



## Pre-Competitive Team (7<sup>th</sup> grade on down)

## High School Off-season Program (8<sup>th</sup> Grade & up)

**Program runs from September 10<sup>th</sup> to November 1<sup>st</sup>**

### **High School Off-season Program (8<sup>th</sup> grade on up)**

Tuesdays, Thursdays, & Fridays – 4:00 to 5:30pm

Cost - \$475.00

### **Pre-Competitive Team (7<sup>th</sup> grade on down)**

Tuesdays, Thursdays, & Fridays – 4:00 to 5:00pm

Cost - \$425.00

### **Program Description:**

The Cougar Aquatic Team is offering a pre-team program (1 to 1.5 hour practices) to non-team members designed for the swimmer who wishes to maintain their aerobic base while continuing to improve their skills in all four competitive strokes. **This program is ideal for middle and high school swimmers who want to train before the school swim teams begin or for younger swimmers wishing to be a part of team.** Every practice will be coached by a member of the Cougar Aquatic Team coaching staff and include our stroke drills and training method. The clinic will cover:

- Cougar Aquatic Team stroke drills & technique work.
- Underwater filming and stroke analysis.
- 30 minute “main set” minimum per practice.
- Work on starts, turns and finishes.
- Dry-land: emphasis on balance, stretching/flexibility, core strength and coordination.
- Interval training & test sets
- Distance Challenge – 500 and 1,000 yard freestyle swim.
- A fun intra-squad meet will be held on the last clinic date. This mini-meet will give participants the chance to become exposed to the fun and excitement of a swim meet environment, as well as show off the skills they’ve learned to family and friends.

### **REGISTRATION FOR THIS PROGRAM WILL OPEN TO THE PUBLIC ON:**

**Monday, August 5th through a link on our homepage at [www.cougaraquatic.com](http://www.cougaraquatic.com).**

**As a participant at our try-outs today you will receive a copy of the registration link via e-mail by no later than Sunday, August 4th...before it gets posted on our website.**

**Registration is accepted first come, first serve.**

If you have any general questions about this program, please e-mail the Program Director at [pat@cougaraquatic.com](mailto:pat@cougaraquatic.com).  
For billing/registration questions, please e-mail the Head Coach at [eric@cougaraquatic.com](mailto:eric@cougaraquatic.com).

## Registration is online only!

Registration Link: <https://cui.active.com/sports-reg/login?a=a0ae6611-5ad7-4d10-9fa3-252e0e9b6b8a>

1. As someone on who either tried out for the team or is currently on our e-mail list, you are being offered the opportunity to register first. On **Monday, April 5th**, the registration link will be posted on our website. If the link above doesn't work, please copy and paste it onto a browser.
  - a. Please use previous login information if you have previously registered with us online. You have the opportunity to reset the password if needed.
2. If new, you will be asked to provide swimmer's basic information first, followed by parent's information for the person filling out the form. Once completed, click '**Continue**' at the bottom. If you are a returning client, you will be asked to either log in or create a profile. Please log in even if you have to reset your password. If you are a new client, please create a profile.
3. Depending on your swimmers age, you will be offered only the classes that are available to them based on age. **Select** the program you are looking to register for and click '**Continue**'.
4. You will be asked to fill out required Parent/Guardian information (address and contact info). Be sure to include your e-mail and cell phone numbers as this is how we notify you of any emergency notifications (i.e. power outages, winter weather, etc).
  - a. If you wish to add another Parent/Guardian, you may do so by clicking "**Add another Parent/Guardian**".
  - b. If you wish to add anyone else to the e-mail contact list, please click on "**Add Secondary Contact**". Once complete, click '**Continue**'.
5. Please also complete the Swimmer's Information, even though some of the information is repetitive.
  - a. I apologize that you have to repeat home information for younger athletes (phone, address, etc.). I have asked our vendor to include a "Same as Parent" button, or to exclude this request completely.
6. The waiver on the next page is necessary. This 'Release of Liability of the Cougar Aquatic Team' is mandatory for participation in this program. Please see below e-mail address for where you can send it in. If you need, you can also bring to the first practice. **But your swimmer will not be allowed to participate without a signed waiver.**

**Payment is made in full at the time of registration. The attached waiver must be e-mailed to Coach Eric at [eric@cougaraquatic.com](mailto:eric@cougaraquatic.com) or brought to the first class and hand delivered to Coach Pat, the program director.**

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**Missed Lessons:** are not credited or refunded. Price is for the whole program, not number of classes.

**Refund Policy:** 20% processing fee for any refunds requested. Please keep in mind that spots in the program are promised at the time of registration and any additional registrations are denied should the capacity be reached.

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For billing/registration questions, please e-mail the Head Coach at [eric@cougaraquatic.com](mailto:eric@cougaraquatic.com).

**RELEASE OF LIABILITY -- READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the Cougar Aquatic Team program, its related events and activities, I, \_\_\_\_\_, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Cougar Aquatic Team program, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

x \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARTICIPANT'S SIGNATURE

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE**  
**(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x \_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE EMERG. PHONE # (s): \_\_\_\_\_ Date Signed \_\_\_\_\_