



Your Summer Swimming Connection

- 2 Practices per week
- 32 Spots per session
- NO Attendance requirement

Does your Summer Swimmer want a Head START on the Competition?

S.T.A.R.T. HERE!

We are excited to offer TWO months of pre-Summer League
Stroke Technique And Race Training!

S.T.A.R.T. program practices are run by experienced members of the YSSC coaching staff!

Are you ready to #jointheevolution?

Need Options? We've got you covered!

Choose to attend one month or two! Each session is \$70. Pay for each month up front.

Who is our Target Swimmer?

That's easy!

Any 12 & under swimmer legal in at least 3 strokes who is willing to learn technique and skills to improve all 4 strokes to have a FANTASTIC Summer swimming season!

Dates and Times

Practices will be on Mondays and Wednesdays from 6:30pm to 7:30pm.

Each session will be limited to 32 swimmers!

Session 1: March 1st – April 3rd

Session 2: April 5th – May 8th

Registration Opens February 1st!



S.T.A.R.T.

(Stroke Technique and Race Training)

PROGRAM



Swimmer's Name: _____

Age: _____ Date of Birth: _____ Gender: _____

Home Street Address: _____

City, State, Zip: _____

Emergency Contact Name and telephone number: _____

Swim Team Experience: _____

Summer Swim Team: _____

Registering For (Circle that which apply): **Session 1: March 1st – March 31st** **Session 2: April 5th – May 5th**

Parent/Guardian Name: _____

Address (if different than above): _____

Cell Phone: _____ Home phone: _____

Email: _____

Additional Swimmer Name: _____

Age: _____ Date of Birth: _____ Gender: _____

Swim Team Experience: _____

Additional Swimmer Name: _____

Age: _____ Date of Birth: _____ Gender: _____

Swim Team Experience: _____

Informed Consent:

Personal Checks are welcome. 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.

"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." BY PARTICIPATING IN THIS PROGRAM, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS Y-SPARTAQUATICS AND YMCA OF GREATER SPARTANBURG AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Parent or Guardian Signature: _____ Date: ____/____/____

SEND REGISTRATION WITH PAYMENT (Check made out to Middle Tyger YMCA) to 720 Shoals Road, Duncan, SC 29334, to the attention of Coach Kyle Bradley. You may also elect to register in-person at the front desk of the Middle Tyger YMCA.

FIRST DAY IS MARCH 1st!

Questions? Contact Kyle Bradley at kbradley@spartanburgymca.org for more information.