

“Pre-Season” Swim Team

Registration Form



Redding Swim Team
P.O. Box 992112
Redding, CA 96099-2112
Phone: 530-246-2666
Email: reddingswimteam@yahoo.com
Web site: www.reddingswimteam.com



Welcome to the "Pre-Season" Summer Ducks

Parents,

Welcome to this special opportunity being offered to our Summer Ducks from last year. It's a (4 WEEK LONG) "Pre-Season" for the Summer Ducks.

What is "Pre-Season"?

- ✓ This is that opportunity to get a refresher course from last summer and rebuild those skills.
- ✓ It's an opportunity to build up confidence in ability.
- ✓ It's that opportunity to meet the coaches and fellow swimmers/teammates before the regular season.

What are we doing in "Pre-Season"?

- ✓ During these four weeks (IN MAY) we will emphasis stroke mechanics and introduce the newest and latest drills in competitive swimming.
- ✓ It's that opportunity to recover some physical fitness,
- ✓ Each swimmer will receive a drills and skill work sheet on the first day to be prepared for the weeks to come.

Regardless of your competitive nature, ability, or age, we have a place for you. In this program, you will work on stroke technique, starts, and turns, fitness and, most of all, have fun in a relaxed non-competition atmosphere!!

Location: Shasta College

Date: May 3rd - June 3rd.

Time: 4:00-5:00pm (Mon-Thurs)

Cost: \$65

If you pay by Cash/Check you will receive a discount of \$5.00 per swimmer.

IN ADDITION, All participants in our **Pre-Season** those sign for Summer Ducks by May 10th will receive another **\$20 discount** on our **Summer Ducks** Program that starts June 7th.

Promo code: **Pre-Season**

We have limited our number of swimmers to better serve and to concentrate on your swimmers specific needs and areas of improvement. all the swimmers in the program.

First come – first served.

“Summer Ducks” Summer Swim Team

Program Starts: June 7th - August 8th.

Four Time Slots provided for your convenience:

- Youth Program (5-18 years old) - Redding Aquatic Center 9:30 - 10:30 am (Mon-Thurs) or
- Youth Program (5-18 years old) - Shasta College at 11:00 - 12:00 pm (Mon-Thurs) or
- Youth Program (5-18 years old) - Shasta High at 4:00 - 5:00 pm (Mon-Thurs) or
- High School Summer Ducks (8th Grade & High School) - at Shasta High 2:30 - 4:00 pm (Mon-Thurs)

For kids 5 years of age to 18 and capable of swimming 15 yards freestyle or backstroke.

Cost: Summer Ducks (June 7-August 8)

Youth Program \$124 credit/debit card or \$119 cash/check discount

High School Program \$174 credit/debit card or \$169 cash/check discount

***SAVE AN ADDITIONAL \$20 SIGN UP BY MAY 10. Promo code: Pre-Season**

SUMMER PROGRAMS

Our **Youth Summer Ducks Swim Team** Program will be held at the Redding Aquatic Center, Shasta College or Shasta High School. The cost for Youth Program is only \$124 for the entire summer. This includes registration with United States Swimming and dues for the entire summer. Ages 5-18 years old. (DOES NOT INCLUDE ENTRY FEES INTO ALL SWIM MEETS)

Our **High School Summer Ducks** Program for kids in 8th Grade through High School will be held at Shasta High School. The cost of our High School Program is only \$174 for the entire summer. This includes: Registration with United States Swimming and dues for the entire summer. Grades 8th – High School.

We will start summer practice sessions on June 7th and end the season on August 8th. All participants are welcome to compete in summer meets and our NVAL championships at the end of the summer on August 6-8 at the Redding Aquatic Center.

So, bring your friends and get ready for a fun, safe and exciting swim season with the REDDING SUMMER DUCKS!

Swim practices are offered Monday through Thursday, programs for your convenience. Please indicate which Pool (AND PROGRAM) you will be attending.

We have limited our number of swimmers this year to better serve the needs of all the swimmers in the program.

First come – first served. Children must be able to swim 15yds. of freestyle or backstroke to join.

- If you have any questions, please **feel free to** call our office at 246-2666.

