

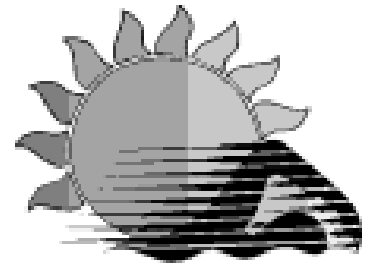
WAAC Fall Rec Swim Team

August 30 – November 24, 2010



This fall, join Coach John and his assistants for improved swim strokes, sprint training, strength building, and FUN!! WAAC's fall swim team is a great way for swimmers, age 4-high school, to become better swimmers. The program emphasizes personal improvement, stresses proper stroke technique, and provides fun activities that help young swimmers build a love for the sport. Coaches are often in the water helping swimmers and provide individual instruction. WAAC's coaches are enthusiastic, stressing the positive aspects of the sport. Swimmers work on improving the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly), starts, turns, and speed. WAAC coaches also build strength in the water through a variety of games such as sharks and minnows, water polo, and over-under. Optional swim meets are designed to introduce young swimmers to competitions in a fun and encouraging environment. The team also will have several social activities. Middle school and high school participants can often use this team for school PE credit. Participants must be comfortable swimming across a 25 yard pool, with their face in the water and be able to move on their back.

This team emphasizes personal improvement and provides fun activities to help young and teenage swimmers learn to love the sport. For more information, contact Becky at 263-4282 or becky@wfly.com or go to the website at www.wfly.com. Coach John can be contacted at coachjohn@wfly.com or 656-8195.



Practices:

August 30 – November 24

8 & Younger: M-Th 3:45 – 4:30 pm

10 & Younger: M – F 4:30 – 5:30 pm

9-12 yrs: M-F 5:30-6:30 pm

Senior Group*: 13-18 yrs old: M-F 5:30-6:30 pm

Swimmers are welcome to come to as many practices as desired, but we recommend that they come at least twice a week. Swimmers register to come twice weekly, OR three-five times weekly.

Cost:

\$125/\$150 2x per week WAAC member/non-member

\$145/\$170 3-5x per week WAAC member/non-member

* Senior Group using practice for PE credit (Fall semester goes through Dec. 17, please talk with Coach John about weekly hourly requirement for your school, Cost \$195/\$235)

Join WAAC!! Family quarterly or annual memberships are available.
WAAC Family Three Month Membership (Sept-Nov.) \$425

West Austin Athletic Club Fall Rec Swim Team - 2010 Registration

Please print legibly

Name of Parent/Legal Guardian: _____

Address _____ Zip _____

Contact Numbers: _____

E-mail Address: _____

Swimmer's Name	Gender	Birthdate	T-Shirt Sz	Past swim team experience

WAAC Member? Yes No Member #: _____

Note: Non-members may participate on WAAC's REC teams, however non-member parents and non-swim team siblings may not utilize WAAC's facilities during practice. They are welcome at meets and other team social functions. Non-member families are encouraged to get a three month family membership so families can enjoy WAAC during the season. A three month family membership costs \$425

Dates, Times & Fees:

August 30 – November 24

8 & Younger: M-Th 3:45 – 4:30 pm

10 & Younger: M – F 4:30 – 5:30 pm

9-12 yrs: M-F 5:30-6:30 pm

Senior Group*: 13-18 yrs old: M-F 5:30-6:30 pm

Swimmers are welcome to come to as many practices as desired, but we recommend that they come at least twice a week. Swimmers register to come up to two days a week, or up to five practices a week.

Cost:

\$125/\$150 2x per week WAAC member/non-member

\$145/\$170 3-5x per week WAAC member/non-member

* *Senior Group swimmers using practice for PE credit (Fall semester goes through Dec. 17, please talk with Coach John about weekly hourly requirements for your school, Cost \$195/\$235)*

Participants should come ready to swim each day!

This team will have social and competitive opportunities for which parent help will be needed.

Medical Information & Parental Consent:

I, the minor's parent and/or legal guardian, understand the nature of fitness activities of West Austin Athletic Club's Swim Teams, and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO IDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees (West Austin Athletic Club, their administrators, directors, agents, owners, members, volunteers, and employees) from all liability, claims, demand, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise including negligent rescue operations, and further agree that if, despite this release, I, the minor's parent and/or legal guardian, or anyone on the minor's behalf makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cause any may incur as the result of any such claim.

I give West Austin Athletic Club and its Releasees permission to perform medical treatment for the minor child as needed. Included below or on an attached sheet is information about my child's medical history and emergency contacts.

I GIVE OR DO NOT GIVE my child permission to go down the water slide and off the diving boards.

Parent's Signature & Date: _____

Doctor to call in emergency: _____

Please list on another sheet any medical information that the WAAC staff should know including allergies, medications, disorders, seizures, asthma, **anything** you think is important to help your swimmer and attach to this sheet.

Winter Rec Swim Team will begin Nov. 29th – don't miss any of the FUN!