



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dolphin YMCA Swim Team

****Swim Team Requirements listed on back****

2017-18 Season starts October 9th and runs through mid-February.

Informational Meeting for *New Parents* September 25th, 6:30-7:30 p.m.

Practices *tentatively* as follows:

- 8 yrs & under: 3:30-4:15 T & Th (new swimmers) or 4:15-5:00 T & Th (previous swim team participants) and F 3:30-4:30 (all 8 & Unders)
- 9-10 yrs Girls & Boys 3:30-4:30 M & W and 4:30-5:30 F
- 11-12 yrs Girls & Boys 4:30-5:30 M & W and 5:30-6:30 F
- 13 yrs and older Girls 5:30-6:30 M, W and F
- 13 yrs and older Boys 5:30-6:30 M, W and 6:30-7:30 F

Swim Team Fee	Early Bird Discount	After September 8
Full Season Participant	\$220	\$230
Member of Boys Jr High Swim Team	\$145	\$155
Member of Boys HS Swim Team	\$100	\$110
Member of Girls HS Swim Team	\$150	\$160
Plus		
YMCA Youth Membership* (as required by State Swim League)		

Mail or drop off form with fees / checks payable to: Brainerd Family YMCA, 602 Oak St. Brainerd, MN 56401
Or Register on-line with credit card at brainerdlakesymca.org.
Questions? Contact Megan at mbalach@blymca.org , 454-2562

2017-2018 Swim Team Registration Form

Registration Opens July 10th – *Financial Assistance available for those who qualify*

Name _____ Birthdate ___/___/___ Gender M F Age _____
(One swimmer per registration form) *(as of 12/1/17)*

Parent or Guardian _____ Grade _____ School _____

Address _____ City _____ Zip _____

Home Phone # _____ Parent Work # _____ Parent Cell # _____

Email address _____ (all important info is emailed out – no handouts)

Emergency Contact _____ Phone # _____ Relation _____

Doctor's Name _____ Phone # _____

I have read and understand the requirements on the back for myself and my child including the swimming skills required. _____ (Parent Initial)

Office Use: Membership Fee _____ Expiration Date _____ Team Fee _____ CC/Check # _____ Staff _____ Date _____

Requirements for Dolphin Swim Team 2017-2018 season

Parents are required to volunteer for at least ½ of two meets throughout the season or equivalent.

All swimmers (with the exception of the boys on the HS swim team) are required to participate in at least 3 regular season meets (must include 1 away meet) + the Section and State meets. (Boys on the HS Swim Team are strongly encouraged to participate in at least three regular season meets).

Meet schedule will be available after the fall MN State Swim Team League meeting (usually late Sept).

8 years & Under must be able to perform the following skills without floatation aids:

Participants must have a mature enough attention span to be able to focus and listen for an hour of practice.

35 yards of front crawl without stopping

25 yards backstroke without stopping (Swimmers must remain on back)

Standing dives from the pool deck

(This is about successfully completed Tot 3/ Minnow level swim lessons)

9- 10 year olds must be able to perform the following skills (all skills must be done correctly):

65 yards of the front crawl without stopping

65 yards of the backstroke without stopping

25 yards of the breaststroke kick (performed legally)

25 yards of the dolphin kick (performed legally)

Standing dives from the starting blocks

(This is about successfully completed Fish level swim lessons)

11 years and older must be able to perform the following skills (all skills must be done correctly):

100 yards of the front crawl without stopping

100 yards of the back stroke without stopping

50 yards of the breaststroke (performed legally)

25 yards of the butterfly (performed legally)

Standing dives from the starting blocks.

(This is about successfully completed Flying Fish I/ Flying Fish II level)

***All ages are determined as of December 1, 2017 (i.e. whatever age your child is on Dec 1, 2017, that is the age they will swim as for the entire 2017-18 season)

WAIVER & RELEASE FORM

THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all their personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

1. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
2. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or the use of any equipment and the sudden and unforeseen malfunctioning of this equipment and our instruction, training or supervision, or participating in any program affiliated with the YMCA.
3. I understand that the Brainerd Family YMCA is not responsible for personal property lost or stolen while I or any individuals listed on this application or our guests are using YMCA facilities or on YMCA premises.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been

Parent/Guardian Signature _____ Date _____