



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GCY Makos Registration Checklist

1) Registration form

Please fill out completely, including middle name in order to complete USA Swimming ID number.

2) Bank draft agreement

If you have questions about the draft please contact Elizabeth Minehart at the Bryan YMCA, 478-9631.

3) Voided check

Necessary to complete bank draft. Credit card drafts will need to be processed at the Bryan YMCA.

4) Annual registration fee

\$75.00 payable to GCY Makos. After September 1st, you will be required to pay the first month's dues as well.

All new members need to provide a copy of their birth certificate for USA Swimming registration.

Please bring or mail all registration forms to:

GCY Makos Registration

Bryan Family YMCA

501 West Market St.

Greensboro, NC 27401

Questions: Please call Coach Brad Herndon or Elizabeth Minehart at (336) 478-9622

Thank you!!

Bryan Family YMCA - 501 W. Market St. - Greensboro, NC 27401 - 336-478-9622
www.bryanyymca.org The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all. A United Way Agency

We build strong kids, strong families, strong communities.



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GCY Practice Schedule 2011-2012 Short Course Season

Practice Site	Age Group 1	Age Group 2	Senior Prep	Senior	National	Masters
Bryan	M/W/F 4:30-5:45pm Saturday 8:45-10:00am	M-F 4:30-6:00pm Saturday 8:30-10:00am	M-F 4:30-6:15pm Saturday 8:30-10:00am	M/W/F 5:45-7:15am M-F 5:00-7:30pm Saturday 7:00-10:00am	T/TH/F 5:45-7:15am M-F 5:00-7:30pm Saturday 7:00-10:00am	M-TH 6:00-7:00am M/W 12:00-1:00pm Saturday 7:00-8:30am
Ragsdale	M/W/F 4:30-5:45pm Saturday @ Bryan 8:45-10:00am	M-F 4:30-6:00pm Saturday @ Bryan 8:30-10:00am	M-F 5:30-7:15pm Saturday @ Bryan 8:30-10:00am	M-F 5:30-7:30pm Saturday @ Bryan 7:00- 10:00am		
Spears	M/W/F 4:30-5:45pm Saturday @ Bryan 8:45-10:00am	M-F 4:30-6:00pm Saturday @ Bryan 8:30- 10:00am	M-F 5:30-7:15pm Saturday @ Bryan 8:30-10:00am	M-F 5:30-7:30pm Saturday @ Bryan 7:00- 10:00am		



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GCY Practice Squads

<p>Mako Swim League</p>	<p>Our Mako Swim League is for those swimmers looking for a structured practice but isn't quite ready for competition. Our goal is to teach the fundamentals of stroke technique while the kids have fun and learn to love the sport of swimming. <i>Mako Swim League swimmers are not required to be members of the YMCA, and can register at the branch they are going to participate at.</i></p> <p>Ages: All ages Prerequisite: 25 yards of freestyle and backstroke Practices: offered Tuesday & Thursday from 4:30pm to 5:15pm - no attendance requirement Sessions: Fall: September 13th – Oct 27th Winter: December 5th – January 26th Spring: March 6th – April 26th Cost: YMCA members - \$65/session Non-YMCA members - \$103/session Equipment: None Available at: Bryan, Spears, Ragsdale, Reidsville, and Hayes-Taylor</p>
<p>Age Group 1</p>	<p>Age Group 1 is for children just getting started with competitive swimming. The Age Group 1 squad is designed to encourage regular participation in structured practices as well as introduce local competition. This squad will continue to focus on the fundamentals of stroke technique and basic swimming skills. Membership to a YMCA is required. Registration is at Bryan YMCA.</p> <p>Ages: 12 & under Prerequisite: understanding of all four competitive strokes Practices: offered 3 days per week for 75 minutes - attendance of at least one practice a week encouraged Meets: various meets offered throughout the season - optional but encouraged Cost: YMCA members - \$60/month + \$75 annual team fee Equipment: Kick board Available at: Bryan, Spears, Ragsdale</p>
<p>Age Group 2</p>	<p>Age Group 2 is our introduction to age group swimming. Our swimmers continue to refine their strokes while learning the basics of training. The Age Group 2 squad is encouraged to participate in local competition and begin to learn the importance of regular practice attendance. Membership to a YMCA is required. Registration is at Bryan YMCA.</p> <p>Ages: 9-14 years Prerequisite: ability to perform each of the GCY foundation drills Practices: offered 6 days per week for 90 minutes - attendance of at least three practice a week encouraged Meets: various meets offered throughout the season - optional but encouraged Cost: YMCA members - \$65/month + \$75 annual team fee Equipment: Kick board, fins, pull buoy Available at: Bryan, Spears, Ragsdale</p>

