MCHENRY MARLINS AQUATIC CLUB

FALL/WINTER 2021-2022

BUILDING CHAMPIONS TODAY!

TEAM INFO

The McHenry Marlins Aquatic Club (MMAC) is a USA swim club operated through the McHenry Parks & Recreation Department. We serve youth ages 6 to 18. Come see what competitive swimming is all about! The season starts September 13, 2021.

REGISTRATION INFORMATION

All registrations must be in person at the McHenry Parks & Recreation center. The following documents must be included for registration to be processed: 2021 registration form, 2021-2022 USA Swimming form, and COVID-19 acknowledgment form.

Current MMAC Fall or Summer 2021 Swimmers Only: Monday, August 16 - Tuesday, August 24

All New & Incoming Swimmers: Wednesday, August 25 - Until Filled

Facility Hours: MON-THUR 5 AM-9PM | FRI 5 AM-8 PM | SAT & SUN 7 AM-6 PM

New Team Tryouts: Wednesday, 9/8 5:30-6:30 PM at McHenry West Campus High School

Mandatory Parent Meeting: Thursday, 9/9 6:30-8:30 PM at McHenry Recreation Center

McHenry Parks & Recreation Department

3636 MUNICIPAL DRIVE
MCHENRY, IL 60050
RECINFO@CITYOFMCHENRY.ORG
815.363.2160

McHenry Marlins Aquatic Club

The Fall/Winter swim program in McHenry competes in Northern Illinois Winter Swim Conference meets and Illinois Swimming Inc. (ISI)/USA official meets. ***Note: All swimmers are required to be registered with USA swimming which requires a yearly membership fee that we include in the team pricing.*** Practices are held at McHenry High School West Campus swimming pool ***beginning Monday, September 13*** and continue through late February. Below are the descriptions, practice times, and fees for the different team levels.

Note: Pool size, space, and COVID guidelines determine team size. We strive to provide a program that allows our coaching staff to provide specific trainings per age group. To assure your child's spot on the team, please register early. Max swimmers per practice group: Blue (40 swimmers), Silver (3-Day) (25 swimmers), Silver (5-Day) (15 swimmers), Gold (25 swimmers), Red (12 swimmers). Swim team is not swim lessons. New swimmers must attend a pre-season tryout night to pass a swim team readiness evaluation or be placed in a practice level.

2021 Mandatory Dates

All New Swimmer Team Try Outs | Wednesday, 9/8 5:30-6:30 PM at McHenry West Campus High School

*Evaluations will take 15-20 minutes. Swimmers will be taken based on room available in program. Swim levels will be assigned and parents will have an opportunity to talk with coaching staff. New swimmers will be allowed a one week trial of practice from 9/13-9/17. After one week trial payment for swim team will be due.

Parent Meeting | Thursday 9/9 6:30-8:30 PM @ McHenry Recreation Center

*All parents must have 1 family member in attendance as we will go over team expectations, practice expectations, and season overview.

Practice Level Information

Important Note: Practices are fluid. Meaning swimmers can be moved down or up during the season based on their practice performance, practice attendance, enrollment numbers, and level readiness level. Parents will be notified of changes prior to athletes being moved.

Final practice level for ALL swimmers is at discretion of McHenry Marlins Aquatic Club Coaches & City of McHenry staff.

Due to limited deck spacing, parents will not be permitted on the pool deck during practice. Parents may wait across from the pool entrance in the North end of the cafeteria (unless a D156 event is taking place). Any parent inside the building must follow the D156 mask mandates and COVID guidelines at all times.

