

REGISTRATION FORM
PENNYPACKER SWIM & DIVE TEAM

Last Name: _____ Mother's Name: _____ Father's Name: _____
 Home Phone: _____ Cell Phone: _____
 Address: _____ City: _____ State: _____ Zip: _____
 E-mail Address 1: _____ E-mail Address 2: _____

E-mail is very important because it will be the primary form of communication!

Swim Team members must be at least 6 yrs old by June 1, 2010. Dive team members must be at least 7 yrs old by June 1, 2010. Please refer to general guidelines for swim team and pre-team placement on website.

1) IF YOU ARE A RETURNING SWIM TEAM MEMBER, PLEASE COMPLETE THIS SECTION.

Returning swim team members will begin practices Wednesday, June 2, 2010.

Registration Fees (per person):

Swim: \$55.00 (\$45 if paid by May 10)
 Dive: \$50.00 (\$40 if paid by May 10)
 Both Swim & Dive: \$65 (\$55 if paid by May 10)

Name	Birth date	Age (As of 6/1/10)	Swim Team Fee	Diving Team Fee	(Checks payable to PPAC) Total Due	Swimmer's Sweatshirt size Youth (Sm, Med, Lg) Adult (Sm, Med, Lg)

Total Due: _____

Returning team member registrations are due no later than May 26th.

Early Registration Discount: Mail your registration by May 10th to receive a \$10 discount.

2) IF YOU ARE A NEW SWIMMER OR A RETURNING PRE-TEAM SWIMMER, PLEASE

COMPLETE THIS SECTION. *New swimmers and returning pre-team swimmers will report Tuesday, June 1, 2010, for coach evaluations for team placement.*

Name	Birth Date	Age (As of 6/1/10)	Swimmer's Sweatshirt Size Youth (Sm, Med, Lg) Adult (Sm, Med, Lg)

New team members: Payment will be due June 3, 2010, after coach evaluations for placement.

Team Waiver:

Has your swimmer/diver competed for another club in SSL? Yes No

Reminder: SSL rules state that swimmers/divers may not compete in YMCA dual meets or any other summer leagues (e.g. Country Club) during our season.

Please send your completed Registration form & payment to Cindy Heintzelman, Team Manager, 905 Jessica Terrace, Downingtown, PA 19335.

GENERAL GUIDELINES FOR SWIM TEAM AND PRE-TEAM PLACEMENT

Competitive team: Swimmers should be capable of continuous lateral breathing on freestyle and should be able to complete a 25 without stopping for both freestyle and backstroke. In addition, coaches will evaluate strength of kick and ability to do other strokes for competitive team placement. Coaches may suggest competitive team complimented with stroke clinics.

Pre-team: Swimmers should be able to swim freestyle with lateral breathing (no doggy paddle) and some backstroke. Consistency of breathing, strength of kick, and body position will be considered for recommendation for lessons or pre-team.

Lessons are intended for those swimmers who need instructional help to master lateral breathing freestyle and meet pre-team level. Additional private lessons are also available for all levels

All level placements will be determined by the coaches and may consider other strengths and assessment indicators in addition to the above.