**MEDICAL AUTHORIZATION FORM
REDDING SWIM TEAM and SUMMER DUCKS**

Name of Participant _____
Last First MI

Address _____ City _____ State _____ Zip _____

Home phone _____ Work phone _____ Cell phone _____

E-Mail Address _____ Date of Birth _____ Sex _____

Parent/Guardian Name (if under 18)

Mother's Name _____

Address _____ Home Phone _____ Work Phone _____

Father's Name _____

Address _____ Home Phone _____ Work Phone _____

If an insurance company covers your child, please complete the following:

Name of Carrier: _____ Address: _____

Phone _____ Policy Number _____

Family Physician _____ Phone _____

Emergency Contact _____ Phone _____

All information will remain confidential.

Does this athlete have any allergies? Bee stings, medications, etc.? _____

Is this athlete taking any medication? Yes/No (if yes, please list medication) _____

Do you feel this athlete is physically able to stand the rigors of swimming? _____

The undersigned does hereby waive, release and indemnify REDDING SWIM TEAM, its agents and employees from any and all claims or demand for injury or damages arriving out of or incurred while participating in any activity sponsored by, or connected with, REDDING SWIM TEAM and U.S.A. SWIMMING.

I hereby authorize any adult member of the REDDING SWIM TEAM to secure medical help at my expense when necessary. This form is valid May 1, 2010 to September 30, 2010.

_____ Date: _____

Signature of Parent or Guardian

Mail this form and the other side to: Redding Swim Team
P.O. Box 992112
Redding, Ca. 96099-2112

Registration Form

United States Swimming- SIERRA NEVADA Swimming

2010 ATHLETE REGISTRATION APPLICATION

PLEASE PRINT * COMPLETE ALL INFORMATION

THIS CARD WILL BE VALID UNTIL 04-09 through 09-10

LAST NAME	LEGAL FIRST NAME	MIDDLE NAME	DATE OF BIRTH	SEX (M/F)
PREFERRED NAME	MAILING ADDRESS	CITY	ZIP	
HOME NUMBER	CELL PHONE	YS. YM. AS. A.M. AL. AXL SHIRT SIZE PLEASE CIRCL		
RAD CLUB CODE	Redding Swim Team NAME OF CLUB YOU REPRESENT	CITIZEN? YES NO <input type="checkbox"/> <input type="checkbox"/>	DUAL CITIZEN? YES NO <input type="checkbox"/> <input type="checkbox"/>	

SIGN
HERE X _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

Please, Circle the pool you would like to participate at:

- > Youth Program (5-18 years old) - Redding Aquatic Center 9:30 -10:30 am (Mon-Thurs) or
- > Youth Program (5-18 years old) - Shasta College at 11:00 - 12:00 pm (Mon-Thurs) or
- > Youth Program (5-18 years old) - Shasta High School at 4:00 - 5:00 pm (Mon-Thurs) or
- > High School Summer Ducks (8th Grade & High School) – at Shasta High 2:30-4:00 pm (Mon-Thurs)

*Minimum Age Required: 5 years old (Must be able to swim at least 15 yards Freestyle or Backstroke)

Cost: Pre-Season (May 3-June 3) \$65 credit/debit card or \$60 cash/check

Cost: Summer Ducks (June 7-August 8) SAVE AN ADDITIONAL \$20 SIGN UP BY MAY 10.

Youth Program \$124 credit/debit card or \$119 cash/check discount
High School Program \$174 credit/debit card or \$169 cash/check discount

+Amount you are enclosing: _____ (Cash/check or Credit card) Promo code: _____

+Visa, MasterCard, and Discover accepted: Acct# _____ exp. _____

Registration can be Faxed to 246-2666 (Must include Credit Card information)

+Make checks payable to: **Redding Swim Team**
+Mail registration form to: **P.O. Box 992112**
Redding, CA. 96099-2112

For more information call 246-2666 or visit our web-site www.reddingswimteam.com
No Refund after May 15th.(Pre-Season) or June 15th (Summer Ducks)

Liability Release: As a parent or legal guardian of a participant in the swim program represented by this registration form, I agree to hold Redding Swim Team and its officers and agents free and harmless from any claim or expense that may arise due to participation in this program.

Signature of Parent/Guardian _____ Date _____