



2009-2010

Registration & Information

www.ncyac.org

JASON PAIGE

Competitive Swimming Director

ncyheadcoach@newcanaanymca.org

(203) 966-4528 ext 137

ALICIA GUERRETTE

Assistant Competitive Swimming Director

aguerrette@newcanaanymca.org

(203) 966-4528 ext 174

JOHN SPADAFINA

Assistant Competitive Swimming Director

jspadafina@newcanaanymca.org

(203) 966-4528 ext 138

KRISTIN FAIG

Administrative Assistant

kfaig@newcanaanymca.org

(203) 966-4528 ext 131

▶ Returning Swimmer Registration Due By Friday, September 4th

▶ New Swimmer Registration Opens Friday, September 11th

NO REGISTRATIONS ACCEPTED September 5th – 10th



Greetings to all, and welcome to the 2009-2010 competitive swim season.

The Caimans Swim Team is a YMCA and USA swim program that is lead by a professional coaching staff under the direction of the New Canaan YMCA. The program is structured to promote personal character development through constant challenges and competitive opportunities. Our dynamic and energetic coaching staff is excited to lead and teach our young athletes, and we are committed to the YMCA's four core values; Respect, Honesty, Caring, and Responsibility. Please visit our website at www.ncyac.org to learn more about our staff.

Our program thrives on volunteerism, so expect all of our swim team families to get involved. Our goal remains to make this program a family oriented program. In order to meet this objective, the Parents Association is requiring that all families earn a minimum number of volunteer credits by donating food items or helping out at swim team events and functions through out the year.

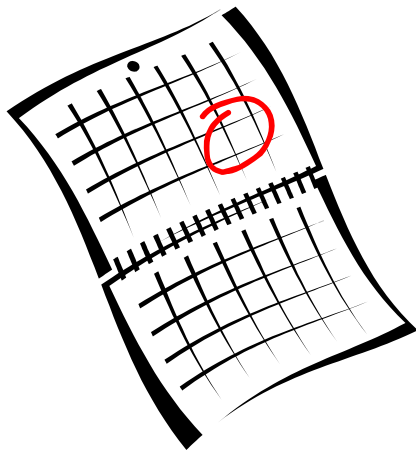
This year we are implementing a new online swim meet sign up procedure. This will allow us to enter meets in a timely manner assuring that our swimmers are provided with the opportunities to realize their growth, as well as creating opportunities for swimmers to take more ownership of their competitive experiences in an extremely convenient manner.

Again, we are excited and optimistic about the future of this program and are extremely thrilled to have your child and your family involved. You will find in this packet the needed information required to register your child for the upcoming swim season. **Registration for returning swimmers is due by Friday, September 4, 2009 to guarantee your child's place in the program. New swimmer registration will open on September 11, 2009 and will close on Friday, September 18, 2009.**

Please be sure to go through all of the information in this packet for some things and procedures have changed, and we do not wish to have your child miss out on having a wonderful experience.

Jason

Jason C. Paige
Competitive Swimming Director



IMPORTANT DATES

September 4 th	Returning Swimmers Registration Due <i>* place will not be guaranteed if registration is not received by this date</i>
September 5 th – 10 th	No Registration will be accepted
September 9 th & 10 th	New Swimmer Tryouts 5:00 – 6:00 pm
September 11 th	New Swimmer Registration Opens
September 14 th	1 st Day of Non-Competitive Team Practice
September 18 th	New Swimmer Registration Closes
September 19 th	Swim Team Kick-Off Party 6:00 – 9:00 pm <i>Rain or Shine</i>
September 21 st	1 st Day of Competitive Team Practice
October 16 th	Parent Social <i>Details to Follow....</i>