<p>Senior Prep</p>	<p>Our most advanced age group level focuses on stroke refinement and physical conditioning in order to prepare our athletes for Senior level swimming. Senior Prep swimmers compete at the local and regional level and are required to attend at least four practices each week. Membership to a YMCA is required. Registration is at Bryan YMCA.</p> <p>Ages: 10-15 years Prerequisite: GCY foundation drills plus two BB times Practices: offered 6 days per week for 105 minutes - attendance of at least four practices a week is required Meets: various meets offered throughout the season – optional but encouraged Cost: YMCA members – \$70/month + \$75 annual team fee Equipment: Kick board, fins, pull buoy, optional: snorkel Available at: Bryan, Spears, Ragsdale</p>
<p>Senior</p>	<p>Our introduction to Senior swimming, the Senior squad is designed for those athletes preparing for our National squad as well as high school and summer league swimming. Athletes at this level are introduced to more advanced training methods and are challenged on a daily basis. Membership to a YMCA is required. Registration is at Bryan YMCA.</p> <p>Ages: 12 years & older Prerequisite: 200 in all four competitive strokes Practices: offered 6 days per week for 150 minutes - attendance of at least three practice a week encouraged Meets: various meets offered throughout the season – optional but encouraged Cost: YMCA members – \$80/month + \$75 annual team fee Equipment: Kick board, fins, pull buoy, paddles, optional: snorkel Available at: Bryan, Spears, Ragsdale</p>
<p>National</p>	<p>Our most advanced squad is for those athletes dedicated to training for National level competition. The National squad demands a high level of commitment and dedication. Time management is crucial to balance the academics and physical demands of training at this level. Commitment to a year-round training plan and attendance of at least 6 workouts each week during the school year and 7 workouts each week during the summer is required. Membership to a YMCA is required. Registration is at Bryan YMCA.</p> <p>Ages: 13 years & older Prerequisite: 200 in all four competitive strokes Practices: offered 6 practices per week for 150 minutes and 3 morning practices for 90 minutes – mandatory attendance of at least six practice per week Meets: various meets offered throughout the season – select meets mandatory Cost: YMCA members – \$95/month + \$75 annual team fee Equipment: Kick board, zoomers, pull buoy, paddles, snorkel Available at: Bryan</p>

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www.bryanymca.org

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2011-2012 GCY MAKOS REGISTRATION

CONTACT INFORMATION

Mother's name: _____ Father's name: _____
 Cell phone #: _____ Cell phone #: _____
 Home phone #: _____ Home phone #: _____
 Email address: _____ Email address: _____
 Primary Mailing Address: _____

Practice site: Ragsdale, Spears, Bryan, Reidsville (*Mako League only*), Hayes-Taylor (*Mako League only*)

May we include you in our team directory? Y N Number to receive text messages: _____

SWIMMER INFORMATION

Last Name: _____ First: _____ Middle: _____
 Date of Birth: _____ Sex: Male Female Squad: _____
 T-shirt size: _____ youth/adult New swimmer? Y N Birth Certificate? Y N*

Last Name: _____ First: _____ Middle: _____
 Date of Birth: _____ Sex: Male Female Squad: _____
 T-shirt size: _____ youth/adult New swimmer? Y N Birth Certificate? Y N*

Last Name: _____ First: _____ Middle: _____
 Date of Birth: _____ Sex: Male Female Squad: _____
 T-shirt size: _____ youth/adult New swimmer? Y N Birth Certificate? Y N*

EMERGENCY CONTACT

Name: _____ Relationship: _____ Phone: _____

*All new swimmers are required to provide a copy of their birth certificate.

