



# HIGH SCHOOL SWIM PREP GROUP

**Overview:** 8<sup>th</sup> – 12<sup>th</sup> graders.\*\* Eight week intensive training program designed to prepare swimmers for the high school swim season. Focus is on technical development of the four competitive swim strokes, aerobic training, and race strategies specific to high school swimming. Swimmers need to wear athletic shoes to practice as we will be conducting dryland training also. Open to BSRC members AND a *limited* amount of nonmembers.

*\*\* 8<sup>th</sup> graders are allowed to participate as long as the class does not fill with 9-12<sup>th</sup> graders. Determination for 8<sup>th</sup> graders will be made on Friday, Sept 8<sup>th</sup>*

**Dates:** 8 weeks! September 10<sup>th</sup> – November 3<sup>rd</sup>. (*High School swim practices begin on Mon, Nov 5<sup>th</sup>*)

**Training Days and Times:** **Mon, Tue and Thur 7:00-8:30pm** **Saturdays 8:00-9:30am**

**Coaches:** The program will be coached by BSRC Aquatic Director and Hanover High School coach George Massey, Burkwood Summer Team and Atlee High School coach Karen Seeber, and former college and current Atlee Assistant Coach Justain Murphy.

**Equipment:** Goggles and cap.

**Cost:** Members: \$85.00. \$60.00 for each additional sibling.  
Nonmembers: \$175.00. \$140.00 for each additional sibling.  
Make checks payable to "BSRC".

**Competition:** There will be one swim competition offered. No additional charge. Date TBD.

**How Do I Sign Up:** Fill out the attached registration form. Return it to the BSRC fitness center front desk along with payment or mail to P.O. 1537, Mechanicsville, VA 23116. You will be contacted via email when your registration form has been received. Class space is limited.

**Questions??:** Contact the Aquatics Director, George Massey at 730-2472 or [bsrcaquatics@gmail.com](mailto:bsrcaquatics@gmail.com)



# BURKWOOD SWIM AND RACQUET CLUB HIGH SCHOOL SWIM PREP GROUP REGISTRATION FORM



DATE: \_\_\_\_\_

Parent Name: \_\_\_\_\_ BSRC # (if applicable) \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Summer Team: \_\_\_\_\_

Middle and/or High School: \_\_\_\_\_

First Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Second Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Third Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

**COST**

BSRC MEMBER: \$85.00 for first child \$60.00 for each additional child  
 NONMEMBER: \$175.00 for first child \$140.00 for each additional child

**MEDICAL WAIVER**

I HEREBY RELEASE, BURKWOOD SWIM AND RACQUET CLUB, AND ALL STAFF FROM ALL RESPONSIBILITY, ACCIDENT, OR INJURY INCURRED WHILE PARTICIPATING IN THE SWIM TRAINING FOR KIDS PROGRAM.

FURTHERMORE, I AUTHORIZE BSRC PERSONNEL TO SUMMON APPROPRIATE MEDICAL ATTENTION FOR MY CHILD IN THE EVENT OF MY ABSENCE.

I HAVE READ AND UNDERSTOOD THE FOREGOING RELEASE AND I AGREE TO THE ABOVE TERMS.

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

**TURN IN THE FORM, ALONG WITH PAYMENT (see page two) TO "BSRC" TO THE FRONT DESK, OR MAIL TO BSRC, ATTENTION: AQUATICS, PO BOX 1537 MECHANICSVILLE, VA 23116. You will receive an email confirmation.**



**TIME TO GET WET!**