



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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LAKWOOD LIGHTNING

2013 COMPETITIVE SWIM TEAM

LAKWOOD-TRUMBULL YMCA, A BRANCH OF THE CENTRAL CONNECTICUT COAST YMCA

The Lakewood Lightning 2013 season is rapidly approaching! Once again we will be having one unified team, intended to benefit everyone. We will have daily practices as well as swim meets throughout the summer. Our meets are designed to give swimmers a fun opportunity to showcase their skills and demonstrate how hard they have worked in practice.

REQUIREMENTS: AGES 6-16

8 AND UNDER: Must be able to complete a solid 25 yards (one length of the pool) unassisted.

9 AND OLDER: Must be able to complete a solid 50 yards unassisted.

2013 SWIM TEAM FEE:

CCC YMCA/LAKWOOD-TRUMBULL YMCA MEMBERS: \$205

COMMUNITY MEMBERS: \$275

REGISTRATION:

Return the completed registration form, including payment & waiver to the Lakewood-Trumbull YMCA's Program Center (20 Trefoil Dr. Trumbull, CT, 06611).

We cannot accept registrations for the swim team after June 1st.

SCHEDULE:

KICK-OFF BREAKFAST: Saturday, June 22nd

AWARDS BANQUET: Saturday, August 10th.

WEEKLY PRACTICE SCHEDULE*:
MONDAY-THURSDAYS 5:30 - 7:00 pm
SATURDAYS 9:00 - 10:00 am

*SWIMMERS SHOULD PLAN TO ATTEND 3 PRACTICES/WEEK ON A REGULAR BASIS.

THUNDERSTORM POLICY:

In the case of inclement weather, participants will be called no later than 1 hour prior to practice time at the home phone number provided on your registration form.

PARENT PARTICIPATION:

The swim team is a program packed full of activities. We will have swim meets as well as the annual swim team breakfast, a pizza party, and special event nights. All this requires help and participation from the parents. We ask that parents involve themselves in at least 2 ways this season. This can be by timing or ribbon-writing at a meet, or helping organize and run an event. A sign-up sheet for all

volunteer positions will be posted on the record board between the women's and men's bath houses one week in advance of the date. With your help, we can really make the season the best we can for our swimmers.

CONTACT:

UNTIL MAY 1ST: Contact the Family Program Center in Trumbull @ 203-445-9633

AFTER MAY 1ST: Contact the Outdoor Center in Monroe @ 203-261-2566

TEAM SUITS:

This year's suit will once again be "Sonic Boom" in the green version. Boys have a choice between jammers (tight, thigh-length, rather like bike shorts) or the traditional Speedo. Further details will be sent home during the first week of practice. (Old team suits may be worn only if compliant with YMCA branding guidelines. See coaching staff with any questions)

ANNUAL SWIM TEAM BREAKFAST:

After the morning practice of June 22nd, we will hold our Annual Kick-Off Breakfast. We will send an e-mail to all registered participants letting you know what to bring to the breakfast prior to the day of the event. This event is a great opportunity for swimmers to get to know their coaches and each other as well as a forum to discuss the upcoming season schedule.

SWIM TEAM BANQUET:

As always, we will have a banquet at the end of the season. We will send out more information when the date is closer.

MEET SCHEDULE:

Lightning swimmers will compete in 3 meets this summer. All meets will be held home at our pool. Ribbons will be awarded for top finishers in each event. The meet schedule will be finalized by June 1st and distributed on the first day of practice to participants.

FACILITY USAGE:

For those swimmers who chose not to belong to the Outdoor Center, regardless of YMCA membership status: Please be considerate of Outdoor Center members. Outdoor Center members pay annual membership dues for use of the pool during the day. Swimmers who are not members do not have access to the pool or facility outside of designated practice times. If you wish to use the pool during non-practice hours please contact us regarding membership at 203 445 9633.

From all of us here at the Lakewood-Trumbull YMCA, we can't wait to see you this summer! Please do not hesitate to contact me with any questions at the contact information provided below.

GO LIGHTNING!

Jeb Backus

Senior Program Director

LAKWOOD-TRUMBULL YMCA

20 Trefoil Drive, Trumbull CT 06611

P 203 445 9633 x 32 F 203 445 9080

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LAKWOOD LIGHTNING SWIM TEAM
2013 REGISTRATION FORM

(PLEASE COMPLETE 1 FORM PER FAMILY)

2013 SWIMMER:

Participant's Name _____ Birthdate _____

Participant's Name _____ Birthdate _____

Participant's Name _____ Birthdate _____

FAMILY CONTACT INFORMATION:

Address _____ Town _____

Parent's Name(s) _____

Home Phone _____ Cell Phone _____

E-mail Address _____

EMERGENCY CONTACT INFORMATION:

Emergency Contact Name _____

Phone _____ Relationship _____

PAYMENT: (MUST BE PAID IN FULL AT TIME OF REGISTRATION)

of children on Swim Team _____ x \$205 ODC/CCC YMCA Member = \$ _____

of children on Swim Team _____ x \$275 Community Member = \$ _____

TOTAL ENCLOSED: = \$ _____

MC/VISA # _____ Exp. Date _____

OR Check Number _____

I hereby give my child(ren) permission to participate in this YMCA activity and I agree to defend, indemnify, and hold harmless the YMCA, its agents, servants, volunteers and staff from any and all claims arising from my child's participation.

Parent's Signature _____ Date _____

PLEASE SIGN WAIVER ON BACK OF THIS SHEET.

RETURN WITH PAYMENT TO: LAKWOOD-TRUMBULL YMCA -20 TREFOIL DR. TRUMBULL, CT 06611
FAX: 203 445 9080



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**LAKESWOOD-TRUMBULL YMCA – SWIM TEAM
MEMBER/CHILDREN RELEASE and WAIVER of LIABILITY and INDEMNITY AGREEMENT**

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releasees or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any, loss, liability, damage or cost they may, incur due to the presence of the undersigned or such children in, upon or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT 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, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

I HAVE READ AND UNDERSTAND THIS DOCUMENT AND RELEASE **Date:** _____

Student's Name: _____ **Home Address:** _____

Student's Date of Birth: _____ **Home Telephone #:** _____

Parent's Name (please print): _____ **Parent's Email Address:** _____

Parent's Signature: _____

LAKESWOOD-TRUMBULL YMCA
20 Trefoil Drive, Trumbull CT 06611
P 203 445 9633 F 203 445 9080
W lakewoodtrumbullymca.org

Emergency Contact: _____

Emergency Contact Phone #: _____