Over



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RELEASE AND WAIVER OF LEGAL LIABILITY

THIS IS YOUR RELEASE AND WAIVER OF LIABILITY (the "Release"). You individually and/or on behalf of any minor child, release the YMCA of Greensboro, Inc., its officers, directors, board members, employees, volunteers, agents, independent contractors, other participants and/or others acting on its behalf (collectively, "YMCA"). You agree that this Release is effective immediately.

This is important to you and/or any minor children, so do not sign until you have had your questions answered. You provide this Release freely, and without duress under the following terms:

1) GENERAL RELEASE: I hereby agree for myself and/or my child and our respective heirs, assigns and legal representatives, to indemnify, defend and hold YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors and other participants ("Releases") in the program harmless from any and all claim and causes of action of any nature for any and all personal injury or illness, including death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decide to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against Releases which may at any time arise as a result of any act or thing occurring in or arising out of my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the law of the State of North Carolina and that any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

2) ASSUMPTION OF RISK: I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death, or property damage resulting from my YMCA activities. You assume the risks: I, individually and on behalf of my minor child, understand that YMCA activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the YMCA program. Once you sign, you are saying that you understand the risks involved and accept all of the risks.

3) MEDICAL RELEASE: I, individually and/or on behalf of any minor child, further hereby release YMCA from any claim whatsoever which may arise as a result of any first aid, treatment, or services or assistance provided to me in connection with any injury that arises from activities at YMCA. A) I take full responsibility for my and my child(s) welfare and safety on or at YMCA activities. B) I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

4) INSURANCE: YOU ARE EXPECTED TO HAVE YOUR OWN HEALTH INSURANCE. You should understand that the YMCA does not carry insurance to cover injuries and losses that may befall you.

5) PHOTOGRAPHIC RELEASE: I consent to be photographed and to allow YMCA's use of any photos of myself and/or my minor child at its sole discretion.

HAVING READ, UNDERSTOOD, AND AGREED WITH THESE TERMS, I HAVE EXECUTED THIS RELEASE, TO BE EFFECTIVE IMMEDIATELY.

Parent's Signature _____

Date: _____



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Child(ren)'s Name: _____

Account Holder's Name: _____

BANK DRAFT AGREEMENT:

Please indicate type of account: Credit Card Checking Account (voided check)

I give authorization to the YMCA of Greensboro to automatically draft \$_____ a month from my account. I have provided a **copy of my credit card** (front desk will make), or a **voided check**. It is my understanding that the draft will take place on the **15th of each month** and cannot be changed from that date. I understand that my account will be **drafted through July 15, 2012 unless a cancellation is approved by the Swim Team Head Coach before then** with my 30 days written notice. _____ (initials)

Member's Agreement:

1. I understand that all **cancellations or leaving the team** early for any reason are **subject to approval by the GCY Head Coach** and until I sign the form with the GCY Head Coach my child(ren) cancellation is not official. _____ (initials)
2. I understand that cancellation of swim team draft (s) does not cancel my child's or families membership. Nor does cancellation of my membership cancel any swim team drafts. _____ (initials)
3. I understand that if my child(ren) swims at any site that completes its practices earlier than Mid-August 2012 (i.e. Spears YMCA or Ragsdale YMCA) **that does not mean my draft will automatically stop**. I understand my child is able to practice at other sites through the end of the full season in Mid-August 2012 and that **I will be drafted through July 15, 2012 unless I give my 30 days written notice** to the GCY Head Coach per the above agreements. _____ (initials)
4. I understand that **30 DAY WRITTEN NOTICE** is needed for any changes in account numbers. Errors or questions regarding the draft should be addressed to the administrative coordinator as soon as possible. Any error must be identified **NO LATER THAN 60 DAYS** from the posted bank statement date. The YMCA **DOES NOT** accept responsibility for any errors, if **MORE THAN 90 DAYS** have past since the initial error. _____ (initials)
5. Should any monthly draft not be honored by my bank for any reason, I realize that I am responsible for that payment plus a **\$20 service charge** applied by the YMCA. This is in addition to any service fee my bank may charge.

Please note, if the person whose account is being drafted is not the YMCA member, it is understood that the account holder is responsible for the above agreement and conditions.

Account Holder's Signature: _____ Date: _____