

# NAS Registration Form Spring '09

Today's Date \_\_\_\_\_

Please use this form for Swim Team Registrations Only.  
How did you hear about us? \_\_\_\_\_

## Swimmer(s) Name(s)

First	MI (please include)	Last	Date of Birth	Age	Swim Group	Fee
_____	_____	_____	M/F _____	_____	_____	\$ _____
_____	_____	_____	M/F _____	_____	_____	\$ _____
_____	_____	_____	M/F _____	_____	_____	\$ _____
_____	_____	_____	M/F _____	_____	_____	\$ _____

U.S. Swimming Membership Fee (\$60/swimmer) if not registered in Fall 08/09 \$ \_\_\_\_\_

## Parent/Guardian 1/Swimmer(s) Address

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email \_\_\_\_\_

## Parent/Guardian 2

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Email \_\_\_\_\_

Note: Contact info may be used to generate a team list (available to all team members, coaches, and families).  
Please indicate if this is a problem. \_\_\_\_\_

## Emergency Contact

Name \_\_\_\_\_ Phone \_\_\_\_\_

## Health Information

Are there any health problems or restrictions affecting your child(ren)?  
\_\_\_\_\_

Is there anything about your child's past, development, or behavior that coaches should know to work better with them?  
\_\_\_\_\_

## Parent Authorization

In the event I can't be reached in an emergency, I hereby give permission to the physician selected by NAS Staff to hospitalize, and secure proper treatment for, and to order injection, anesthesia, or surgery for my child.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Total Due** \$ \_\_\_\_\_

Checks payable to Northampton Area Swimming  
Minimum payment 50% with balance due May 1<sup>st</sup>.

Cash \_\_\_\_\_ Check \_\_\_\_\_  
Junior/8U: \$200 Junior Plus: \$220

**All swimmers must have current US registration.**

Age-Group: \$250

NO REFUNDS

Senior: \$270



# Northampton Area Swimming

*Spring/Summer 2009*

Our season begins Thursday, March 19, 2009 and ends August 5, 2009

(Fees do not include US registration fee of \$60 for new swimmers)

**Junior Team and 8 & Unders:** for younger swimmers and swimmers with limited knowledge and skills in competitive swimming. Prerequisites include the ability to swim 2 consecutive lengths of the pool (one free, one back) and a minimum age of 6. Swimmers in this group will learn the four competitive strokes with proper starts and turns, as well as drills and skills to help develop good swimming technique. Swimmers at this level are expected to compete at the appropriate meets hosted by our team, and other meets as ready. Practice is offered 2-3 times per week (1 hour each) – see schedule, mostly MWF 6:30-7:30 pm; attendance is strongly encouraged. \$200.

**Junior Plus:** for the Junior/8 & Under swimmers who have more experience in competitive swimming or are older and are ready for additional practice time (competitive strokes are good/legal and swimmers will benefit from some endurance training). Extra ½ hour swim time mostly MWF 7:30-8:00 pm. \$220.

**Age-Group Team:** for swimmers with experience swimming all four competitive strokes, as well as legal IMs, turns, and starts. Generally, swimmers in this group are aged 9-12 (younger swimmers with 10 & Under Age-group cut times may swim in this group). Some less experienced teens may also swim with this group. Swimmers need to be able to swim 200 yards continuously and must have the ability to read and follow a pace clock. Training will include endurance building, developing efficiency, gaining speed, and competitive techniques. Swimmers at this level are expected to participate in the appropriate meets hosted by our team and any Championship meet for which they have qualified. Practice is offered up to 5 times per week (1.5 hours each), mostly M,W,F 6:30-8:00 pm, Tu,Th 7:00-8:30 pm; attendance at a minimum of 3 per week is strongly encouraged. \$250.

**Senior Team:** for swimmers (mostly 13+ or any with Open/13 & Over cut times), knowledgeable, experienced, and proficient in training and competition and dedicated to the sport. Training includes intense swimming, distance and sprint work, numerous drills to improve efficiency, more advanced competitive techniques, and development of pace strategies. Swimmers at this level are expected to participate in the appropriate meets hosted by our team and any Championship meet for which they have qualified. Practice is offered up to 5 times per week (1.5 – 2 hours each), mostly MWF 6:30-8:30 pm and T/Th 7-8:30 pm attendance at a minimum of 4 per week is strongly encouraged. \$270.

**US/NE Swimming:** All swimmers registered for Northampton Area Swimming will also be US Registered. Swimmers and families choose most meets and events for US meets (*meet entry fees are your responsibility*). Fee of \$60.00 includes subscription to Splash (*US Swim Magazine*).

**Swim Meets:** All swimmers and families are expected to participate in the meets hosted by our team (set-up &/or take down and work at sessions) and make donations for the food table for each meet; Age Group and Senior Swimmers are expected to participate in any Championship meets for which qualified. All other meets offered are optional, but meets are recommended to give swimmers and coaches more skill focus at practice sessions. Swimmers are expected to have meet attire, including a team cap (if a cap is worn) for all meets.

**Practice Info:** All swimmers are expected to be on time for practice and prepared with caps (a must for longer hair) and/or goggles. Other equipment is recommended, including fins and pull-buoys. Parents are not allowed on deck during practice for all groups.

**Practice Schedule:** No Wednesday practice until April 15, 2009. Practices for Age Group and Senior: M, Tu, Th, F until 4/15, then M-F. Practices for Juniors: Monday and Friday until 4/15, then MWF weekly. Additional schedule information updated regularly at <http://www.naswim.org/calendar.htm>.

For more information, please email [sherbw@comcast.net](mailto:sherbw@comcast.net) or check the website: [www.naswim.org](http://www.naswim.org)