

2019 ARAPAHOE WARRIOR SWIMMING CLINIC
October 21 - November 7th (M-Th.) 3:45 – 5:10 pm

APPLICATION AND RELEASE FORM
(attach registration fee w/paperclip please)

Athlete name _____ Email _____

Address _____ City/State/Zip _____

Phone number _____

T-Shirt: circle size: Small Med. Large XL

(Paper clip check to registration form - Check number _____)

Swimming Clinic Fee: Three weeks (Mon-Thur.) Fee \$99.00 (check only) or \$33.00 per week.

Swimming Clinic checks MUST be payable to Mike Richmond/Arapahoe Head Swimming Coach

Health Insurance Company _____ Policy _____

Non Parent Emergency Notification/Name/Relationship _____ Telephone _____

Allergies to Medication _____ Required Medication (must be self-administered) _____

Additional medical problems / information (asthma, heart murmurs etc) _____

MEDICAL TREATMENT AUTHORIZATION

I _____, do hereby appoint and authorize the Arapahoe Swimming and Diving Booster Club and its designated representatives as my Attorney-in-Fact to obtain and consent to any and all medical/dental attention and hospital care and treatment, including major surgery, deemed necessary by an appropriate medical/dental provider selected by Attorney-In-Fact for the health and well-being of my son/daughter. _____

I hereby release and exonerate and discharge the Arapahoe Swimming Boosters, Arapahoe High School and its representatives from any or all actions or causes of actions, known and unknown, from any injuries incurred in camp or on the way to and from clinic/camp. This power shall terminate on _____ (three days following the end of camp is recommended.)

Please note: BY ITS NATURE, PARTICIPATION IN ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG - TERM CATASTROPHIC TO EVEN DEATH. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES AND INSPECT EQUIPMENT DAILY.

The Arapahoe Booster Club does not screen applicants for illness, injury, allergies or other medical conditions that would prevent or limit the participation by the applicant in athletics. It is the responsibility of the parents or guardians of each applicant to determine his or her fitness to participate in athletics.

By signing this Permission Form, I acknowledge that I have read and understood the above warning. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics. (I, in my own behalf of this applicant, hereby release the Arapahoe Swimming and Diving Booster Club, Arapahoe High School and its representatives, from any financial responsibility or liability arising from injury to this applicant in connection with his or her participation in the clinic, including injury resulting from negligence (of any kind) of the representatives of the Arapahoe Swimming Program.

Signed _____ day of _____, 20_____.

Parent or Legal Guardian _____

Address _____

City/state/Zip Code _____

ARAPAHOE WARRIOR SWIMMING

Preseason Swimming Clinic Information

2019 Fall AHS Swimming Clinic:

Monday, October 21 - Thursday, November 7th (Mon-Thurs, 3:45 – 5:10 pm)

All clinic participants need to order a swimming t-shirt. Specify the t-shirt size on the registration form.

Head Varsity Arapahoe Swimming Coach Mike Richmond & Assistant Swimming Coach Randy Hyre will direct the program. The clinic will emphasize swimming techniques and progressive conditioning. At least three “swimming” coaches per day will provide instruction.

Please Note: Pre-season clinic/practices are informal which means no attendance is taken and it will not and cannot impact lettering!

Late start: after the first or second week, athletes may join the swimming clinic after the first, or second week. Dues are set at \$33.00 per week.

Checks should be made out to the head coach Arapahoe Head Swimming, Coach Mike Richmond. Please use a paper clip to attach the registration fee to the “Application and Release Form”

Pre-Season Advise:

Ideally, swimmers should be prepared to begin practice the first day of mandatory practice.

Swimmers will be expected to complete a timed 1000 yard freestyle with flip turns.

The clinic will enhance your skills and technique if you lack experience.

If you have not been swimming/diving, we recommended you progressively (gradually) increase your pre-season conditioning to one-half hour of endurance exercise at least three days a week.

Strive to work aerobically by maintaining your working heart rate between 120 to 150 (bpm) beats per minute.

Important-

1. **COMPLETE YOUR PHYSICAL EXAM** (prior to the specific AHS Sport (Swim/Dive) Registration day - (see #2 below)
2. **ARAPAHOE HIGH SCHOOL ATHLETIC DEPARTMENT SPORT REGISTRATION** - all athletes must be registered with the AHS Athletic Department by the first day of mandatory practice. Important: Note:
3. **BOOSTER CLUB REGISTRATION ARAPAHOE SWIMMING & DIVING REGISTRATION** is a separate registration. Make sure registrations are completed promptly.

The Arapahoe Swimming & Diving Booster Club charges team fees in order to support team activities, additional coach salaries, and miscellaneous expenses.

The AHS Girls Swimming program usually hires as many as eight to ten coaches.
(The AHS Boys team hires between 5-6 coaches.)

We look forward to seeing you at the pool.