Squad Descriptions

Group Name:	SILVER SQUAD – Three 12 Week Sessions (Fall, Winter, Spring)
Group Focus/ Philosophy:	Instructional in Nature and a beginning level for future Caiman swimmers. The group will work on proper body balance and the coordination of each of the competitive strokes.
Group Name:	GOLD SQUAD – 8/Under (September-June)
Group Focus/ Philosophy:	Swimmers will work on continued development in areas of body balance, stroke and breathing coordination, racing techniques such as starts and turns, and are introduced to team dynamics, such as good sportsmanship and commitment.
Group Name:	RED SQUAD – Three 12 Week Sessions (Fall, Winter, Spring)
Group Focus/ Philosophy:	This is a group that promotes health and fitness for swimmers ages 10-14. This level is designed to develop swimming technique and expose young swimmers to aerobic conditioning in a laid back environment where their physical fitness is the top priority. The four competitive strokes will be taught; however freestyle and backstroke will be the primary strokes used for conditioning purposes.
Group Name:	WHITE SQUAD (September-June) 9 year old swimmers
Group Focus/ Philosophy:	High levels of attention will be spent on continued stroke development, starts, and turns in a team environment. Here swimmers will be exposed to pace clock usage and interval training as the season progresses, and will incorporate dry land training to develop core strength. The coaching staff will continue to emphasize team dynamics such as good sportsmanship, commitment, as well as promote a high sense of team pride. This group will introduce the swimmer to aerobic conditioning and development.
Group Name:	BLUE SQUAD (September-June) 10-12 year old swimmers
Group Focus/ Philosophy:	High levels of attention will be spent on continued stroke development, starts, and turns in a team environment. Here swimmers will be exposed to pace clock usage and interval training as the season progresses, and will incorporate dry land training to develop core strength. The coaching staff will continue to emphasize team dynamics such as good sportsmanship, commitment, as well as promote a high sense of team pride. This group will introduce the swimmer to aerobic conditioning and development.
Group Name:	STARS & STRIPES SQUAD (September-August)
Group Focus/ Philosophy:	This is an advanced level of the Age Group program which focuses on continued stroke development and higher levels of aerobic conditioning, as well as racing fundamentals like starts & turns. Swimmers will begin to apply goal setting techniques to enhance their training
Group Name:	SENIOR SQUAD (September-August)
Group Focus/ Philosophy:	Senior swimming focuses on continued development in all areas of the sport through water workouts as well as dry land training. Goal setting is a major part of this groups' development as well as the improvement of leadership skills. Swimmers in this group will follow a training cycle that implements stroke technique improvement, aerobic conditioning and racing strategies. Time will be spent on mental development and cognitive understanding of the sport. Swimmers are asked to demonstrate higher levels of commitment and will represent the New Canaan YMCA at the local, State, Regional and National/International areas. Training cycles and plans will be prescribed based on individual ability, commitment and goals.

For Your Information...

- **NEW SWIMMERS - A copy of birth certificate is required for USA registration.**
- **TRANSFERS!!!** Release forms needed for transferring swimmers.
- **Returning swimmer registration is due by September 4th. We will not accept any registrations from September 5th – 10th. Registration on September 11th will be on a first come – first serve basis until the team is full.**
- **A TEAM CAP AND SUIT ARE TO BE WORN IN ALL COMPETITION.**
- **REGISTRATION FOR SWIM TEAM IS ON AN ANNUAL BASIS, WHICH INCLUDES LONG COURSE.**
- **Families will have the opportunity to pay with one check or one credit card, as long as they register on the appropriate registration dates.**
- 100% of annual **Dues Assessment** total for the following year can be worked off by volunteering after earning the required credits.
- We are a SPEEDO sponsored team. Our team apparel supplier is “Metro Swim Shop”. Team apparel information and forms will be available at registration for your convenience. Debbie Cosme is our Metro Swim Shop Representative.
- **Please Note...Any returning swimmers not registered by September 4th and “attending practices” will have a \$50 Late Registration Fee Added.** This action is required in order to minimize the "Personal" appointments necessary and the extra coordination required to post the registration to the appropriate accounts. Returning families should already understand this registration procedure and the added inconvenience such "appointments" create. **This does not apply to NEW families after the registration days.**
- NCYMCA Caimans will continue to cover all relay entry fees throughout the year.
- NCYMCA Caimans sets aside funds whereby **any** swimmer going to YMCA Nationals will receive 10% for **each** consecutive year he/she has been a member of the team (not to exceed \$400) — to cover **transportation expenses**; i.e. airfare, van, train, etc. Any swimmer making and representing the Connecticut Zone Team will receive reimbursement, in the same fashion, not to exceed \$250 towards the Zone Team expenses. Swimmers attending travel meets and events that are not Sanctioned USA Championships will cover a percentage of Coaches travel and lodging. Visit www.ctswim.org for details about travel reimbursement for other USA Championship meets.

