



## Summer Swimming- Winter Training Family Affidavit

The enclosed swimmer registration being submitted by \_\_\_\_\_ (family name), meet the regulations of summer swimming training policy 4.2.

4.2	<p><b><i>4.2 Winter Training Policy</i></b></p> <p><i>From <b>October 1</b> to May 31(November 1 to May 31 for All Star Team members) the amount of training permitted by a summer swimmer is restricted, if they wish to retain summer swimming status.</i></p> <p><i>To be considered eligible to register for summer swimming, a swimmer may swim <u>not more than 2 hours per week</u> in a coach or <b>parent</b> directed program.</i></p> <p><b><i>The two hours per week <u>does not</u> include:</i></b></p> <ul style="list-style-type: none"> <li>- <b><i>Red Cross and Life Saving Society Classes, “I Can Swim” Classes, YMCA swim instruction program</i></b></li> <li>- <b><i>Fundraising swim-a-thons</i></b></li> <li>- <b><i>Other water sports such as Synchronized Swimming, Water Polo, or Diving.</i></b></li> </ul> <p><b><i>Summer swimmers will be permitted to attend one swim camp during the restricted training period.</i></b></p> <p><i>The intent of any winter training, should be for team building and general fitness of swimmers. Training sessions should not be organized for the purpose of creating a competitive edge of one individual over others.</i></p>
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\_\_\_\_\_  
PARENT (or guardian) NAME (PLEASE PRINT)

\_\_\_\_\_  
SWIMMER’S NAME (PLEASE PRINT)

\_\_\_\_\_  
PARENT’S SIGNATURE

\_\_\_\_\_  
SWIMMER’S SIGNATURE

\_\_\_\_\_  
DATE