

SWIM THIS SUMMER

NARWHALS SWIM TEAM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

This program is for kids who really enjoy the water and are interested in getting a swim team experience as part of the YMCA and the Wilmington Swim League. Participants will be split into different groups on the first day based on age, skill performance and endurance. Kids are encouraged to come to every practice and will be competing in meets throughout the summer. There will be a league championship and a relay meet throughout the season. New members are welcome to join the team, but must be able to swim the length of the pool without assistance.

Season May 28th- July 19th
Location Robert Strange Pool
401 South 10th
Wilmington, NC 28401
Registration March 4th—June 17th
Cost \$100 Y Members
\$100 CFAC swimmers
\$150 Non-Members
(10% sibling discount)



John.Pellizzari@ymcasenc.org or
john@tricopools.com



Practice Schedule

May 28- June 14

10 & under
11 & older

June 17 - July 19

11 & older
10 & under

Mondays-Thursdays

5:30-6:30pm
6:30-7:30pm

Mondays Thursdays

8:00-9:00am
9:00-10:00am

Fridays—ALL

Swimmers
8:30-9:30am



**Meet the Narwhals
Head Coach:**

Coach Pellizzari

Head Coach: John Pellizzari- 30+ years coaching all levels. Most recently Head Swim Coach of Ashley High School and Echo Farms Country Club Has been head age-group coach (PAC), head high school coach (AC Flora and Ashley 2x Coach of Year), Assistant Women's Swim Coach USC Gamecocks. I have been involved in coaching beginners as well as Olympians. 20 years teaching, currently at International School at Gregory. Brief philosophy: Become comfortable in the water, learn how to swim, develop skills/technique to move faster in the water. Focus on the skills that lead to faster swims or pr's which will show up in results at meets. Always a goal is for team to have DQFREE meets.



CONTACT INFO

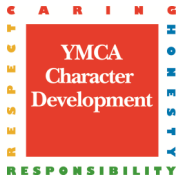
John Pellizzari, Head Coach
John.Pellizzari@ymcasenc.org or john@tricopools.com
910-617-9059



NIR Family YMCA

UNIVERSAL PROGRAM REGISTRATION FORM

Please complete as much information as you can so we can register you correctly.



Name of Program Narwhals Swim Team Day & Time _____

Participant Name			
Email		<input type="checkbox"/> Y Member <input type="checkbox"/> Non-Member	<input type="checkbox"/> Male <input type="checkbox"/> Female
Address			
City, State, Zip			
School		Grade	Date of Birth
Mother/Guardian		Father/Guardian	
Address		Address	
City, State, Zip		City, State, Zip	
Home Phone	Cell Phone	Home Phone	Cell Phone
Special Needs/Health Concerns (include medications)			
Special Request (team, coach, teammate, etc.)		I would like to volunteer as <input type="checkbox"/> Coach <input type="checkbox"/> Asst Coach <input type="checkbox"/> Program Staff	
Participant T-shirt Size	Parent's T-shirt Size	STAFF USE ONLY:	
Return Form To: Nir Family YMCA 2710 Market St. Wilmington, NC 28403 910-251-YMCA (9622) Fax: 910-251-2509 www.ymcasenc.org		Form of payment: Cash \$ _____ Check # _____ CC # _____ CC Exp Date: _____ Amount Paid _____ (including late fee) Date Received _____	

CODE OF CONDUCT

Release and Waiver of Liability and Indemnity Agreement

Signature is REQUIRED for participation in YMCA programs. Read and sign below.

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.

3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Wilmington Family YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. The undersigned agrees to abide by the Program Refund Policy. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

The Wilmington Family YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials. This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. **Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion.** Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. **Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner.** The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of North Carolina and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

Signature of Applicant/Parent: X _____
 Date: _____