Blue (Age Group): The Blue level is age group swimmers who have never swam competitively or are still working on the fundamentals of all four competitive swim strokes. Swimmers must be able to swim 50 yards unassisted (25 yards of freestyle & 25 yards of backstroke). Swimmers will work on understanding the different strokes and race terminology. The emphasis will be on building solid ground work in stroke mechanics, drill technique, and endurance. They will get race ready and work on becoming strong intermediate swimmers. A focus will be made on recreational meet attendance with an introduction to USA sanctioned swim meets for those that are ready. To advance to Silver, Blue swimmers must make practice time intervals, complete a 100 yard swim of each race stroke and 100 IM legally, and able to swim multiple sets of broken 500 yards with bilateral breathing. Blue level is required to attend a minimum of 3 rec meets and encouraged to attend 1 sanctioned ISI meet. Practice 3 days a week.

Silver (Intermediate): The intermediate swimmers are those who have achieved a designated level of time standard and practice achievements. Swimmers have made a commitment to competitive club swimming. They are working towards or have achieved state or regional cut times based on Illinois Swimming time standards. Swimmers must be able to perform the following: understand and read a pace clock, perform stroke drills to a high degree of proficiency, 100 yards of all four competitive strokes with legal turns and finishes, 200 yards of continuous freestyle with flip turns, a 100 yard IM with legal turns, and a 500 freestyle. This level comes with an emphasis on refining competitive stroke technique, building endurance, promoting a healthy lifestyle, and exposing swimmers to greater race opportunities. To move to Gold, swimmers will consistently attend practice (70% attendance required), complete and consistently swim required test sets under time requirements throughout the season, regularly attend ISI meets and rec meets when possible, legally swim 200 yards of each stroke, swim a 1650, and minimum DQ's due to stroke infractions at competitions. Silver level required to compete in a minimum of 3 rec meets and 2 sanctioned ISI meets. Practice 3 or 5 days a week.

Gold (Advanced/HS): This level is designed for swimmers that are committed to the sport of club swimming and have already achieved a level of success previously including regional or state ISI time achievements. This level requires commitment and dedication to following coach and team expectations. Swimmers are working towards National, Zones, Speedo Sectional, Senior Champ, and Age Group Champ cuts. Swimmers must be able to legally swim 200's of all strokes, 400 IM, swim a 1650, and can complete between 4,500-6,000 practice yards per night. ***A MANDATORY test set of 10 x 100's on the 1:40 must be completed to stay in Gold level. The test set will be held on the first night the swimmer attends practice. Any swimmer not completing the Test Set requirements will be moved to Silver practice.*** Gold level will have periodic dryland as part of their training. Gold swimmers are able to understand race strategy, read and know their splits, and self-correct strokes based on coach feedback. Gold level swimmers will work on goal setting and assist with promoting team culture by fostering team spirit with younger age groups. Gold level swimmers are expected to swim 50% of ISI meets and rec meets when schedule permits. Practice 5 days a week.

Red (Elite/HS): This level is designed for the swimmer that is striving for National, Speedo Sectional, Zones, and Futures time cuts. ***A MANDATORY interview must occur with the Head Coach & Aquatics Supervisor prior to registering for the Red level.*** Interview consists of swimmer discussing their personal goals and understanding the commitment level this group is asking for. Level expectations will be the same at Gold level with tighter time intervals. This level requires 100% swimmer commitment and dedicated to following coach and team expectations. Swimmers will be required to attend 80% of practices Monday-Friday along with select Saturdays. Swimmers will be given dryland assignments. Red swimmers must attend 60% of ISI meets. Rec meets will be secondary as schedule allows. Swimmers are progressing towards being top-level athletes at state and national levels. Swimmers must be self-motivated to follow workouts and push themselves daily in the pool. Swimmers will set SMART goals and will be given specific feedback that they will need to implement in practice and meets to reach their goals. Practice 5 days a week plus select Saturdays.

