



Home of Hanover Aquatics Year-Round Swim Team

Hanover Aquatics 2020 Summer Swim Team Warm Up

- OVERVIEW:** The swimmers are placed into age appropriate and skill level appropriate swim groups to better emphasize the specific needs of each swimmer. Attention is given to turns, finishes, streamlined body alignment, proper stroke mechanics, and sprint racing strategy.
- SKILL LEVEL:** Swimmers must be able to complete one lap of the pool doing freestyle.
- LOCATION:** The Hanover Aquatics Bubble at Burkwood Swim and Racquet Club
9120 Burkwood Club Drive - Once you enter the Burkwood property, follow the signs for the outdoor pool and clubhouse. Park in front of the clubhouse, our lobby entrance is on the right hand side of the building.
- DATES:** Saturdays – Feb 29, March 7, 14, 21, April 4, 25, May 2 and 9.
Tuesdays – March 3, 10, 17, 31, April 14, 21 28 and May 5
Make – up day May 12
- TIME:** **Tuesday 6:30 – 7:30 pm and/or Saturday 10 – 11 am**
You have the choice of either day or both days.
Space is limited.
- COACHES:** Kelly Hargreaves and Caitlin Sargeant, Hanover Aquatics' USA Swimming Certified Coaches, Hanover Aquatics' Senior level swimmers
- COST per swimmer:** \$80.00 for one day, \$120 for both days
Multi-swimmer for second swimmer:
\$70.00 for one day, \$110 for both days
- CONTACT INFO:** Regina Davis – (804) 730-4076, Email: office@hanoveraquatics.com
- REGISTRATION:** Fill out the registration form and mail, along with your check, to the following address:

Hanover Aquatics Swim Team
RE: Summer Swim Team Warm Up/Regina Davis
P.O. 1886
Mechanicsville, VA 23116

Or bring the information to the Hanover Aquatics office. The Hanover Aquatics office is located in the **clubhouse**. Once you enter the Burkwood property, follow the signs for the outdoor pool and clubhouse. Our entrance is on the right side of the building.

Please note:

Checks should be made payable to **Hanover Aquatics Inc.**

-Only your completed registration form along with payment will reserve a spot in the program.

-Upon receipt of this paperwork, you will be contacted by email to confirm your placement in the group.

Hanover Aquatics is the premier year-round competitive USA Swimming club located in Hanover County. Hanover Aquatics also offers competition swimming all year long. For more information visit us online (www.hanoveraquatics.com) or call the office (804) 730-4076



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REGISTRATION FORM

February 29 – May 9

Time requested: (circle one)

Tuesday 6:30 – 7:30 pm Saturday 10 – 11 am Both Days

Parent's First and Last Name(s) _____

Swimmer's First Name _____ Age _____

Swimmer's First Name _____ Age _____

Swimmer's First Name _____ Age _____

Email _____ Phone _____

Summer swim team _____

How many years has your swimmer(s) participated on a summer swim team? _____

Primary Emergency contact _____
(name and phone number)

Secondary Emergency contact _____
(name and phone number)



LIST ANY MEDICAL CONDITION YOUR CHILD HAS THAT WE SHOULD BE AWARE OF:

LIST MEDICATION CURRENTLY TAKEN (Prescribed and Over the counter):

PHYSICIAN'S NAME AND PHONE NUMBER:

I HEREBY GIVE MY PERMISSION THAT EMERGENCY MEDICAL TREATMENT BE SOUGHT FOR MY SON/DAUGHTER WHEN DEEMED NECESSARY BY THE COACH OR AUTHORIZED ADULT.

PARENT'S SIGNATURE

DATE