Required Equipment

It is important that all swimmers have the necessary equipment for training and developmental purposes. The YMCA has a limited supply of the equipment that is used; however it is encouraged that each swimmer have their own gear to allow for proper fit, and a timely start to each practice. All equipment will be available for purchase through Metro Swim Shop.

Squad	Equipment needed
Silver, Gold, Red, Blue & White and Stars & Stripes	Fins
Senior	Fins, paddles, kickboard, buoy, old sneakers, snorkel, foot tube, mesh bag

- Please purchase the required equipment from Metro Swim Shop to be sure that the gear meets specifications set by the coaching staff.

**Equipment may be stored at YMCA during the Short Course Season. Equipment is not to be left on the pool deck or in the locker rooms when practice is not in session. Swimmers that do not have the appropriate gear may be forced to train without the required equipment due to the limited supply that the YMCA has to offer.*

REFUND POLICY

New Canaan YMCA Refund Policy for Swim Team Program:

- Should the YMCA need to cancel any program, full refunds will be issued. (Policy for all YMCA Programs.)
- Should the participants cancel three or more business days (Mon-Fri) prior to the beginning of the season, a full refund less a \$15 service charge will be issued.
- Should the participant cancel within 3 weeks from the beginning of the season, 75% of the program fee will be refunded to the participant, less a \$15 service charge.
- Should the participant cancel within 5 weeks from the beginning of the season, 50% of the program fee will be refunded to the participant, less a \$15 service charge.
- Should the participant cancel more than 5 weeks from the beginning of the season, no refund will be granted.
- Should the participant cancel due to medical reasons, a prorated refund, less a \$15 service charge will be granted, provided written notification to the YMCA of withdrawal and written verification by physician is submitted.
- Should the participant be dismissed from the program due to behavioral issues or lack of commitment, no refund will be given.

HIGH SCHOOL POLICY

High School students wishing to swim both their High School season and the YMCA are able to do so if they choose. They will be able to attend any senior team practice but their schedule must be agreed upon by the swimmer and the NCY coach **prior** to the start of the YMCA short course season for the girls and Mid-November for the boys. Swimmers realize that they will compete unattached for the duration of the season (unless the high school league permits it) and will not be eligible to swim under the NCY banner until after the conclusion of their season. In addition, once a schedule has been agreed upon, it is up to the swimmer to fulfill the responsibility of attending those practices or they will be asked to choose one over the other. There is no program discount for swimmer who elect to participate in both high school and YMCA/USA meets. **There is a \$200 discount for all swimmers that participate on a high school team.**

It is also the responsibility of the swimmer to notify the coach of any deviation from the agreed upon schedule.

SWIM MEETS EXPLAINED

The New Canaan YMCA participates in both YMCA and USA Swimming leagues.

Both leagues offer two different types of meets. They are sanctioned and non-sanctioned/approved meets. Below is an explanation of the two types of meets.

