

Love to swim and looking for an opportunity to compete for Shrine... join the



# Shrine Catholic Academy/Grade School Instructional Swim Team



- Who: Any student Grades 5-8 who knows how to swim and is looking for an opportunity to develop or improve their competitive skills. *(YMCA/USS swimmers currently on a team are encouraged to come out and compete for their school)*
- What: A 6-8 week instructional program with approximately two practices per week and at least 4 competitive meets.
- When: December 10<sup>th</sup> and 18<sup>th</sup> (stroke clinics) 6-7:30 pm  
January 3, 7, 10, 15, 17, 22, 24, 29, 31 and February 4, 7, 12, 14 6-7:30 pm
- Where: Lamphere High School in Madison Heights
- Cost: \$75 per swimmer
- Coaches: Aaron Smith - *Shrine High School Girls' Varsity Swim Coach*  
Randy Rosler

This program will be run using the same fundamental competitive swimming approach Coach Smith has used with his Varsity Team. The practices will be run like clinics, focused on improving:

- Stroke technique
- Racing starts and turns
- Endurance

To join - fill out the form below and the attached risk form, and return with a check to

KIDMAIL  
c/o Asher Smith  
Room 102

by **Friday, November 30<sup>th</sup>**

Feel free to contact Coach Smith at 248.585.1512 or [asmith68@ameritech.net](mailto:asmith68@ameritech.net) with any questions.

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*Cut here*

## Shrine Academy and Grade School Instructional Swim Team Sign-Up Form

Name(s) \_\_\_\_\_ Phone \_\_\_\_\_

Grade(s) \_\_\_\_\_ Homeroom(s) \_\_\_\_\_ Email \_\_\_\_\_

Amount Enclosed \_\_\_\_\_ Please make checks payable to Shrine Dad's Club.

*\*Must have a current health form on file.*

# ATTENTION CYO ATHLETES AND PARENTS

Athlete's Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parish/School: \_\_\_\_\_

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## ASSUMPTION OF RISK -- PROOF OF INSURANCE

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Participation in sports requires an acceptance of risk of possible injury. As an athlete you can help make athletics safer by not intentionally using techniques that are illegal and which can cause serious injury.

We, athlete and parent, understand that participation in athletics involves the possibility of a serious or even fatal injury. In consideration for our child's opportunity to participate in this program, we, the parents, individually and on behalf of our child, expressly assume any and all risks associated with and arising from such participation, including, but not limited to bodily and emotional injury, at practice, competitive events, and any other related activity, including transportation to and from any event. We hereby release the Catholic Youth Organization (CYO), Archdiocese of Detroit, any parish and/or school sponsor and all of their agents from any and all liability for any such injury or damage. We will abide by CYO Athletic Department rules, the Expectations in Educational Athletics of the CYO and game officials.

I \_\_\_\_\_ (signature) student athlete have read the above and agree that I have been warned as to injury and accept the responsibility of possible injury.

I am the parent or legal guardian of the above named student athlete and have read the above and recognize the risk in participation and injury. (Signature below)

The student athlete is covered by an insurance policy in effect for the school year:

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Insurance Company

\_\_\_\_\_  
Policy or Group #

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## EXPECTATIONS IN EDUCATIONAL ATHLETICS

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The administration and staff of our parish/school, all CYO parishes/schools, and the CYO Athletic Department wish to make it clear that CYO Athletics is an educational activity. Athletes, parents, and friends must be aware of our expectations with regard to sportsmanship.

Unlike professional sports, as a spectator at an athletic event, you are part of the activity, much like the athletes, coaches, and officials. As a participant, (spectator or team member) we expect that you will maintain good sportsmanship or refrain from attending CYO athletic events.

- ◆ It is expected that as participants and spectators, we will support in a positive way our own team remembering that the athletes, coaches, and officials are not perfect and will make mistakes. Negative, derogatory cheers or actions aimed at either team are not acceptable in educational athletics.
- ◆ It is expected that you will accept the decisions of the officials without vocalizing disagreement. Officials are an important part of this educational activity. We are sending the wrong message when we challenge or abuse the game official sent to the game to administer these educational activities.
- ◆ At all times it is expected that we will respect one another; adults and athletes alike. This especially includes our opponents and officials, without whose involvement, sport contests would not occur.

Signature of Student Athlete and Parents/Guardians that they have read and understand the above.

\_\_\_\_\_  
Student Athlete

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

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

**This form is to be kept on file at the parish/school. A new form must be filed each school year. A form must be submitted by parents to the coaches at the start of each new athletic season.**