**Roswell Hornet Swim and Dive Year Round Practice Form**

**Hornet Swimmers**:

This form is required of all swimmers who swim or dive with a year around club. Please fill out this form and have it signed by yourself, your coach, and your parents. **This sheet is due every 2 weeks and must be turned into Coach Holder (F117) or Coach Bethune (F106).**

**Year Around/Club Coaches**:

Please be expected to fill out one of these sheets every 2 weeks for your swimmers.

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| Swimmer Name: Grade Level: |
| Current Swim Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Current Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Week 1 – Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M Tu W Th F Sat Sun Duration (Hours):  |
| Week 2 - Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M Tu W Th F Sat SunDuration (Hours):  |

By signing below, I acknowledge that the above swimmer swam regularly for 4,000 yards each practice, three times a week, with my club team.

**Swim Coach Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing below, I acknowledge that I swam regularly for 4,000 yards with my club team at least 3 times a week.

**Swimmer’s Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing below, I acknowledge that my swimmer has swam regularly for 4,000 yards with his or her club team at least 3 times a week.

**Parent Signature**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_