Sanctioned Meets:

These meets require teams to pre enter swimmers usually four to eight weeks in advance in order to secure a place in the meet. Each team is assigned workers based on the size of their entry so the more swimmers that are entered will dictate a higher number of volunteer workers that must be provided. Also the size of a team's entry can impact other team's acceptance into a meet. A team with a large entry will take up a majority of the available space in a meet. Most meets must conclude in less than four hours. Once enough entries have been received to exceed the maximum time duration the meet is considered over subscribed and no new entries will be permitted. Teams are permitted to make scratches on the day of the meet that will help reduce the length of the meet; however large quantities of scratches are embarrassing to the meet host and the scratching team, it decreases the competitive level of the meet, and it leaves a team with a lot of volunteer worker responsibilities to be covered by a smaller percentage of available workers. No new entries will be accepted on the day of the meet. With this in mind we ask families to please sign up for meets that you know your swimmer(s) will be able to attend, and to keep in mind that the scheduled meets are done so with the swimmers development in mind. Failure to attend the majority of the meets may result in a swimmer being moved out of the competitive program.

Also USA/CT Championship eligibility rules requires that swimmers must compete in at least one regular season CT Swimming sanctioned USA event in order to be eligible to compete in either the Regional and/or Age Group Championship meets. The NCY Caimans hosts two of these meets in the regular short course season (one in October and one in January).

YMCA National Championship eligibility rules require that swimmers must participate in at least one YMCA sanctioned event, and at least three other YMCA meets (sanctioned or non-sanctioned). There are a limited number of these meets offered each season so it is vital that swimmers that intend on participating in the YMCA National Championships attend the scheduled YMCA league meets.

Sanctioned meets also require that swimmers pay what is called a splash fee. The splash fee is the amount of money (set by the meet host) a swimmer needs to pay for a race. Usually the splash fee is about \$4.00 but can fluctuate depending on the meet host's discretion. The splash fee is located in the meet announcement and once posted it can not change. Certain meets like championship meets usually have a higher splash fee than non-championship meets. These fees are non-refundable and will be deducted from your USA Account.

Sanctioned meets are also usually two day meets that run different events on each day. They can also be one day only meets as well. In some cases the meets may begin on a Friday evening as well as Saturday and Sunday, and championship meets may begin on Thursday evening, and run Friday-Sunday.

Non-Sanctioned/Approved Meets:

These are usually duel meets that involve two or three teams, and the entry is submitted about one week prior to the start of the meet. The number of volunteer workers is set, to cover the meet management responsibilities and these responsibilities are shared evenly by the two/three teams attending. Usually scratches are not done at these types of meets so it is very important that if a swimmer is signed up that they attend.

Visit the team website for more information on the meet schedule – www.ncyac.org

NEW CANAAN YMCA CAIMANS

EXPLANATION OF FEES

The New Canaan YMCA competitive swim program is affiliated with both the National YMCA and United States Swimming (USA). Our Local Swimming Committee is **Connecticut Swimming, Inc. (CSI)**. The fees indicated for our program are reflective of the Club's participation in both programs and are required of all participants.

YMCA MEMBERSHIP: The Y membership fees are used for covering the actual YMCA facility expenses--use of pool, building, gym, lockers, showers, free weight room (high school and older), racquetball and squash courts (must be at least 13 years old or accompanied by an adult).

PROGRAM FEES: This fee covers the coaches' salaries and administrative costs. The YMCA requires full payment of program fees upon registration. Swimmers are given the opportunity to sign up for a full year of competitive swimming and instruction (September-August).

TEAM DUES: Our team has established a system where the commitments necessary to run the club from a personal and financial standpoint can be met. We have expenses for running the team that the YMCA does not cover, i.e. Fed Ex mailings, printing, equipment, purchases, repairs, computer supplies, awards, coaches' clinics and certification, timing system, and travel expenses for coaches. Your family's Team Dues are determined at registration and must be paid in full at registration. A minimum number of credits must be earned before dues can be worked off through volunteering and ad procurement throughout the year if desired with credit brought forward at the next fall registration.

