



Salmon Bay Aquatics – Registration Form 2007-2008

“High School Development” Program*

* This program is for high school swimmers who want to supplement their seasonal high school training. The focus is on improving conditioning and stroke technique in order to be more competitive at the high school level. You can practice up to 4 times per week (There are two options. See Monthly Training Fee). Each practice is 60-90 minutes. This is also an excellent group for high school-age swimmers who want to improve their swimming or just stay in shape, but don't have the training background or time available to train in the Senior group. Practices are geared individually to match your ability. No prior club experience necessary. Must be able to swim 100 yards continuously.

(One form per swimmer)

Swimmer's Name (Last, First, MI) _____

Birthdate (MM-DD-YY) _____

Gender (M or F) _____

Date of first practice with SBAY _____

Parent's Names _____

Street Address _____

City and Zip code _____

Phone #'s _____

Email address _____

FEES

ANNUAL INSURANCE FEE: \$69.00

(includes PNS and USA Swimming Registration – REQUIRED FOR ALL SWIMMERS)

MONTHLY TRAINING FEE: \$82.00 for up to 4 practices per week

\$64.00 for up to 3 practices per week

PRACTICE SCHEDULE:

Mon & Fri: 4:00-5:15 pm @ Queen Anne Pool

Tues & Thurs: 4:00-5:15 pm @ Ballard Pool

To join this program, stop by the pool at any of the above times and ask to speak to a Salmon Bay coach. There is a 3 day trial period with no obligation to join!

Payment for the annual insurance and the first month training fee are due after the swimmer's first week. Billing for all subsequent months will be due at the end of each month. The initial payment should be made directly to a Salmon Bay coach. Make check payable to SBAY.