

SEWANEE SWIMMING

2017

TigerShark Pre-Swim

TigerShark pre-Swim Sign ups April 10 and 11 3:30-4:30 pm

Rookies only tryout on April 10 and 11 3:30-4:30 pm

Be ready swim on April 17- May 18, (Five weeks), Monday – Thursday

The following swim opportunities are being offered by Coach Max Obermiller and the University of the South

Questions: Head Coach Max (931)-598-1546 or mobermil@sewanee.edu

3:15 – 4:00 pm

Rookie I: Must be able to swim at least 15 feet on their own and swim freestyle and backstroke. This class is for beginning swimmers; this is NOT a learn-to-swim class. Primary ages 4 – 7 years

Rookie II: Can swim ½ length of pool easily doing freestyle and backstroke. Will be learning breaststroke and butterfly. Primary ages 5 – 10 years

4:00 – 4:45 pm

JR I: Can swim a length of the pool easily. Teaching will focus on learning breaststroke and butterfly with conditioning to increase strength. Ages 5 – 10 years

JR II: One or two seasons of swim team. Will refining stroke mechanics for all 4 strokes with some light training. Primary ages 6 – 11 years

4:45 – 6:00 pm

Pre-SR: Have 3-4 strokes mastered and will work on establishing a training base. Primary ages 7 – 12 years

SR: Focus will be on training and further stroke development. Primary ages 13 – 18 years

Pre-Season Swim Team 2017

REGISTRATION FORM

(Please PRINT neatly)

Check # _____

Amount \$ _____

Cash \$ _____

Date PD _____

Swimmer Name: _____

DOB _____ AGE _____ FEMALE or MALE _____

Swimmer Name: _____

DOB _____ AGE _____ FEMALE or MALE _____

Swimmer Name: _____

DOB _____ AGE _____ FEMALE or MALE _____

Swimmer Name: _____

DOB _____ AGE _____ FEMALE or MALE _____

Swimmer Name: _____

DOB _____ AGE _____ FEMALE or MALE _____

Please print additional swimmers' names, DOB, and ages on the back of this form.

FEES:

ROOKIES/JUNIORS () X \$200 = \$ _____

SENIORS () X \$175 = \$ _____

TOTAL = \$ _____

Method of Payment:

CASH = \$ _____

CHECK # _____ = \$ _____

(Made payable to: MAX OBERMILLER)

PLEASE SIGN WIAVER ON BACK

FAMILY NAME: _____

WAIVER: In consideration of being permitted to use the Fowler Center Pool and to take part in the Swim Team program, I release, discharge, and hold harmless the University of the South, its governing boards, employees, swim coaches and assistants from all liability, claims, and injuries that my child(ren) may sustain during swim team, and on and around the pool locker rooms. We, the lesson instructors, coaches and assistants, will take the reasonable precautions to safeguard the child(ren) while they participate in the activities. These will include: supervised instruction sessions and establishment and enforcement of adequate rules and regulations according to the Fowler Center Pool and qualified staff of instructors (Lifeguards and/or Water Safety Instructors).

Initial: _____ The balcony will be open for observation during swim practice. Parents/Guardians may not stay on the pool deck unless requested by the staff or to assist children in the locker room.

Parent/Guardian Name: _____

Address: _____

City *State* *Zip Code*

Emergency Phone: () _____

E-mail to send info: _____

Parent/Guardian Signature _____ **Date** _____