



OLIVE BRANCH FAMILY YMCA

ELECTRIC EELS SWIM TEAM

Ages 5-18

Revised June 2015

Program Description

Team competes in the Mid-South Swimming Conference Team trains and competes year-round and seasons are semi-annual with 5 Competitions Meets and a Championship Meet that conclude each season.

A Team Advanced: It is **required** that the participant be able to dive off blocks, perform all 4 strokes, swim 4 laps nonstop within 2 minutes, do all turns correctly and know rules of disqualifications. The **focus** of this group will be concentration on technique, endurance training, starts and turns and building speed.

B Team Intermediate: It is **required** that the participant be at least 8 years old, have knowledge of all 4 strokes and can demonstrate them to the best of their ability, be able to swim 2 laps nonstop and must have some knowledge of correct turns. The **focus** of this group will be learning correct diving, turns and technique in each stroke, endurance training, building speed and learning the rules of disqualification.

C Team Beginner: It is **required** that the participant be able to swim across the pool (1 lap) nonstop and must be familiar with Free and Back strokes. The **focus** of this group will be learning all 4 strokes, learn diving, starts and turns, endurance, how meets are run, organized and participated in and an introduction to rules of disqualifications.

Program Fees/Practice Schedule:

This program consists of a summer and a winter season. Payments can be made monthly by bank draft. Monthly fees do not include MSL fees of \$15 per season (two times a year). Cost of winter and summer championship meets also not included (as meets are optional)

***If monthly team fees aren't paid by the last day of the month you will be subject to a \$15 late fee**

<u>A Team Advanced Schedule:</u>	3 day option Wed. 5pm/ Fri. 5pm/ Sat. 9am—\$45
	4 day option Mon. 5pm/ Wed. 5pm/ Fri. 5pm/ Sat. 9am—\$55
<u>B Team Intermediate Schedule:</u>	3 day option Wed. 5pm/ Fri. 5pm/ Sat. 8am—\$45
	4 day option Mon. 4pm/ Wed. 5pm/ Fri. 5pm/ Sat. 8am—\$55
<u>C Team Beginner Schedule:</u>	3 day option Wed. 4pm/ Fri. 4pm/ Sat. 8am—\$45

Program Contact

If you have any questions please contact Kenny Shackelford, Senior Program Director at the Olive Branch Family YMCA at kshackelford@ymcamemphis.org

Name (s): _____ DOB: _____ Sex: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact and phone: _____

◇ I will be responsible for the monthly dues and pay at the front desk monthly on my own.

WAIVER: I hereby release the YMCA of Memphis and the Mid-South and its designated leadership from accident and liability obligations. I waive and release my-self, my heirs, and personal representatives from any and all claims I may have now or hereafter against the YMCA and anyone involved in this program, or as a result of having participated in. I further permit the free use of my name and picture in any form for purpose promoting the YMCA.

SIGNATURE: _____ DATE: _____