***Monmouth Barracudas Swim Club Spring 2021***

*Locations: Neptune Aquatic Center \* Make check payable to Monmouth Barracudas \* V/MC Accepted $15 processing fee \* Return Check Fee $45 Mail payments to: c/o Preferred Billing Service, LLC PO Box 304 Lincroft, NJ 07738* \*B*illing questions call 732-842-0431*

**Spring Schedule and Fees**

**April 12th – June 17 at NAC**

This is a great opportunity for High School swimmers, and younger swimmers to learn to move to the next level!

We will be training daily, as well as working on all stroke techniques, starts and turns. The Spring Session is open to swimmers aged 6-18yrs. This session is great for all ages and abilities. However, since it is not swimming lessons, swimmers must be able to swim at least two competitive strokes and two lengths (50 yards) of the pool.

**NEW SWIMMER EVALUATIONS WILL TAKE PLACE ON MONDAY NIGHTS YOU MUST EMAIL COACH PAUL TO SET UP YOUR TIME**

For more information email Coach Paul at: coachpaulmb@aol.com or [www.monmouthbarracudas.com](http://www.monmouthbarracudas.com/)

Note: Spring swimmers will also be participating in swim meets. **New swimmers must pay an additional** **$68 fee for your USA** **Registration** if you wish to participate in swim meets. Meet entry fees are in addition to your session fees and will be billed to you accordingly.

Meet entry is subject to qualifying times being achieved and most meets are LONG COURSE. 50 meter pool.

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**Practice Schedule will be as follows: (YOU WILL BE ASSIGNED A GROUP BASED ON COACHES EVALUATIONS!)**

**Look for your email for your group assignment**

**Cost: New Swimmers $ 300  - Current Barracudas $175**

**GROUP ONE - Ages 12/Under (limited to 36 swimmers)**

Monday and Wednesday 6:00-7:00pm

**GROUP TWO - Ages 11 to 17 (limited to 36 swimmers)**

Monday 7:00-8:30pm and Tuesday and Thursday 6:00-7:00pm and possibly Saturday if qualified

**GROUP THREE -  Ages 13/Over (limited to 36 swimmers)**

Tuesday, Wednesday and Thursday – 7:00-8:30pm also Saturday 6:30-8:30am if you qualify.

**Saturday Morning Training** **- Ages 13/Over (limited to 24 swimmers)** 6:30am

Swimmers must meet the qualifications to join this group.

1.    13 and Over Gold time/**Coaches approval is required- you will be notified by Coach Paul**

2.    100 free time fast than 1:07/ 100 back faster than 1:10.00

3.    Must attend 90% of practices and possibly some meets

4.    Must be willing to train at a very high level as these will be INTENSE workouts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Carbone Training $100 and Small Group Saturday are additional fees and not included in Early Bird or Cudas Special*

**Small Group Session / These are 4-week sessions $110 per Session/Swimmer**

We will be offering small group sessions for those swimmers that wish to participate in a small class (3 - 4 students).

Session A - April 17, 24, May 1. 8                Session B – Sign up date TBA

Session times are 8:00-8:45am  and  8:45-9:30am –Coaches Available are Kate, Taylor, Michelle

**CARBONES DRYLAND Training** will be on Mon/Fri 4:20-5pm for Group Three and Wednesdays 4:20-5pm for Group 2. These groups are limited to 16 athletes. You will need to request a spot in these sessions by email Coach Paul at [coachpaul@monmouthbarracudas.com](mailto:coachpaul@monmouthbarracudas.com). Carbone classes will be outside most days! (Weather permitting)

**PLEASE SIGN UP FOR SMALL GROUPS by emailing** [**Coachpaul@monmouthbarracudas.com**](mailto:Coachpaul@monmouthbarracudas.com) **First come first served…as spots and coaches are limited.**

