



# High School Get In Shape

## Swim Program: 9-12 grade

Looking to get in shape for the upcoming High School Swim Season? Then this clinic is for you. While training with the Year Round US Livermore Aquacowboys Swim Team, the focus will be on making all four strokes more efficient; legalizing starts, turns, and finishes; and increasing yardage. The Dryland component will help each swimmer develop their core strength through various exercises.

**November 30-January 29**

(Coaches will tell swimmers what days are off for the holidays)

**Monday-Friday**

**5:15-6:45pm**

**& Saturday 9-11am**

There will be a Dryland component 2 days a week for 30 min. Time & Days TBA

**All practices are held at the Livermore Valley Tennis Club Pool-  
2000 Arroyo Road**

### **Cost:**

**LVTC Members: \$250**

**Nonmembers: \$370**

Equipment Required: FINS

### **Optional:**

**Come to the T/TH AM workouts  
from 5:30-7am  
For an additional \$50**

### **About the Coaches:**

**Alex Silver**

Multiple time NBL Champ

2 time NCS Champion

Cal Berkeley College Swimmer

**Cooper Dezell**

Navy Seal Search & Rescue Swimmer

Dryland Coach

**Lisa White**

4 time NCS qualifier

3 time UC Davis Captain

**Contact Emily Horst to register or for additional information  
horst@lvtc.com / (925) 443-7700 x143**

LIVERMORE VALLEY TENNIS CLUB

2009-2010 LIVERMORE AQUA COWBOYS CONSENT & LIABILITY WAIVER

We, as parent(s) or guardian(s) of our minor child \_\_\_\_\_ ("Child"), do hereby consent to our Child's participation as a member and/or swimmer on the Livermore Aqua Cowboys swim team ("Team") using the Livermore Valley Tennis Club ("Club") facilities including but not limited to Club property, its clubhouse, pool(s), deck and parking area other swimming facilities where participation is held ("Facilities"). We are aware that various risks, including death and serious injury, can be associated with participation on competitive swim clubs like the Team and the use of the Facilities. We hereby accept and assume on behalf of our Child full responsibility for any and all known and unknown risks that might exist from our Child's participation on the Team and use of the Facilities. We represent that we have verified with a physician that our Child is physically and medically suitable to participate on the Team.

Release of Liability

We hereby release the Club, it's officers, employees, agents and members from any and all injuries, negligence, damages, causes of action, claims, losses and costs of any kind whatsoever arising out of or resulting from any injury, death, or damage to property which we or our Child may sustain as a result of or arising out of our Child's participation on the Team or use of the Facilities.

Hold Harmless / Defense

We further agree to indemnify, defend, and forever hold harmless the Club, its officers, employees, agents and members from any and all injuries, negligence, damages, causes of action, claims, losses and costs of any kind whatsoever that may arise out of or relate to our Child's participation on the Team or use of the Facilities.

Consent for Medical Treatment

In the event of a medical emergency, we authorize and give our consent and permission to the Club and its employees to request and provide any and all medical assistance deemed appropriate in their discretion, including but not limited to rendering first aid, arranging treatment by medical personnel, physicians, nurses, or paramedics, admitting our Child to a hospital or other medical facility, and authorizing any emergency medical treatment.

**BOTH PARENTS/LEGAL GUARDIANS MUST SIGN THIS FORM**

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Parent/Guardian name (print)

\_\_\_\_\_  
Parent/Guardian name (print)

\_\_\_\_\_  
Relationship to Child

\_\_\_\_\_  
Relationship to Child

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**Registration Information:**

Swimmers Name \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_

Address \_\_\_\_\_ Phone # \_\_\_\_\_

High School \_\_\_\_\_ Grade \_\_\_\_\_ Member # \_\_\_\_\_

Email \_\_\_\_\_ Emergency Contact & Phone # \_\_\_\_\_