and social media outlets without further permission and without compensation. All photos and videos are the property of the City of McHenry and McHenry Marlins.

PAYMENT POLICY: I do hereby affirm that I understand submitting this application makes me responsible for all registration fees, deposits, and late fees incurred. I understand that the City of McHenry Parks & Recreation department reserves the right to dismiss a participant from the program if all fees are not paid. I agree to follow the City of McHenry Parks & Recreation guidelines for refunds and reimbursements while understanding that participants ejected from program due to discipline, absence of pay, or code of conduct guidelines might not fall under the refund policy. I acknowledge that absence from the program or missed Sessions without medical reason could result in my loss of a refund or reimbursements. Furthermore, I agree that any delinquent payments may result in my account being suspended from future registrations or programs.

Name of Participant(s)	Name of Adult/Guardian if under 18
Signature of Adult/Guardian	Date