

# FOREST PARK 2011 FALL CLINICS

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For a swimmer to reach their full potential, they need as much water time as possible. Last fall's clinic attendees made such tremendous strides in their abilities that we're very excited to offer fall clinics at Forest Park for the second time! This will be a 12-week clinic.

We are offering 4 days of clinics per week. These will be offered only in the evenings so as to not conflict with after school programs.

There will be two days of training and two days with a little more focus on drills. Monday and Wednesday will be drill focus days and Tuesday and Thursday will be training days. Our goal is to provide a 3-1 or 4-1 swimmer-to-coach ratio. Typical summertime ratio is 7-1 or higher.

You can choose between 2 and 4 days per week. Clinics begin on 9/19 and end on 12/8. First payment is due Week 1. Remainder is due by Week 4.

Child 1: \_\_\_\_\_  
Name                      Age as of 6/15/12                      Preferred Days

Child 2: \_\_\_\_\_  
Name                      Age as of 6/15/12                      Preferred Days

Child 3: \_\_\_\_\_  
Name                      Age as of 6/15/12                      Preferred Days

Mom's Name:

Dad's Name:

Contact Number(s):

Family Email Address:

Please email [jeff.mellinger@gmail.com](mailto:jeff.mellinger@gmail.com) ASAP and let me know which Days for your swimmer(s) so I can save your slot. Bring completed pages 1 and 3 and a check payable to **FPSA** on the first day of clinics.

## Fall Clinic Rules

- Please pick up after yourselves. Our pool is not open for general use during this time of the year. The more mess is left, the more the coaches have to clean up!
- If other, non-swimming children are present during their siblings' clinic, please monitor them closely. We have a large grass area to play in but the coaches cannot be responsible for what goes on there.
- The baby pool is off limits.
- Absolutely NO running on deck.
- NO horseplay in or out of the pool is allowed.
- Do not enter the water until your coach is ready for you. When your clinic is over, please get out of the water immediately.
- As it will begin to get cold out during our clinics, please provide your swimmers with warm clothing for them to wear before and after their sessions.
- If you wish to speak with one of the coaches, please do so before or after your group. The coaches need to be able to run their groups free of distraction.

## FALL CLINIC COACHING STAFF

Jeff  
Paul  
Rebekah  
Marissa  
Casey  
Ryan  
Matt  
Sierra

**RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

In consideration of membership for the persons (herein referred to as "swimmers") named below on the Forest Park Swimming Association (FPSA) swim team and their being permitted to enter and use (the property) herein defined as included but not limited to the driveway entrance and all the walkways, grounds, buildings and other areas appurtenant to the FPSA swimming pool including the pool itself for any swim team purpose or activity, each of the undersigned for himself, his personal representatives, heirs, and next of kin, acknowledges, agrees and represents that he has or will immediately upon entering any such areas, and will continuously thereafter, inspect such areas and all portions thereof which he enters and with which he comes into contact and he does further warrant that his entry upon such area or areas constitutes acknowledgement that he has inspected such areas and that he finds and accepts the same as being safe and reasonably suited for swim team purposes or activities, and he further agrees and warrants that if at anytime that he is in or about any areas and he feels anything to be unsafe he will immediately so advise the lifeguard or other responsible adult.

1. The undersigned parent or legal guardian HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Forest Park Swimming Association owners and leasees of the property and each of then their officers and employees all for the purpose herein referred to as "releasees", from all liability to the undersigned, his personal representative, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefor on account of injury to the person or property resulting to the swimmers named below whether caused by the negligence of the releasees, or otherwise while the swimmers named below are involved or participating in any swim team purpose or activity on or off of the property.
2. The undersigned parent or legal guardian HEREBY AGREES TO INDEMNIFY AND HOLD HARMLESS the releasees and each of them from any loss, liability damage, or cost they may incur while the simmers named below are involved or participating in any swim team purpose or activity on or off of the property whether caused by the negligence of the releasees or otherwise.
3. The undersigned parent or legal guardian HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while the simmers names below are involved or participation in any swim team purpose or activity on or off of the property.
4. The undersigned parent or legal guardian HEREBY ACKNOWLEDGES that some competitive events are held at properties not owned or controlled by FPSA and that there may or may not be insurance carried on those properties by their owners or operators. Furthermore, the undersigned parent or legal guardian consents to the participation of the swimmers named below at those facilities despite that fact.
5. The undersigned parent or legal guardian HEREBY ACKNOWLEDGES that the insurance policy currently in effect for the FPSA does not provide any protection for the swimmers named below while they are involved in, being transported to, or participating in any swim team purpose or activity away from the property. Furthermore, The undersigned parent or legal guardian consents to their involvement in, transportation to, or participation in any swim team purpose or activity despite that fact.

The undersigned parent or legal guardian expressly acknowledges and agrees that competitive swimming and diving are activities in which there are substantial risks of head and neck injuries or drowning etc., all of which involves the risk of serious injury and or death and or property damages. The undersigned parent or legal guardian further expressly agrees that the foregoing release waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the law of the State of California 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 PARENT OR LEGAL GUARDIAN HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

**PARENT'S SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**\*\*Swimmers covered by this agreement are listed on the first page.**

## **MONDAY/WEDNESDAY**

- Drill/Technique for about ½ of each workout depending on ability. Those already proficient in their strokes will do training sets for the 2<sup>nd</sup> half of each workout.
  - All four strokes will be covered. Participants will be proficient by clinic end.
  - Work will also be done on turns as well as starts.
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- 8-Unders: 6:15-7:00
  - 9-10s: 7:00-7:45
  - 11-ups: 7:45-8:45

## **TUESDAY/THURSDAY**

- Training based workouts.
  - Swimmers will do interval-based sets, kick sets, race pace sets and general training.
  - The goal is to keep the swimmers in shape and continue their training into the winter. When next season begins, they will have a fantastic base from which to build.
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- 8-Unders: 6:15-7:00
  - 9-10s: 7:00-7:55
  - 11-ups: 7:55-9:20

### FEE SCHEDULE (use age as of 6/15/2012)

Days per week	8-Unders	9-10	11-ups
2	\$205	\$225	\$250
3	\$270	\$290	\$320
4	\$320	\$340	\$380

**•Take \$50.00 off for a second child's price and \$75.00 off for a 3<sup>rd</sup> child.**

This is an example of the fee structures for other fall programs.

	Dana Hills	TERRAPINS	AQUABEARS	CROW CANYON	AQUATIC TIMES
Program Length	12 Weeks 36-60 sessions	14 Weeks 56 sessions	14 Weeks 56 sessions	12 Weeks 36-60 sess	11 Weeks 44 sessions
Days Of Week	MWF or MTWTH Or M-F	M-Th	M-Th	8-U: MWF 9-ups: M-F	M-Th Fri: Training
Session Length	8-U: 45min 9-up: 75	9-12: 60 12-14: 90	8-U: 45 9-12: 60 13-up: 90	8-U: 45 9-10: 60 11-up: 75	60 min
Session Cost	8-U: 370-420 9-11: 420-490 12-up: 450-520	9-12: \$360 12-14:\$460	8-U: \$380 9-12: \$420 12-14: \$500	\$400 Mem \$450 Non	1 day: \$85 2 days: \$170 3 days: \$255 4 days: \$340
Weekly Price	\$31-35 \$35-41 \$38-44	\$26 \$32	\$27 \$30 \$36	\$33 \$38	\$8-32