COVID-19 Considerations: Swim parents will be issued COVID-19 guidelines for the program prior to the first practice. It is the responsibility of parents and swimmers to read and understand those guidelines. Parents and swimmers will be required to follow the guidelines of the McHenry Parks & Recreation department along with any D156 requirements as well. Any major closures of D156 facilities due to possible COVID cases could result in the immediate halt of programming until D156 offices feel that the MMAC program could safely continue operations under state and facility guidelines. The McHenry Parks & Recreation department will consider proration and partial refunds for any extend closures of facilities that limit program offerings directly related to COVID-19. Normal facility closures due to holidays, school events, weather related closures, and school breaks will not results in refunds being issued.

Team Information:

Registration & Mailing Address
McHenry Marlins Aquatic Club
3636 Municipal Drive
McHenry, IL 60050
815.363.2160

Practice & Home Meet Facility
McHenry West Campus Pool
4724 W. Crystal Lake Road
McHenry, IL 60050

Team Website: www.macswimmers.org

Our website is the go to place for swim team families. The website offers a monthly calendar of meet information and practice changes for swimmers. The website is a place to keep track of team news, find equipment, discover coach information, and find meet results.

Practice Changes: Practice dates and times can vary depending on school events, high school home swim meets, weather related closures, and district holidays. No discounts or make-up practices will be given for cancellations by coaches, school, or parks department administration. Any changes to schedule will be posted on team website. Swimmers may not attend a practice outside of their assigned practice group.

LEVEL	REG #	MON	TUES	WED	THU	FRI	EARLY BIRD (Paid in Full by 8/29)	*FEE Note: Fee includes USA swimmer registration fee
BLUE	952201A (3-Day)		5:45-6:30 PM		5:45-6:30 PM	5:45-6:30 PM	$575/R $585/NR	$625/R $635/NR
SILVER	652201B (3-Day)	5:45-7:00 pm		5:45-7:00 pm		6:15-7:30 pm	$610/R $620/NR	$660/R $670/NR
SILVER	652201C (5-Day)	5:45-7:00 pm	6:15-7:30 pm	5:45-7:00 pm	6:15-7:30 pm	6:15-7:30 pm	$700/R $710/NR	$750/R $760/NR
GOLD	652201D (5-Day)	7:15-9:00 pm	7:15-9:00 pm	7:15-9:00 pm	7:15-9:00 pm	7:15-9:00 pm	$775/R $785/NR	$825/R $835/NR
RED	652201E (5-Day + Select SAT)	7:00-9:00 pm	7:00-9:00 pm	7:00-9:00 pm	7:00-9:00 pm	7:00-9:00 pm	$850/R $860/NR	$900/R $910/NR

* Early Bird discount: Payment is due at the time of registration and early bird discount will be applied. Registrations must be received and processed before 8/31/2021 for discount. Early bird discount excludes payment plans and high school swimmer fees.
*Payment Plan: 50% due at registration & remaining 50% due by 11/22/2021. Any remaining balances after 11/23 will result in a $50 late fee. If fee not paid by 12/1/2020, swimmers will be removed from the program.

Payment Information

Team fee must be payable to the City of McHenry. Payments may be made by check, credit card, or cash for team fee. Account balances for ISI meets are due upon registration deadline date for each meet. Any late ISI balances will result in the swimmers restriction from attending and registering for future ISI and rec meets. ISI (Illinois Swimming Inc.) yearly membership is REQUIRED for all swimmers regardless of swimmers plan on attending any ISI/USA swimming meets.

Yearly registration form, ISI athlete form, and 50% of payment must be made prior to September, 13.

Multiple Child Discount: Families with two or more swimmers will receive a $10 discount per additional child enrolled on the team.

High School Swimmers

MMAC welcomes high school swimmers outside of their HS competition season. Swimmers must still complete both a team and ISI registration. *Price listed includes mandatory ISI swimming fee.*
High School Boys Fee: Gold 5-day practice $415/R - $425/NR | Red 5-Day practice + Select SAT $460/R-$470/NR
High School Girls Fee: Gold 5-day practice $495/R - $505/NR | Red 5-Day practice + Select SAT $525/R-$535/NR

COVID Mask Guidelines

All program participants and spectators participating in programs that occur inside D15 & D156 facilities are required to follow the school district mask mandates and COVID requirements. Masks will be required of all staff, participants, and spectators at this time. As school district guidelines change, we will adjust our programming as well.

