Gold Group												
	Mon.		Tue.		Wed.		Thu.		Fri.		Sat.	
June	13	8:00-9:30	14	8:00-9:30	15	8:00-9:30	16	8:00-9:30				
June					22	8:00-9:30	23	8:00-9:30	24	8:00-9:30	25	8:00-9:30
June/July			28	8:00-9:30	29	8:00-9:30	30	8:00-9:30	1	8:00-9:30		
July					6	8:00-9:30	7	8:00-9:30	8	8:00-9:30	9	8:00-9:30
July			12	8:00-9:30	13	8:00-9:30	14	8:00-9:30	15	8:00-9:30	16	10:00-12:00*
July	18	8:00-9:30	19	8:00-9:30	20	8:00-9:30	21	8:00-9:30				
July	25	8:00-9:30	26	8:00-9:30	27	8:00-9:30	28	8:00-9:30				
August	1	8:00-9:30	2	8:00-9:30	3	8:00-9:30	4	8:00-9:30				
August	8	8:00-9:30	9	8:00-9:30	10	8:00-9:30	11	8:00-9:30			13	10:00-12:00*

Pink Boxes are potential mini-meets (in time trial format at Alleghney).

Navy Group / White Group*												
	Mon.		Tue.		Wed.		Thu.		Fri.		Sat.	
June	13	9:30-10:30	14	9:30-10:30	15	9:30-10:30	16	9:30-10:30				
June					22	9:30-10:30	23	9:30-10:30	24	9:30-10:30	25	9:30-10:30
June/July			28	9:30-10:30	29	9:30-10:30	30	9:30-10:30	1	9:30-10:30		
July					6	9:30-10:30	7	9:30-10:30	8	9:30-10:30	9	9:30-10:30
July			12	9:30-10:30	13	9:30-10:30	14	9:30-10:30	15	9:30-10:30	16	10:00-12:00*
July	18	9:30-10:30	19	9:30-10:30	20	9:30-10:30	21	9:30-10:30				
July	25	9:30-10:30	26	9:30-10:30	27	9:30-10:30	28	9:30-10:30				
August	1	9:30-10:30	2	9:30-10:30	3	9:30-10:30	4	9:30-10:30				
August	8	9:30-10:30	9	9:30-10:30	10	9:30-10:30	11	9:30-10:30			13	10:00-12:00*

*White Group only first 3 practices each week. Pink Boxes are potential mini-meets (in time trial format at Allegheny).



Program Details

Gold Group	Ages 12 & up
4x Per Week	**$250 per participant**

For Intermediate to Advanced, older swimmers who are focused on getting faster in the water, both for team and individual competitions. Should enjoy a team environment and be able to work well in groups and individually.

Navy Group	Ages 8-12
3-4x Per Week	**$200 per participant**

For Intermediate, younger swimmers who are looking for a team environment and focused on getting stronger and faster in the water. These swimmers already have some competitive experience or do hope to make a transition into competitive swimming in the near future.

White Group	Ages 6-10
3x Per Week	**$175 per participant**

For Beginner to Intermediate, younger swimmers who are looking for good exercise, a team environment and an opportunity to get better in the water. These swimmers may hope to transition into competitive swimming.

Please Register by June 11th, 2016

Mail Forms: Allegheny College
Box AC - Attn: Kirk Kumbier
520 N. Main Street
Meadville, PA 16335

Email: kkumbier@allegheny.edu

Phone: 734.255.2369 (C)
814.332.2808 (O)

Program Philosophy

A focus on building proper technique is essential. But, teaching how to swim fast is our ultimate goal so we build strokes from two angles: *(1) teach great technique, (2) teach swimmers to create speed and power in the water.* Though we teach to each age and skill levels, these two ideas are the foundation behind our philosophy to swimming faster.

From another perspective, hard work, commitment and persistence are other key ingredients to learning any skill and improvement. Nothing in life is given to us, we earn and acquire skills with practice. So, we provided challenges and a framework to build the skills and confidence to be successful.

Release of Liability/Medical Waiver:

I certify that this individual has permission to participate in the Gators Summer Swimming program. He/She has been examined by a doctor in the last year and has been cleared to participate in physical activities. The participant is covered by the health insurance listed below. I hereby agree to release, indemnify and hold harmless Allegheny College, its agents, employees, representatives or assigns, including the Department of Athletics and the coaching and training staff from all claims resulting from any accident, injury or illness sustained by the participant as the result of participation in the program. Furthermore, I authorize the coaching staff, trainers or other medical professionals to give or obtain medical care as deemed necessary to the participant in case of injury or illness. I have read and understand these terms.

Signature of Parent/Guardian **Date**

_____ _____

Insurance Information:

Provider: _____
Policy # _____
Group # _____

Health Concerns:

Allergies: _____

_____

Pre-Existing Conditions: _____

_____

Registration Details

Check One:

☐ **Gold Group**	12 & Up	$250 / participant
☐ **Navy Group**	8-12 (4x)	$200 / participant
☐ **White Group**	6-10 (3x)	$175 / participant

Participant: _____

Gender: ☐ M ☐ F **Age on 6/12/16:** _____.

Address:

_____

_____

Phone: _____

Email: _____

Payment Information (Department Use Only)

Date of Registration: ____/____/____

Received by: _____

Check: $ **Check #** _____

Cash: $ _____

Change Due: $ _____

Emergency Contact Information

Contact 1: _____
Relation: _____
Day Phone: _____
Other Phone: _____
Email: _____

Contact 2: _____
Relation: _____
Phone: _____
Other Phone: _____
Email: _____