USA SWIMMING MEMBERSHIP/REGISTRATION: United States Swimming is the national governing body for swimming in the United States. The New Canaan YMCA Caimans Club is a member of USA Swimming through the Local Swimming Committee (LSC) of Connecticut Swimming Inc. NCYMCA Caimans participates in USA sanctioned meets throughout the course of the year. These meets are in addition to the YMCA dual and championship meets. As a member of NCYMCA Caimans, you are required to register with USA Swimming, in order to participate in these meets, as well as be insured while participating in practices and meets. The membership fee for *each* athlete is **\$55, effective from the September registration date through the next December.**

USA DEPOSIT ACCOUNT: All NCYMCA Caimans swimmers are strongly encouraged to participate in USA sanctioned meets held during the year. Entry fees are charged for each event and swimmer at the time they are entered, regardless of whether they compete. Charges per event (Splash Fee) generally range from \$3-\$5 depending on the meet.

The amounts indicated on the Program Fee Schedule under USA Fees include monies which will be held on deposit for each swimmer by the **NCYMCA Caimans-USA Swimming Treasurer**. The required deposit amounts were determined based upon average charges incurred in prior years by swimmers at each team level. When meet entries are submitted, each participating swimmer will be charged the appropriate fee against this deposit. This deposit **BALANCE** is refundable, to the extent it is not needed to fund meet activity or fulfill other NCYMCA Caimans financial commitments. Some swimmers who compete actively, may be asked during the course of the season to make additional deposits to their account, as they cannot be entered in a meet if their account has a negative balance. Requests for additional deposits, if needed, will be sent as appropriate. If at any time you have questions regarding a balance or meet charges, contact our **USA Swimming Treasurer**.

NCY CAIMANS

2009-2010

PRACTICE SCHEDULE

- Practice times in **BOLD** indicate that practices will include dry land training and that swimmers should come prepared to exercise on land as well as in the water (sneakers, shorts, shirt)

Level	Mon	Tue	Wed	Thu	Fri	Sat
SENIOR LEVEL						
SENIOR	5:30-6:45am === 3:15-4:00pm 4:00-5:30pm	4:00-6:00pm	5:30-6:45am === 3:15-4:00pm 4:00-5:30pm	4:00-6:00pm	5:30-6:45am	6:00-8:00am 8:15-9:00am
AGE GROUP LEVEL						
STARS & STRIPES	5:45-6:15pm 6:15-7:30pm	6:00-7:15pm	5:45-6:15pm 6:15-7:30pm	6:00-7:00pm	4:15-5:30pm	8:00-9:00am 9:15-9:45am
BLUE	7:00-7:30pm 7:30-8:30pm	7:15-8:30pm	7:00-7:30pm 7:30-8:30pm	5:00-5:45pm DL Only	5:30-7:00pm	8:00-9:00am 9:15-9:45am
WHITE (9 yr. olds)	5:15-6:30pm	7:15-8:30pm	5:15-6:30pm	5:00-5:45pm DL Only	5:30-7:00pm	8:00-9:00am 9:15-9:45am
RED <i>Group A</i>		3:15-4:00pm Diving Well		3:15-4:00pm Diving Well		
RED <i>Group B</i>		6:00-6:45pm Rec. Pool		6:00-6:45pm Rec. Pool		
INTRO LEVEL						
GOLD <i>8/Under</i>	5:15-6:15pm	5:45-6:45pm	5:15-6:15pm			9:00-10:00am
SILVER <i>Group A</i>	4:00-4:45pm Diving Well				4:00-4:45pm Diving Well	
SILVER <i>Group B</i>	4:45-5:30pm Diving Well				4:45-5:30pm Diving Well	

2009 – 2010 NCYMCA CAIMANS
ANNUAL PROGRAM FEE SCHEDULE

SQUAD	PROGRAM FEE <i>Special Payment Plan available for Program Fees</i>	USA DEPOSIT <i>\$55 annual USA membership included May need to add to deposit throughout the year when requested by USA Treasurer</i>
SILVER (12 week session)	\$500	N/A
RED (12 week session)	\$500	N/A
GOLD	\$1,000	\$155
BLUE & WHITE	\$1,285	\$200
STARS & STRIPES	\$1,745	\$220
SENIOR SQUAD	\$2,000	\$420 <i>Senior USA Deposit includes pool rental for Christmas training</i>
SENIOR SQUAD – High School Team Swimmer	\$1,800	\$420 <i>Senior USA Deposit includes pool rental for Christmas training</i>

