



### S.E.C.A. SHARKS IN TRAINING PROGRAM

THE S.E.C.A. SHARKS IN TRAINING PROGRAM IS DESIGNED TO PREPARE SWIMMERS TO COMPETE IN THE LANCASTER COUNTY SUMMER SWIM LEAGUE. COACHES WILL INCORPORATE TECHNIQUE DRILLS TO ENHANCE BASIC SKILLS. UPON MASTERY OF THESE SKILLS, SWIMMERS WILL PRACTICE AND COMPETE WITH THE TEAM. PRACTICES WILL BE AT THE S.E.C.A. POOL IN QUARRYVILLE on MONDAY EVENING 6:30-7:15 pm AND TUESDAY/THURSDAY MORNING 9:00-9:45 am.

IF YOU ARE INTERESTED, PLEASE FILL OUT THE BOTTOM OF THIS FORM AND MAIL IT TO SECA

IF YOU HAVE ANY QUESTIONS EMAIL: [secasharks@gmail.com](mailto:secasharks@gmail.com)

- FEE:** \$80 FOR EACH SWIMMER
- PRACTICE:** Regular practice begins on June 9th at 9:00 am
- TIME:** **Mon: 6:30pm-7:15pm, Tues/Thurs.: 9:00am-9:45 am**
- AGE:** 3 YEARS OLD AND UP

WE WILL BE TESTING SHARKS IN TRAINING ON **JUNE 1st AND JUNE 5th from 6:00-6:30** TO JOIN THE PROGRAM STUDENTS MUST BE ABLE TO SHOW COACH JENNA THE REQUIREMENTS LISTED BELOW.

#### REQUIREMENTS:

SWIMMERS MUST BE ABLE TO:

- PUT THEIR FACE IN THE WATER AND BLOW BUBBLES
- KICK WHILE HOLDING ONTO WALL
- SWIM APPROXIMATELY 12 FEET IN THE WATER
- LEARN STROKE FROM COACHES

THE **GOAL** OF THIS PROGRAM IS TO TRAIN THE SWIMMER TO BECOME A COMPETITIVE SWIMMER BY THE END OF THE SEASON.

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**Complete the following registration form and waiver, then return to:**  
**SECA Sharks Swim Team - P.O. Box 67 - Quarryville, PA 17566**  
*Call the SECA office if you have any questions or concerns, 717-806-0123*

### S.E.C.A. SHARKS SWIM TEAM REGISTRATION FORM S.E.C.A. SHARKS IN TRAINING PROGRAM

SWIMMER'S NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

PARENT'S NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE # \_\_\_\_\_ ALTERNATE PHONE # \_\_\_\_\_

E-MAIL \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ FEE \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ waiver completed \_\_\_\_\_