

ARAPAHOE WARRIOR SWIMMING CLINIC

Week One - October 25 - 28, (Mon.-Thurs.)

Week Two - November 1 - 4 (Mon.-Thurs.)

\*Week three - November 8, 9, 11, 12 (Mon, Tues Thu. Friday) - \*NO CLINIC Wed. Nov. 10

(Specify and *circle* either **swimming** clinic)

APPLICATION AND RELEASE FORM

Athlete name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone number \_\_\_\_\_

T-Shirt : circle participant size: S M L XL

(Paper clip check to registration form - Check number \_\_\_\_\_)

Swimming Clinic Fee: Three weeks (Mon-Thur.) Fee \$99.00 (check only) Swimming Clinic checks MUST be payable to: Coach Mike Richmond

When: AHS **Swimming** Clinic: October 25th - November 12. Mon - Thurs 3:40 - 5:10 PM

Health Insurance Company \_\_\_\_\_ Policy \_\_\_\_\_

Non Parent Emergency Notification

Name/Relationship \_\_\_\_\_ Telephone \_\_\_\_\_

Allergies to Medication \_\_\_\_\_ Required Medication (must be self-administered) \_\_\_\_\_

Additional medical problems / information (asthma, heart murmurs, rheumatic fever, etc.) \_\_\_\_\_

**MEDICAL TREATMENT AUTHORIZATION**

I \_\_\_\_\_, do hereby appoint and authorize the Arapahoe Swimming and Diving Booster Club and its designated representatives as my Attorney-in-Fact to obtain and consent to any and all medical/dental attention and hospital care and treatment, including major surgery, deemed necessary by an appropriate medical/dental provider selected by Attorney-In-Fact for the health and well-being of my son/daughter. \_\_\_\_\_

I hereby release and exonerate and discharge the Arapahoe Swimming Boosters, Arapahoe High School and its representatives from any or all actions or causes of actions, known and unknown, from any injuries incurred in camp or on the way to and from clinic/camp. This power shall terminate on \_\_\_\_\_ (three days following the end of camp is recommended.)

Please note: BY ITS NATURE, PARTICIPATION IN ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG - TERM CATASTROPHIC TO EVEN DEATH. Although serious injuries are not common in supervised athletic programs, it is impossible to eliminate this risk. Participants can, and have the responsibility to help reduce the chance of injury. PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES AND INSPECT EQUIPMENT DAILY.

The Arapahoe Swimming and Diving team and booster club does not screen applicants for illness, injury, allergies or other medical conditions which would prevent or limit the participation by the applicant in athletics. It is the responsibility of the parents or guardian of each applicant to determine his or her fitness to participate in athletics.

By signing this Permission Form, I acknowledge that I have read and understand the above warning. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics. (I, in my own behalf of this applicant, hereby release the Arapahoe Swimming and Diving Booster Club, Arapahoe High School and its representatives, from any financial responsibility or liability arising from injury to this applicant in connection with his or her participation in the clinic, including injury resulting from negligence (of any kind) of the representatives of the Arapahoe Swimming Program.

Signed \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

Parent or Legal Guardian \_\_\_\_\_

Address \_\_\_\_\_

City/state/Zip Code \_\_\_\_\_

## ARAPAHOE SWIMMING/DIVING

### Preseason Clinic Information

**AHS Swimming Clinic:** October 25rd - November 12th. Mon - Thurs, 3:40 - 5:10 PM

Week One - October 25 - 28, (Mon. - Thurs.)

Week Two - November 1 - 4 (Mon. - Thurs.)

\*Week three - November 8, 9, 11, 12 (Mon, Tues Thu. Friday)

\*NO SWIM CLINIC Wed. Nov. 10

Each swim-clinic participant will receive a swimming t-shirt.  
Specify size and activity on the registration form.

Head swimming Coach Mike Richmond (Swimming) will direct the program.  
At least three "swimming" coaches per day will provide instruction.

Swimming technique, and progressive conditioning will be emphasized.

Note: Pre-season clinic/practices are informal which means no attendance is taken and it will not and cannot impact lettering!

**Late start - after the first or second week...**athletes may join the swimming clinic after the first, or second week.

Dues are set at \$33.00 per week.

Checks should be made out to the head swimming coach – Coach Mike Richmond.

Clinic Registration materials can be found at:

1. AHS Swimming and Diving website
2. Swimming Pool office - just inside the office window on the turquoise counter

Note: athletes should be prepared to begin practice on the first day of mandatory practice.

If you have not been swimming/diving, we recommend you progressively (gradually) increase your pre-season conditioning to one-half hour of endurance exercise at least three days a week.

Strive to work aerobically by maintaining your working heart rate between 120 to 150 (bpm) beats per minute.

Contact the coaches re: concerns or questions.

Coach Mike Richmond may be reached at [mrichmond@lps.k12.co.us](mailto:mrichmond@lps.k12.co.us)

Additional Team Related Information below:

#### **IMPORTANT - Two team registrations - 1 & 2 below**

1. **ARAPAHOE H. S. ATHLETIC SPORT REGISTRATION** - all athletes must be registered and "cleared" with the Arapahoe Athletic Department by the first day of mandatory practice.
  - a. **PHYSICAL EXAM** - submit online during the AHS registration process.
2. **The Arapahoe Swim-Dive "BOOSTER" CLUB REGISTRATION** - This is the second separate registration. The Swimming & Diving Booster Club charges team fees in order to support team activities, additional coaches salaries and miscellaneous expenses. (Note: the AHS Girls Swimming program usually hires as many as eight to ten coaches. The AHS boys team hires between 5-6 coaches.)