FAMILY TEAM DUES ASSESSMENT

NOVICE/NEW SWIMMER (No USA Experience)	\$ 156
RETURNING/EXPERIENCED USA SWIMMER	\$ 256
PROGRAM AD ASSESSMENT (PER FAMILY)	\$ 31

► PARENT REQUIREMENTS ◀

In an effort to involve the families of all of our swimmers at a greater level, the Parent Association is requiring that families earn 4 credits (volunteer and/or educational) during the swim team season prior to gaining access to the dues reduction plan. Please see website for volunteer opportunities.

Failure to earn 4 credits will result in a \$50.00 fine for each credit not earned which must be paid prior to the start of the following swim team season or your swimmer(s) will not be permitted to participate in the program.

ALL TEAM MEMBERS MUST HAVE A NCYMCA MEMBERSHIP

FAMILY - \$1,313 + \$100 one time joiner fee for new members

STUDENT (ages 15-21) - \$415 + \$50 one time joiner fee for new members

YOUTH (ages 5-14) - \$229 + \$25 one time joiner fee for new members

2009-2010 CAIMAINS REGISTRATION FORM

Family Name: _____ Parent's e-mail: _____

Father's Name: _____ (Include last if different from family name) Mother's Name: _____ (Include last if different from family name)

Home Tel. #: _____ Fax #: _____

Father Cell: _____ Mother Cell: _____

Address: _____ (Street) _____ (City) _____ (State) _____ (Zip)

Place(s) of employment of parent(s) for coaches' day contact:

Parent: _____ Company: _____ Tel: _____

Parent: _____ Company: _____ Tel: _____

Swimmer Profile(s): USA Swimming requires a copy of birth certificate if NEW to USA Swimming

Swimmer's FIRST NAME	Middle Initial	LAST NAME (if different)	Date of Birth	High School Team Participant	Summer Swim Team/Club
1.					
2.					
3.					
4.					

Swimmer's FIRST NAME	Practice Group ³	YMCA Mbrshp Type & Expiration	YMCA Mbrshp Fee	Program Fee	USA Deposit Amt.	Team Dues
1.						
2.						
3.						
4.						
³ By Coach after testing		SUBTOTALS:				
		+/- ADJUSTMENTS				
		FEE TOTALS:	A.	B.	C.	D.

When a swimmer joins our team, his/her parents automatically become members of the Parents' Association and assume the responsibility to support and participate in the team's activities.

I have read and understand the program and fee schedule as well as the commitment on the part of my swimmer(s) and myself.

PARENT/GUARDIAN SIGNATURE: _____

TOTAL ALL FEES: A,B,C,D	
AD ASSESSMENT	+ \$31
GRAND TOTAL	

CREDIT CARD PAYMENT AUTHORIZATION:

Credit Card # _____ (Visa & MasterCard only) Exp. Date: _____

Signature: _____

Signature authorizes NCYAC to charge Registration Grand Total to credit card. Any future charges (i.e. USA deposit account) will be applied to this same credit card after notification of an outstanding balance.

2009-2010

CAIMANS SWIM TEAM
SWIMMER'S MEDICAL PROFILE
(To be filled out completely by parent or guardian)

Name of Swimmer: _____ Sex _____ Birthdate: _____

Insurance Company and Policy #: _____

In an emergency, notify: _____ Relationship: _____

Address: _____ Telephone: _____

Health History

Allergies: (check if applicable)

Hay Fever _____
Asthma _____
Ivy, Oak, etc. _____
Insect Sting _____
Drugs (Specify) _____
Foods (Specify) _____

Chronic/Recurring Illness:

Earaches _____ Throat Problems _____
Sinus _____ Infections _____
Heart _____ Stomach _____
Epilepsy _____ Rheumatic Fever _____
Diabetes _____ Other _____

Physician's Name: _____ Telephone: _____

Details relating to above _____

Medications being taken (name and explain): _____

Operations, injuries, special needs, special restrictions (explain): _____

Is there any further information you wish to add concerning your swimmer's medical history? _____

Medical Release Form

I hereby give permission for the above-named athlete to be medically administered to in case of emergency.

