

Hershey Aquatic Club

6 Week LCM Training Session

June 14th through July 23rd 2010

Training session will be coached and supervised by Hershey Aquatic Club Head Coach Greg Fastrich

Who: Open to USA Swimming registered athletes looking for long course meters (LCM) training.

Why: To allow USA Swimming athletes the opportunity to train for LCM competition.

When: June 14th through July 23rd Monday through Friday

- **Senior Level** Completed 9th, 10th, 11th, 12th grade 6:15-8:15 a.m.
- **Silver Level** Completed 6th, 7th, or 8th grade 8:15-9:50 a.m.

Cost: Silver Level - \$400 ~ Senior Level - \$425 for 6 week program

This is non refundable once the swimmer makes a splash.

Facility: Derry Township Parks & Recreation outdoor facility. Facility is an unheated 10 lane 50 meters x 25 yard pool. Water temperature averages between 74-80 degrees.

Prerequisites:

- USA swimming registered athlete.
- Twelve (12) years or older as of June 1, 2010 or completed the 6th grade.
- Must have at least five (5) "A" time standards in events 100 SCY/LCM events or longer in your respective age group as of January 1, 2010.
- Swimmers must be in swimming shape prior to the start.
- Approval of Hershey Aquatic Club head coach

Information:

- Athletes will be assigned in proper training lanes based on ability and then adjusted by training ability.
- Senior Level Athletes are required to have their own equipment; fins, kickboard, pull buoy, hand paddles, and snorkel (Senior Level only).
- Parents are restricted from communicating with swimmers during training sessions, except for emergencies. Violation of this policy may result in removal of the swimmer from training. Parents can observe workouts from the upper level pool deck.

The Dos and Don'ts:

- Do arrive to practice 10-15 minutes early and have your equipment ready.
- Do plan to work hard on a daily basis.
- Do not play around when coaches are giving instructions.
- Do not become a distraction or you will be permanently removed from the program.

This Does Not:

- Make you affiliated with Hershey Aquatic Club (HAC).
- Allow you to register for HAC for upcoming seasons.

Please include all of the following with your registration:

1. Registration Form with signed Permission Statement
2. **Full registration fee of \$400 or \$425**, (Make checks payable to Hershey Aquatic Club).
3. Copy of USA swimming registration card.
4. Copy of USA swimming top times report for each athlete (www.usaswimming.org)

**Hershey Aquatic Club
LCM Training Program
Registration Form**

LCM Training Session Fee: \$400/Silver \$425/Senior (checks payable to Hershey Aquatic Club)

Silver Level: _____ **or** **Senior Level:** _____

Participant's Information:

Full Name: _____ Preferred Name: _____

Date of Birth: ___/___/___ Age as of June 1: _____ Gender: _____

School District: _____ Grade Completed: _____

Swimming Experience:

Years in competitive swimming: _____ Years in USA Swimming: _____

Avg. Daily Yardage: _____ Weekly # of practices: _____ Avg. Practice Time: _____

Parent/Guardian Information

Last Name: _____ Mother: _____ Father: _____

Address: _____

City: _____ ZIP: _____

Phone: _____ Email Address: _____

Emergency Contact:

Name: _____ Phone: _____

Allergies/Medications: _____

Permission Statement and Waiver of Liability (Please read and Sign)

This is to confirm that the above-named candidate has my permission to participate in the Hershey Aquatic Club (HAC) pre competitive swimming program. It is understood that HAC does not provide hospitalization and medical insurance and is not legally responsible for an injury to any participant in the HAC program.

Please check the appropriate information below:

- The above-named child is covered under our family hospitalization and medical insurance.
- We have no hospitalization and medical insurance to cover our child. It is understood that the Hershey Aquatic Club is not legally responsible for an injury to a participant of its program and provides no hospitalization and medical insurance. Therefore, in the absence of family coverage, the parent/guardian must assume the responsibility in case of injury. I hereby relieve the Club and its coaches/staff from responsibilities in case an injury might occur.

I give permission for the above-named participant to be treated in my absence for any emergency.

Further, I hereby waive any claim for bodily injury or property damage against the Township of Derry, its agents, servants, and/or employees while the above-named candidate is a participant in the above-named activity.

Parent/Guardian Signature: _____

Date: _____

Return This form to:

Hershey Aquatic Club/LCM Training Program
P.O. Box 217
Hershey, PA 17033