



# HIGH SCHOOL/SUMMER PREP WORKOUT

PROVIDENCE REC CENTER, FALLS CHURCH - Ages 9 & Up

(No meet entry fees)

Due to many requests, we have added additional workouts for High School and Summer Prep training at Providence Recreation Center for our upcoming 2010-2011 swimming season. These workouts will involve two evenings per week for (1) Fall/Winter (2) Winter/Spring or (3) Fall-through-Spring training.

**Coaches: Harry Hink, Barb Hink**

<b>Program #1</b>		Ages 9-18 years	
	<b>Code:</b>	PR2A (Providence)	
	<b>Dates:</b>	Mon/Wed - Sep 13, 2010 to Jan 12, 2011	8:00-9:00PM
	<b>Cost:</b>	Swimming Dues	\$655
		USS Registration	\$ 80
	<b>★ Due at Registration \$735</b>		

<b>Program #2</b>		Ages 9-18 years	
	<b>Code:</b>	PR2B (Providence)	
	<b>Dates:</b>	Mon/Wed - Jan 17, 2011 to May 18, 2011	8:00-9:00PM
	<b>Cost:</b>	Swimming Dues	\$655
		USS Registration	\$ 80
	<b>★ Due at Registration \$735</b>		

<b>Program #3</b>		Ages 9-18 years	<b>COMPLETE PROGRAM</b>
	<b>Code:</b>	PR2C (Providence)	
	<b>Dates:</b>	Mon/Wed - Sep 13, 2010 to May 18, 2011	8:00-9:00PM
	<b>Cost:</b>	Swimming Dues	\$1,180
		USS Registration	\$ 80
	<b>★ Due at Registration \$1,260</b>		

*Families with multiple swimmers may request two payments.*

**Registration Information:** Janet Brumbaugh (703) 536-6338

**Mail registration to:** Janet Brumbaugh  
2215 N. Powhatan St.  
Arlington, VA 22205

- Those that choose the High School/Summer Prep **have no meet entry fees & therefore are not eligible to enter USS meets or team social events throughout the season unless noted.**
- All participants will receive a team tee shirt and cap.

**All Info: [www.yorkswim.com](http://www.yorkswim.com)**



# HIGH SCHOOL/SUMMER PREP WORKOUT REGISTRATION FORM

**CUB RUN or PROVIDENCE - Ages 9 & Up**

**Mail registration & check to:** Janet Brumbaugh  
2215 N. Powhatan St.  
Arlington, VA 22205

## PARENTS

Last Name: \_\_\_\_\_ First Names: \_\_\_\_\_  
Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Father: \_\_\_\_\_ Mother: \_\_\_\_\_  
Email: \_\_\_\_\_ Summer Club: \_\_\_\_\_ # of Family Swimmers: \_\_\_\_\_  
Total Annual Swimming Dues: \_\_\_\_\_ Payment Enclosed: \_\_\_\_\_

## SWIMMERS

Last Name: \_\_\_\_\_ Summer Club: \_\_\_\_\_

First Name, Middle Initial	First Name, Middle Initial	First Name, Middle Initial
1) _____	2) _____	3) _____
DOB: _____ Age: _____	DOB: _____ Age: _____	DOB: _____ Age: _____
Workout: _____ Sex: _____ <small>(CODE)</small>	Workout: _____ Sex: _____ <small>(CODE)</small>	Workout: _____ Sex: _____ <small>(CODE)</small>

### ASSUMPTION OF RISK AND RELEASE AGREEMENT

In consideration of acceptance of the above for membership in the York Swim Club, the undersigned assumes full responsibility for any injuries, damages or losses which may occur to members or member's property, and hereby releases and discharges York Swim Club and its officers, agents, members and any persons assisting in its activities and functions, and the owners and agents of any of the facilities used by York Swim Club, from any and all claims, demands, rights of action or causes of actions, present or future, whether known, anticipated or unanticipated, resulting from or arising out of members participation in its activities and functions.

DATE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_

# USA SWIMMING

# 2011 ATHLETIC REGISTRATION APPLICATION

## LSC: POTOMAC VALLEY SWIMMING

PLEASE PRINT LEGIBLY COMPLETE ALL INFORMATION

REGISTRATION DATE OFFICE USE ONLY \_\_\_\_\_

LAST NAME: \_\_\_\_\_ LEGAL FIRST NAME: \_\_\_\_\_ MIDDLE NAME: \_\_\_\_\_

DATE OF BIRTH: MO \_\_\_\_\_ DAY \_\_\_\_\_ YR \_\_\_\_\_ SEX: M F AGE: \_\_\_\_\_ PREFERRED NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ - \_\_\_\_\_

AREA CODE: \_\_\_\_\_ TELEPHONE NUMBER: \_\_\_\_\_ FAMILY EMAIL: \_\_\_\_\_

CLUB NAME: YORK NAME OF CLUB YOU REPRESENT: YORK SWIM CLUB

### OTHER SWIMMING AFFILIATIONS

(check all that apply)

- 0. Junior High School
- 1. Senior High School
- 2. YMCA/YWCA
- 3. College
- 4. Summer Swim League
- 5. Masters
- 6. Disable Sports Organization
- 7. Water Polo
- 8. None

### ETHNICITY

Bureau guidelines, you may make up to two choices if appropriate):

- Q. African American
- R. Asian or Pacific Islander
- S. Caucasian
- T. Hispanic
- U. Native American
- V. Other
- W. Decline

### U.S. CITIZEN?

YES \_\_\_\_\_ NO \_\_\_\_\_

### DUAL CITIZEN?

YES \_\_\_\_\_ NO \_\_\_\_\_

IF DUAL CITIZEN OR NON-CITIZEN ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?

YES \_\_\_\_\_ NO \_\_\_\_\_

You must complete this form  
And return it with your York Registration

If Joining to participate in a learn to swim program, please check here

YEAR LAST REGISTERED \_\_\_\_\_, IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010 ENTER THAT

CLUB CODE \_\_\_\_\_ LSC \_\_\_\_\_ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB \_\_\_\_/\_\_\_\_/\_\_\_\_.

**SIGN HERE: x \_\_\_\_\_ (SIGNATURE OF ATHLETE PARENT OR GUARDIAN)**

**ORDER FORM**  
2010-2011 York Swim Club

All swimmers who register with York Swim Club will receive a:  
**Free York Swim Club Team T-Shirt and a Team Competition Swim Cap**

T-shirt(s) and cap(s) will be distributed at practice in early October. Incomplete or missing order forms will delay or exclude your swimmer from receiving apparel.

**LAST NAME:**  **PHONE #:**

Complete information for EACH swimmer, include swimmer's name, practice group, and t-shirt size.

SWIMMER'S FIRST NAME	SIZE OF T-SHIRT (Please circle size)	WORKOUT CODE
	YL   AS   AM   AL   XL   XXL	
	YL   AS   AM   AL   XL   XXL	
	YL   AS   AM   AL   XL   XXL	
	YL   AS   AM   AL   XL   XXL	

**PLEASE RETURN COMPLETED FORM WITH REGISTRATION FORM!**