Signature: _____ Parent? _____ Guardian? _____

Date: _____

**THIS FORM MUST BE COMPLETED AND RETURNED TO YOUR SWIMMER'S COACH. IF IT NEEDS UPDATING, PLEASE
BE SURE THE COACH IS NOTIFIED**



NEW CANAAN YMCA

MEMBERSHIP APPLICATION FORM

Member Information

Name: _____
(first) (middle initial) (last)

Sex: M F Date of Birth _____

Home Address: _____
(street) (town/city) (state) (zip code)

_____ (email address) _____ (home telephone)

_____ (work phone) _____ (cell phone)

MEMBERSHIP CODE OF CONDUCT

Membership is a privilege which may be suspended or revoked by management for abusive behavior, profanity, noncompliance with rules, failure to comply with staff, or other behavior deemed unacceptable and inappropriate.

Members are required to carry their ID card(s) and scan them each and every time as they come into the building.

Members are required to have their picture taken and linked to their membership account.

STAFF ONLY	
Entered By: _____	
Annual	Bank Draft
Membership Type: _____	
Member # _____	
Date: _____	

Adult Household Members:

<u>First</u>	<u>MI</u>	<u>Last</u>	<u>Sex</u>	<u>D.O.B.</u>	<u>Relation</u>
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____

Children Household Members:

1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____

List all authorized contacts in case of emergency.

<u>Name:</u>	<u>Phone #</u>	<u>Relation</u>
1. _____	(____) _____	_____
2. _____	(____) _____	_____

OVER

<p>How did you hear about the YMCA? (check all that apply)</p> <p><input type="checkbox"/> Employer <input type="checkbox"/> Family <input type="checkbox"/> Friend <input type="checkbox"/> Medical Referral <input type="checkbox"/> YMCA Member <input type="checkbox"/> Brochure/Flyer <input type="checkbox"/> Direct Mail <input type="checkbox"/> Newspaper <input type="checkbox"/> Radio <input type="checkbox"/> School <input type="checkbox"/> Television <input type="checkbox"/> YMCA Website <input type="checkbox"/> Yellow Pages <input type="checkbox"/> Outside Sign <input type="checkbox"/> YMCA Event <input type="checkbox"/> Other _____</p>	<p>My main interests are: (check all that apply)</p> <p><input type="checkbox"/> Aquatics <input type="checkbox"/> Family Programs <input type="checkbox"/> Fitness <input type="checkbox"/> Fundraising <input type="checkbox"/> Socialization/Meet Friends <input type="checkbox"/> Sports Programs <input type="checkbox"/> Teen Programs <input type="checkbox"/> Time for Self <input type="checkbox"/> Youth Programs <input type="checkbox"/> Other _____</p> <p><u>Volunteering</u></p> <p><input type="checkbox"/> Coaching <input type="checkbox"/> Special Event <input type="checkbox"/> Fundraising <input type="checkbox"/> Instructor <input type="checkbox"/> Committee</p>
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I am a:

Regular Exerciser
 Non-Exerciser
 Returning Exerciser



We build strong kids,
strong families,
strong communities.
NEW CANAAN YMCA

ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY

To: YMCA of New Canaan, its branches, officers, directors, trustees, managers, employees, volunteer staff and agents (collectively and individual hereinafter referred to as the "Y").

The undersigned on behalf of himself/herself and his/her minor children named below (hereinafter collectively and individually referred to as the "Releasors") acknowledges that Releasors may participate in activities involving risk of injury to person or property, and that they assume full responsibility for all such risk. Other than as set forth below, the undersigned certifies that each of the Releasors is in good health with no condition, illness or abnormality which might subject them to undue personal risk from engaging in such activities. In the event of any emergency requiring medical care, the Y is hereby authorized to use its best efforts to obtain whatever medical treatment it deems necessary or appropriate under the circumstances.

