



BLUEFISH SWIM TEAM REGISTRATION

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Participant Data

Swimmers Name: _____

Gender: M / F

Grade: _____

Address: _____

Is participant an Annual YMCA Member?

City: _____ State: _____ Zip: _____

[] Yes [] No

Age: _____ Birthdate: ____/____/____

*If unsure of practice group, please communicate with Coaches before registering

Practice Group: Please check off which practice group your swimmer is registering for:

[] Blue [] Red [] Green 1 [] Green 2 [] High School

Family Data

Legal Guardian: [] Both Parents [] Mother [] Father [] Other: _____

Parent /Guardian 1: _____

Parent/ Guardian 2: _____

Home Phone: (____) _____

Home Phone: (____) _____

Cellular Phone: (____) _____

Cellular Phone: (____) _____

Email Address: _____

Email Address: _____

Employer: _____

Employer: _____

Work Phone: (____) _____

Work Phone: (____) _____

Medical/Emergency Data

If my child becomes ill or injured and I cannot be contacted, the Waldo County YMCA has my permission to contact and release my child to the custody of one of the following:

Table with 5 columns: Name, Relationship to Child, Home Phone, Work Phone, Cell Phone

Swimmer Medical Information: Medications: _____ Allergies: _____
Any pertinent medical/emotional needs information Coaches & Lifeguards need to be aware of? _____

Doctor's Name: _____ Date of last physical: ____/____/____ Date of last tetanus shot: ____/____/____
Address: _____ Phone: _____
Insurance Company: _____ Policy #: _____

Release To Participate

In signing this agreement, I specifically assume all risks of injury arising out of my/my child's presence on the premises of the Waldo County YMCA, the use of its equipment or facilities, and my/my child's participation in its activities, whether on its premises or at another location, and for myself and my heirs and assigns to hereby waive, release and agree to hold free from all claims for damages the YMCA and its officers, directors, members, volunteers, employees, or agents.
I understand the risks and dangers involved in participating in the programs and activities of the YMCA. I certify that I/my child is physically capable of any activity that may injure myself/my child or others.
I hereby authorize the employees of the Waldo County YMCA to call emergency medical assistance and/or perform basic first-aid procedures that are necessary in the judgment of the YMCA. I hereby authorize qualified medical personnel to administer necessary anesthesia and medical treatment to myself/my child in the event of an accident.
Because of the nature of our programs, the Waldo County YMCA staff may be transporting your child throughout the State of Maine by bus, van, or personal vehicle. All staff members transporting children are over the age of 21 and have a valid driver's license. I give the Waldo County YMCA personnel permission to transport my child by bus, van, or personal vehicle. I hereby authorize the YMCA to use photos and/or videos of me/my child/my family in promotional activities.
I have read this agreement and I fully understand its term, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without inducement, assurance or guarantee being made to me and intend my signature to be a complete and conditional release of all liability to the greatest extent allowed by law.

Participant Signature (parent/guardian if child is under 18): _____ Date: ____/____/____

PRACTICE GROUP DESCRIPTIONS AND PREREQUISITES

Green Prerequisites: Your swimmer must be able to pass our deep-water test and be six years of age. Swimmers need to be able to complete 25 yards of freestyle and backstroke to qualify for these groups.

The green group skill level will practices 2x/week.

Green Group 1: Practices on Mondays & Wednesdays 4:30-5:15pm : these are first and second year Bluefish swimmers who are focusing on improving freestyle, rotary breathing, backstroke and dives. Meet participation is recommended.

Green Group 2: Practice on Tuesdays and Thursdays 4:30-5:15pm: For swimmers who are proficient in freestyle and backstroke who will now be focusing on stroke development including, the Individual Medley (IM), flip turns and building endurance. Swimmers need a recommendation from a coach -OR- have competed with the Bluefish for a minimum of two seasons to join this practice group. Meet participation throughout the season, including the State Meet, is expected.

Red Prerequisite: Your swimmer must be able to swim 50 yards continuously of freestyle and backstroke to join this practice group. This level focuses on stroke technique, introducing butterfly and breaststroke technique, interval training, and building endurance. This group is expected to practice minimally 3 times per week. Red Group practices from 5:15- 6:15pm Monday through Thursday and on Friday from 4:30-5:30. Meet participation, including the State Meet, is expected.

**New Bluefish swimmers who are in Grades 6-12 are recommended to register for this practice group.*

Blue Prerequisite: This is our highest level practice group. Swimmers must be legal in all four strokes, have the ability to follow work-outs independently and have a strong work- ethic. This group is for motivated athletes who have demonstrated their ability to keep up with the pace of workouts at this level. This group focuses on improving times and stroke efficiency. Your swimmer is expected to commit to at least 4 practices per week, if not 5. Blue Group practices are Monday through Friday from 3:00- 4:30pm. Swimmers are expected to participate in the majority of regular season meets. Participation in the State Meet is expected. Blue level swimmers are also strongly encouraged to join USA Swimming.

High School: This group is for swimmers who have demonstrated advanced commitment to the sport of swimming with the Bluefish swim team. These athletes will be expected to attend a minimum of one Bluefish practice per week and compete with us Pre-High School season and after. These swimmers will join Blue Group practices as their season permits. Participation in the majority of the regular season meets and the State Meet is expected. High School swimmers are strongly encouraged to join USA Swimming.