



High School Prep

Make a splash into competitive swimming with the Lake Forest Swim Club High School Prep program. This program is ideal for Varsity, Jr Varsity or multi-sport athletes looking to improve their swimming skills, increase their fitness and develop strength.

- Perfect for pre-season jump start or continuing fitness**
- Swim practice is offered 3 times a week, dryland is offered 2 times a week.**
- May 16-June 3: Monday, Tuesday, Thursday 6-7:15p (Tentative), with dryland before.
June 6- July 21: Monday, Tuesday, Thursday 6-7:15p (Tentative), with dryland after.**

Program placement is dependent on an evaluation by one of the LFSC coaches. Please complete the information below to register for the program.

Last Name _____ *Phone* _____

Mothers Name _____ *Fathers Name* _____

Address _____

Primary Phone _____ *Primary email* _____

Swimmer First Name _____ *Middle Initial* _____ *Date Of Birth* _____

Membership Fee \$350 + **USA Swimming Fee (\$65 annual, required)** = **Total Fee**

Please read this form carefully and be aware that in signing up and participating in the above program(s) you will be waiving and releasing all claims for injuries you or the above participants might sustain arising out of these programs.

"As a participant or guardian of a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or losses which I or the above participant(s) may sustain as a result of participating in any and all activities connected with or associated with such programs.

"I agree to waive and relinquish all claims I or the above participants(s) may have as a result of participating in the program against the Lake Forest Swim Club and its officers, agents, servants, employees, and directors. I do hereby fully release and discharge Lake Forest Swim Club and it's officers, agents, servants, employees, and directors from any and all claims from injuries including death, damages or loss which I or the above participants may have accrued to me (us) on account of participation in the program.

"I further agree to indemnify and hold harmless and defend Lake Forest Swim Club and its officers, agents, servants, employees, and directors from any and all claims from injuries including death, damages and losses sustained by me or the above participant(s) and arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand the above program details and waiver and release of all claims."

Date _____

(Signature of Parent or Legal Guardian above)

For your convenience we accept VISA, Master Card, Discover, American Express and Diner's Club or your personal check as payment for all Lake Forest Swim Club fees and charges.

Check # _____ Amount _____ Office Use _____

VISA Card # _____ Expiration Date _____

Authorized Signature _____ Date _____



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