Furthermore, to the extent permitted by law, the undersigned on behalf of the Releasors hereby specifically releases, waives, discharges and covenants not to sue the Y with respect to any or all liability to the Releasors, their heirs, personal representatives and assigns for any loss or damage, and any claim or demand therefore, on account of injury to person or property, including death unless caused by the gross negligence or willful misconduct of the Y or its employees while Releasors are in, on or about any premises of the Y or using any of the Y's facilities or equipment or participating in any program affiliated with the Y, without regard to location.

The undersigned expressly agrees that the foregoing Waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, the undersigned agrees that the balance shall, notwithstanding, continue in full force and effect. The undersigned understands that the Y has the right to dismiss any person whose actions or attitude are deemed detrimental to the Y and/or other participants, with all fees forfeited.

Children of the undersigned included herein: _____

Emergency Contact: Name: _____ Phone: _____
Name: _____ Phone: _____

Medical Concerns: _____

If emergency contact or medical concerns change, the undersigned accepts responsibility for notifying the Y in writing of the change.

The undersigned gives permission for photos or videotapes of himself/herself and his/her children named below while participating in Y activities to be used for promotional purposes. (Cross out and initial if permission not given.)

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THIS ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY, AND FURTHER AGREES THAT NO REPRESENTATIONS OR STATEMENTS OTHER THAN THOSE SET FORTH HEREIN HAVE BEEN MADE.

Date: _____ Signature: _____

(must be 18 years of age or older)

2009 New Canaan YMCA Caimans Apparel Order Form

ORDERS DUE BY SEPTEMBER 25, 2009

Metro Shim Shop is the official team vendor – contact Debbie Cosme at 860-651-5063

▼ MANDATORY FOR ALL SWIMMERS ▼

Age Group and Senior Swimmers can choose to purchase a lycra or Aquablade suit

ITEM	Price	Qty	Total
<input type="checkbox"/> FEMALE Lycra Flyback –narrow straps Youth 4/20 6/22 8/24 10/26 12/28 Adult 0/ 26 2/28 4/30 6/32 8/34 10/36 12/ 38 14/40	\$42.00		
<input type="checkbox"/> FEMALE Aquablade – record breaker straps Youth 4/20 6/22 8/24 10/26 12/28 Adult 0/ 26 2/28 4/30 6/32 8/34 10/36 12/ 38 14/40	\$63.00		
<input type="checkbox"/> MALE Lycra Brief Youth - 22 24 26 28 Adult - 30 32 34 36 38	\$23.25		
<input type="checkbox"/> MALE Quantum Jammer Youth 22 24 26 28 Adult 30 32 34 36 38	\$32.25		
<input type="checkbox"/> MALE Aquablade Jammer Youth - 22 24 26 28 Adult - 30 32 34 36 38	\$52.50		
<input type="checkbox"/> Navy Cotton Team Short Sleeve shirt with team logo	\$13.85		

▼ OPTIONAL TEAM APPAREL ▼

ITEM	Price	Qty	Total
<input type="checkbox"/> Navy Hooded Sweatshirt with team logo YM (10-12) YL (14-16) AS AM AL AXL One Word embroidered _____	\$27.35		
<input type="checkbox"/> Speedo Swimmers BACKPACK – Navy One Word embroidered _____	\$73.30		
<input type="checkbox"/> Speedo Swimmers DUFFEL – Navy One Word embroidered _____	\$52.25		
	\$7.00		
TOTAL	▶▶▶▶	▶▶▶	

Name: _____ Phone: _____

Address: _____ Town/ST: _____

Check# _____ Credit Card # _____

Exp. _____ CVC # _____

PLEASE MAKE CHECKS PAYABLE TO: METRO SWIM SHOP