

2022-2023 ARAPAHOE WARRIORS SWIMMING CLINIC

3:40 - 5:10 PM

Week One - October 24 - 27, (Mon.-Thurs.)
Week Two - October 31 - Nov. 3 (Mon.-Thurs.)
*Week three - November 7-10 (Mon, - Thur.)

APPLICATION AND RELEASE FORM

Athlete name _____

Address _____

City/State/Zip _____

Athlete Cell Phone number _____

Swimming Clinic Fee: Three weeks (Mon-Thur.) Fee \$95.00 (check only)

Swimming Clinic checks MUST be payable to Coach Mike Richmond

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 do 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 guardians 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 acknowledge the above information. I acknowledge that I do not know of any medical condition which would prevent or limit the participation of this applicant in athletics. (I, on 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 24 - November 10

Mon - Thurs, 3:40 - 5:10 PM

Week One - October 24 - 27, (Mon. - Thurs.)

Week Two - Oct 41 - November 3 (Mon. - Thurs.)

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

*NO SWIM CLINIC Wed. Nov. 10

Head swimming Coach Mike Richmond 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 clinics/practices are informal voluntary-no attendance is taken and it will not 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 on Monday, November 14, 2022.

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.

Coach Mike Richmond may be reached at mrichmond@lps.k12.co.us

Additional Team Related Information below:

IMPORTANT - Two team registrations - 1 & 2 below

1. **ARAPAHOE H. S. ATHLETIC SPORTS 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** - The booster registration is the second-separate registration. Note: The Arapahoe Swimming & Diving Booster Club requests additional team fees in order to support social-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.)