

**Marymount University Developmental Swim
Program Waiver**

I, the parent and/or guardian of the undersigned participant, intending to be legally bound, hereby certify that the participant listed below is physically fit and has not been otherwise informed by a physician. I acknowledge that we are aware of all the risks inherent in swimming, training and competition, including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in the Marymount Developmental Swim Program. Furthermore, I hereby waive any and all claims against Marymount University, the Program Director, Head Coach, and Program Staff for losses or damages which may occur at or during the Marymount Developmental Swim Program.

Name of Participant _____

Parent/Guardian _____

Parent/Guardian _____

Signature _____

Date _____

EMERGENCY CONTACT

1. Name _____

Phone _____

2. Name _____

Phone _____

**Marymount University Aquatics
Programs**

Marymount Swim School

The Marymount University Swim School is designed to teach children ages 3-9 years old appropriate swimming skills in a positive and enthusiastic environment. Small groups ensure significant individual attention. The Swim School sessions are 5 weeks long, beginning in mid September and ending in Mid June. All classes are held on Saturday mornings.

Marymount Masters Swim Program

The Marymount Masters Swim Team provides coached swim training for the competitive, triathlete, and fitness swimmer.

The Masters group meets on Mon, Wed, & Fri mornings from 6:30-7:30am at the Rose Bente Lee Aquatic Center on the main campus of Marymount University, off Glebe Road in North Arlington.

**MARYMOUNT
UNIVERSITY
DEVELOPMENTAL
SWIM PROGRAM**

Ages 6-14

**At the Rose Bente Lee Center
Swimming Pool**

Sept 16, 2011 –April 29, 2012

***Wednesdays 3:30-4:30pm**

Fridays 5:30-6:30pm

Saturdays 9:00 – 10:00am

Sundays – 5:00-6:00pm

Sundays – 6:00-7:00pm

***new session**

For More Information call:

(703) 284-3832

Or email

mclark@marymount.edu

**THE BEST
DEVELOPMENTAL
SWIM PROGRAM IN
NORTHERN VIRGINIA!**

Head Coach, Michael Clark

The Marymount University Developmental Swim Program is directed by Marymount University Head Swimming Coach Michael Clark. Coach Clark is entering his 18th year as the Head Men's and Women's Swimming Coach at Marymount. Under his guidance, Marymount swimmers have won numerous conference championships. Coach Clark has been recognized as Conference Coach of the year four times. Additionally, Coach Clark has coached for several USS teams, currently as a Senior Group coach with the Curl-Burke Swim Club, as well as summer league teams from the NVSL, DCCL, and the CCSDA. A national qualifier in the breaststroke, Mike is widely recognized for his understanding of stroke technique and his ability to work with children of all ages and abilities.

The developmental swimmers are coached by members of the Marymount University Men's and Women's Swim Team. All the coaches have college swimming experience as well as summer league coaching experience.

The Developmental Program meets at the Rose Bente Lee Center Swimming Pool on the main campus of Marymount University. The pool is a 25 yard indoor heated pool, with locker room facilities.

Parents may remain in the pool area and watch from the spectator seating area.

Marymount University Developmental Swim Program

The Marymount University Developmental Swim Program is designed to help participants ages 6-14 improve their competitive swimming skills. Participants will learn swimming stroke technique, turning technique and starting technique in small groups from experienced swimming instructors and coaches. The Coach:Swimmer ratio is approximately 1:8. Swimmers are grouped according to age and ability levels.

The program runs from Sept 16, 2011 through the Sunday, April 29, 2012. The cost of the developmental program is \$425.00 for the year. A \$200.00 deposit is required to reserve a spot in the program, \$25.00 is non-refundable. **The balance of the program fee is due on the first day of swimming.**

We will conduct a developmental swim meet the last session in December before the Christmas Break and the last session of the program in April.

Every participant will receive a Marymount Swimming "T" shirt, a Marymount Swimming water bottle and a Marymount Swimming swim cap.

REGISTRATION

(Please write clearly)

Name _____

Address _____

City,State,Zip _____

Phone _____

Email _____

Date of Birth _____ Age _____

Summer League Team _____

Swimming Experience _____

Please list by **number**, in order of preference, the session you wish to attend.

_____ Wednesday 3:15pm

_____ Friday 5:30pm

_____ Saturday 9:00am

_____ Sunday 5:00pm

_____ Sunday 6:00pm

T-Shirt size _____ (ys, ym, yl, s, m, l, xl)

\$200.00 registration deposit required(\$25.00 is non-refundable) Balance of \$225.00 is due on the first day of swimming. Make check payable to Marymount University Developmental Swim Program.

You will be notified of your registration status approximately 2 weeks after receipt of this form.

Mike Clark, Head Swim Coach

Marymount University

2807 N. Glebe Road

Arlington, VA 22207

For more information please call (703) 284-3832.

mclark@marymount.edu