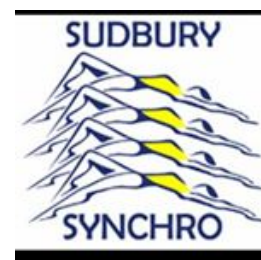


Try Competitive Synchro!

2019 Registration Form



SUDBURY SYNCHRO SWIM CLUB IS OFFERING A TRY COMPETITIVE PROGRAM

This program offers your athlete:

- additional swim time (Sundays only see dates below)
- learn the 2 compulsory 10U (10 and under age group) figures
 - specific skills/movements in synchronized swimming
- learn a more challenging routine
- Additional Long Term Athlete Development training (LTAD)
 - (Dry land training- flexibility, endurance, routine counts, etc.)

**** please note: we need at least 3 swimmers to run program ****

Program Fee: \$100

Dates: Sundays: February 24th, March 3rd, 17th, 24th, 31st and April 7th

Time: 8am -10am

Coach: TBD

Participant Name: _____ D.O.B _____ age: _____

Current Swim Night and Coach: _____

Years with Sudbury Synchro: _____

Any health concerns (injuries or allergies) _____

IS your athlete: _____ interested in joining competitive synchro **or** _____ just curious and trying it out

Parent/Guardian contact information

Name: _____ Relationship: _____ Contact Number(s): _____

Name: _____ Relationship: _____ Contact Number(s): _____

- A charge of **\$35** will be applied for all **NSF cheques**.
- Payment options: one cheque (full payment) or cash due on before or on the day of the first Try Competitive

Office Use Only:

Registration Date: _____ Registration Amount: _____ (cash _____ or cheque _____) Cheque #: _____
