



SEA CUKES

**Your
Summer
Swimming
Connection**

START

**Stroke Technique And
Race Training**

Does your Summer Swimmer want a headSTART on the competition?

START HERE!

We are excited to offer TWO months of pre-Summer swim team training and conditioning. The START program practices will be conducted by YSSC coaches. We are excited to meet and work with your swimmer(s)!

Need Options? We've got you covered!

Choose to attend one month or two months. Each session is \$65. Pay for each month up front. **Each session will be limited to 18 swimmers!!!**

Session 1: 3/03-4/02

Session 2: 4/07-5/07

Who is our target swimmer?

That's easy....any swimmer eager to focus on technique to improve each of the four strokes and/or any swimmer wanting to improve their conditioning level in hopes of having a stellar summer swim season!

Dates and times

Practices will be from 5:30pm-6:30pm on Wednesdays and Fridays. If registration warrants another group, based on numbers and/or ability levels, we have the option of adding or splitting the group into 2 levels/age groups. This change will be determined "as needed".



SSSL

Spartanburg Summer Swim League

SEND REGISTRATION WITH PAYMENT (check made out to Middle Tyger YMCA) to 720 Shoals Road, Duncan SC 29334 to the attention of Coach Eduardo Dos Santos. You may elect to register at front desk of Middle Tyger YMCA.

Questions? Email Coach Eduardo at EDosSantos@SpartanburgYMCA.org



START

Stroke Technique And Race Training

Please print

Swimmer's Name: _____

Age: _____ **Date of Birth:** _____ **Gender:** _____

Home Street Address: _____

City, State, Zip: _____

Emergency Contact Name and telephone number:

Name: _____

Swim Team Experience: _____

Summer Swim Team: _____

Registering for (circle which apply):

Practices are Wednesdays and Fridays 5:30-6:30pm

Session 2: 3/03-4/02 (*USRY* - No practice March 12th)

Session 3: 4/07-5/07 (*Spring Break*)

18 SWIMMERS PER SESSION!

Parent/Guardian Name: _____

Address (if different than above): _____

Cell Phone: _____ **Home phone:** _____

Email: _____

Additional Swimmer Name: (if applicable) _____

Age: _____ **Date of Birth:** _____ **Gender:** _____

Address (if different than above): _____

Swim Team Experience: _____

Your personal check is welcome here. I understand that all checks and drafts will be electronically debited from my account. I also understand that if the check or draft is dishonored, a processing fee of \$30 will also be debited from my account. **\$65 per session.**

Informed Consent:

"In consideration of gaining membership or being allowed to participate in the activities and programs of the YMCA, using its facilities, equipment, and machinery in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge the YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my/my child's participation in any activities or use of equipment or machinery in the above mentioned facilities or arising out of participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage, including those caused by the negligent act or omission of any those mentioned or other, acting on behalf or in any way arising out of or connected with my/my child's participation in any activities of the YMCA of the use of any equipment at the YMCA. I agree to adhere to all policies set by the YMCA as stated above."

Parent or Guardian Signature: _____