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**Spring - April 12th – June 17 at NAC**

|  |  |  |  |
| --- | --- | --- | --- |
|  | | **Registration and Payment Due by Friday March 26, 2021** |  |
|  | ***\*\* If you were part of the MBSC 2020/2021 Early Bird or Cudas Special - Spring 2021 is included \*\****  ***Be sure to complete the registration form, select the session(s) that your child will be attending and mark an X\_\_\_\_\_ in the payment section below.*** | | |  |

Swimmer’s Full Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_DOB\_\_\_\_\_\_\_\_\_ Parents Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address/City/Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Emergency Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Allergies/Medical Conditions:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **EMAIL REQUIRED:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### PLEASE PRINT

Are you currently a member of Monmouth Barracudas Swim Club? Yes No

***Cost: New Swimmers: $300 Current Barracudas $175 For New swimmers only - $68 USA Registration***

**Please mark your session X Each Session is limited to 36 Swimmers**

**\_\_\_\_\_\_\_\_\_ Group One – Ages 12/Under Mon/Wed 6pm – 7pm**

**\_\_\_\_\_\_\_\_\_ Group Two – Ages 11-17 Monday 7pm - 8:30pm and Tues/Thurs 6pm – 7pm (and possibly Saturday if qualified)**

\_\_\_\_\_\_\_\_\_ **Group Three 13/Over Tues/Wed/Thurs 7pm-8:30pm & Sat 6:30am-8:30am/if qualified**

**\_\_\_\_\_\_\_\_\_\_\_ Saturday Morning Training Session 13/Over Swimmers must meet qualifications to join this group.**

**\*Qualifications listed on information sheet / 6:30am / \*Limited to 24 Swimmers**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Small Group Saturday and Carbone Training are additional fees and not included in Early Bird or Cudas Special*

**\_\_\_\_\_\_\_\_\_\_ Small Group Saturday: $110 per Session/Swimmer (limited to 3-4 swimmers per group)**

**Session A – April 17, 24 May 1, 8 Session B – Sign up date TBD**

\_\_\_\_\_\_\_\_\_\_ **Carbone’s Dryland (Personal Trainers) $100. Wednesday 4:20-5pm for Group Two and Monday & Friday 4:20–5pm for Group Three. These groups are limited to 16 athletes. You will need to request a spot in these sessions by emailing Coach Paul at** [**coachpaul@monmouthbarracudas.com**](mailto:coachpaul@monmouthbarracudas.com)

**Carbone classes will be outside most days (weather permitting)**

Amount enclosed:$\_\_\_\_\_\_\_ Check#:\_\_\_\_\_\_\_ Credit Card/Exp. Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (V/MC Only $15 processing fee)

**(X) \_\_\_\_\_My Child was part of the MBSC Early Bird/Cudas Special for the Fall 2020/2021 Swim Season – Spring 2021 included**

The above named child is in good physical condition and has my permission to train with and participate in all activities sponsored

by the Monmouth Barracudas Swim Club, Inc. I understand that my child will be participating in strenuous practices, strength training programs, as well as learning competitive techniques. I release and hold harmless the Monmouth Barracudas Swim Club, Inc., Director

and owner Paul K. Buerck, all assisting staff members, coaches, volunteers, centers, facilities, organizations, and their heirs and estates associated with this permission. I hereby give permission to authorized representatives of the Monmouth Barracudas Swim Club, Inc. to

obtain emergency medical treatment for said child while he/she is participating in Monmouth Barracudas activities. I understand every

effort will be made to contact me first. **Furthermore, I understand that once I register my child for the Spring/Summer Session 2021.**

**I am required to pay for their full session of swimming (**whether my child completes the entire session or not). Monmouth Barracudas Swimming reserves the right to assign swimmers to sessions and to limit the number of participants. There will be NO Refunds for completion and signing of this form will reserve your spot. (note: V/MC processing fee $20 per transaction / Return check fee $45) No Make ups will be allowed for missed practices.

Date: \_\_\_\_\_\_\_ Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Swimmer Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_