❑ New Swimmer (1 wk trial)

❑ High School Swimmer

McHenry Parks & Recreation Department

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.	
❑ Blue ❑ Silver 3-Day ❑ Silver 5-Day ❑ Gold ❑ Red	
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 8/1/2021
Street Address	Gender ❑ Male ❑ Female
City, State, Zip	Primary Contact Number
Email Address	Cell Number (Parent 1)
T-Shirt Size	Work Number (Parent 1)
# of years on winter team (1=1st yr)	Cell Number (Parent 2)
Allergies/Medications	Work Number (Parent 2)
FOR OFFICE USE ONLY	
❑ Paid in Full ❑ Early Bird Discount by Aug 29 ❑ Multiple Child Discount	❑ MMAC Website Acct ❑ Copy to Coach
***Forms goes directly to Aquatics Supervisor after processing** ❑ ISI Form	

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 • Email: recinfo@cityofmchenry.org 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

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

USA SWIMMING

2022 ATHLETE REGISTRATION APPLICATION
LSC: ILLINOIS SWIMMING, INC

PLEASE PRINT LEGIBLY ● COMPLETE ALL INFORMATION:

LAST NAME	LEGAL FIRST NAME	MIDDLE NAME

PREFERRED NAME	DATE OF BIRTH (MO/DAY/YR)	SEX (M/F)	AGE	CLUB CODE	NAME OF CLUB YOU REPRESENT

(Bill, Beth, Scooter, Liz, Bobby) — If not affiliated with a club, enter "Unattached"

GUARDIAN #1 LAST NAME	GUARDIAN #1 FIRST NAME	GUARDIAN #2 LAST NAME	GUARDIAN #2 FIRST NAME

MAILING ADDRESS

CITY	STATE	ZIP CODE
		–

AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS	ATHLETE'S EMAIL ADDRESS

U.S. CITIZEN: ☐ YES ☐ NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? ☐ YES ☐ NO

IF YES, WHICH FEDERATION:

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? ☐ YES ☐ NO

If you are 18 years of age or older, you are required to abide by to the Minor Athlete Abuse Prevention Policy. In addition, in order to be a member in good standing you must complete the Athlete Protection Training.

The training can be accessed at www.usaswimming.org/apt and results will auto-match to your membership record

OPTIONAL

DISABILITY:
- ☐ A. Legally Blind or Visually Impaired
- ☐ B. Deaf or Hard of Hearing
- ☐ C. Physical Disability *such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment*
- ☐ D. Cognitive Disability *such as severe learning disorder, autism*

RACE AND ETHNICITY (You may check up to two choices):
- ☐ Q. Black or African American
- ☐ R. Asian
- ☐ S. White
- ☐ T. Hispanic or Latino
- ☐ U. American Indian & Alaska Native
- ☐ V. Some Other Race
- ☐ W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:
CITY OF MCHENRY

MAIL APPLICATION & PAYMENT TO:

CITY OF MCHENRY
333 S. Green Street
McHenry, IL 60050

2022 REGISTRATION FEE J
June 1, 2021 through Dec. 31, 2022

_____

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

YEAR LAST REGISTERED: _____. **IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2021, ENTER THAT CLUB CODE:** _____ **LSC CODE:** _____ **AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:** _____.

Check if you would like to learn more about the USA Swimming Foundation's initiatives

Check if you would like to receive the electronic USA Swimming Newsletter *(must be 13 years of age or older)*

SIGN HERE x _____ _____

SIGNATURE OF ATHLETE, PARENT OR GUARDIAN — **DATE**

MCHENRY PARKS & RECREATION

SWIM TEAM PARENT COVID-19 ACKNOWLEDGEMENT FORM

Please note all guidelines are created using information from local, state, and national guidelines. For more resources and guidelines, please refer to Restore Illinois, CDC, IPDH, American Red Cross, and USA swimming

SWIM TEAM

Pool Guidelines

- Swimmers will utilize the south exit and entrance doors to attend practice. Any swimmer displaying signs or symptoms of being sick or temperature above 100.4 degrees will be sent home.
- Parents will be allowed in the facility but no on the pool deck. They may wait inside the North end of the cafeteria when available. If parents need to speak with a coach, they must schedule a time to meet.
- Swimmers must bring their own equipment to practice including googles, caps, kickboards, and pull buoys. Must be clearly labeled!
- Staff will wear masks during check-in and check-out, when walking the facility, and on deck.
- Staff masks will only be removed on deck when coaching a set and 6ft. of social distancing can be maintained.
- Lanes will try to remain at least 6 ft. away from each other and interactions between lanes will be discouraged. Swimmers will have set lanes for the duration of program.
- Bathrooms will be available for emergency use only.
- No locker room access. Students must change at home.
- Lost and found will be disposed of every other day.
- Parents will utilize the drive through area to pick swimmers up after practice. A coach will walk all swimmers out of the pool area to the pick-up area. The next swim group must wait in the atrium with coach until they see all previous swimmers have left.
- Swimmers should arrive 10 minutes prior to practice start and meet coach in the hallway for check-in. Late arrivals could result in building being locked.
- Swimmers must immediately exit pool after completion of practice to allow next group to enter.
- Swimmers found delaying practice by constantly stopping at the wall, leaving for the restroom, and preventing coaches from explaining the sets will be asked to leave the pool area due to limited practice time available to all groups.

Participant Guidelines

- Parents must attend a mandatory pre-season parent meeting before their child will be allowed to practice.
- MMAC member or parent in the building must wear a mask while checking-in, walking through the facility, and on the pool deck. Swimmers may only remove masks before entering the water. Parents will only be allowed in the south atrium or north end of the cafeteria.
- Swimmers will not be allowed to socialize or congregate on deck. At the conclusion of the session, swimmers will be immediately released back to their parents care.
- All swimmers will be asked to abide by social distancing guidelines to protect our guests and coaching staff. Swimmers will be asked to leave facilities if they can not follow guidelines.
- Swimmers must bring their own water to facility as water fountains will be limited. Water bottles must be clearly labeled with swimmers name in large print.
- Swimmers must come ready to swim in their suit as locker rooms will not be available to shower or change.
- Normal cancellation policy will be applied to program.
  - 100% credit if withdrawals are requested at least 7 calendar days in advance less a $5 processing fee.
  - 75% credit if withdrawals are requested up to six calendar days prior to the activity start date.
  - 50% credit or refund will be issued if withdrawals are requested after the first meeting and before the second meeting of a session.
  - No refunds will be issued after the activity session has met twice.
  - Consideration of a pro-rate for program will only occur if D156 closes for a duration due to COVID.
- Any student with a fever or showing signs/symptoms of being sick will be restricted from attending practice until symptom free. No refunds will be issued for missed practice.
- Patrons understand that by attending facilities they are assuming risk and possible exposure to COVID-19. If anyone in your party is sick, do not attend programs or facilities until cleared by medical professionals.

MCHENRY PARKS & RECREATION

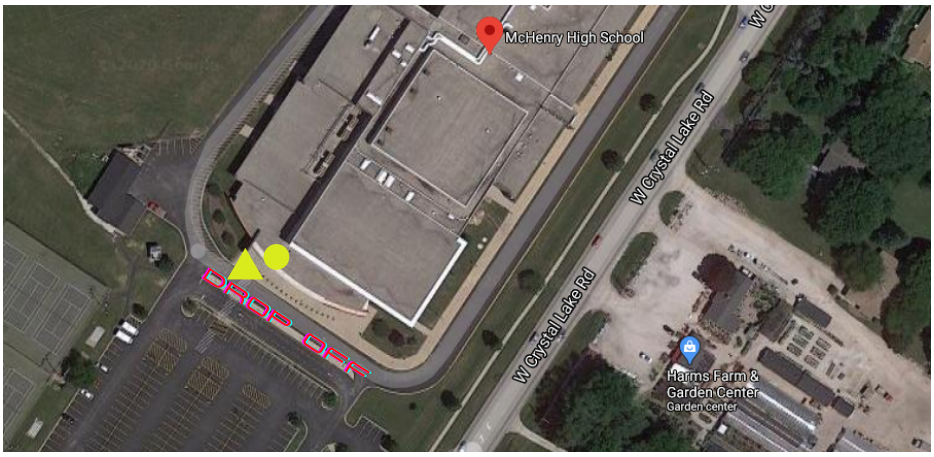
SWIM TEAM PARENT COVID-19 ACKNOWLEDGEMENT FORM

Please note all guidelines are created using information from local, state, and national guidelines. For more resources and guidelines, please refer to Restore Illinois, CDC, IPDH, American Red Cross, and USA swimming

SWIM TEAM

How to Drop Off/Pick Up

- **Parents will not be allowed on deck during practice. Parents must maintain social distancing and wait in the north end of the cafeteria (when available) or parking lot for practice to concluded.**
- **For drop off, parents may park and walk their child to the coach checking in or you can pull your car up to drop off. Please ensure swimmers have all their belongings and come ready to go in their suits.**
- **For pick-up, we ask parents utilize the circle drive. We will have a staff with swimmers, and staff will release swimmers by family group directly to their vehicle.**



● = Check-in/Check-out Station

▲ = Entrance/Exit Gate

Cancellations & Notifications

- **You will find the information to register for our swim team remind group. We will utilize this group to notify parents of any last minute cancellations or changes.**
- **Please note we will try to call parents, but this gives us the opportunity to reach out quicker by text message.**
- **Otherwise, all team reminds of no practice dates, schedule adjustments, meet reminders, or practice reminders will be done through the MMAC Team Unify website.**
- **Need to contact us?**
  - **McHenry Recreation Center - 815.363.2160**
  - **Aquatics Supervisor - 815.363.2165 | nthompson@cityofmchenry.org**

Get information for **MMAC Fall/Winter 2021-2022** right on your phone—not on handouts.

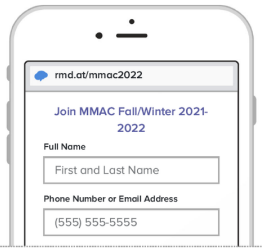
Pick a way to receive messages for **MMAC Fall/Winter 2021-2022**:

A **If you have a smartphone, get push notifications.**

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/mmac2022

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B **If you don't have a smartphone, get text notifications.**

Text the message @mmac2022 to the number 81010.

If you're having trouble with 81010, try texting @mmac2022 to (217) 334-4203.

** Standard text message rates apply.*

Don't have a mobile phone? Go to rmd.at/mmac2022 on a desktop computer to sign up for email notifications.

Acknowledgment of Risk & Release of Claims.

I HAVE READ AND FULLY UNDERSTAND the important information, guidelines pertaining to program operations under COVID-19, warning of risk, assumption of risk, and waiver and release of all claims contained in this document and program waiver. I give express release for my child to participate knowing multiple children will be practicing in one lane and sharing the same training area. Further, I understand travel meets might occur pending COVID guidelines that will exposure athletes to other teams and practice groups. By signing, I give my child permission to participate in the program and know that guidelines might change as the nature of the state, USA Swimming, IDPH, D156 and governing bodies including the City of McHenry and Parks department dictates.

Swimmer's Printed Name:_____

Parent/Guardians Printed Name:_____

Parent/Guardians Signature:_____ Date:____/_____/_____