

West Side Sharks Swim Team

The West Side Sharks Swim Team is about to begin the 2009—2010 season. Registration will take place at Wyoming Valley West High School in Plymouth on Monday, October 12th with the start of practice at 6:30 pm.

The first week of practice will begin on Monday, October 12th at 6:30 p.m. at the high school. The first week will focus mainly on dividing the athletes into different training groups to maximize individual success.

Prices

Sessions will run:

October 12th—December 18: \$140.00

January 5th —March th: \$80.00

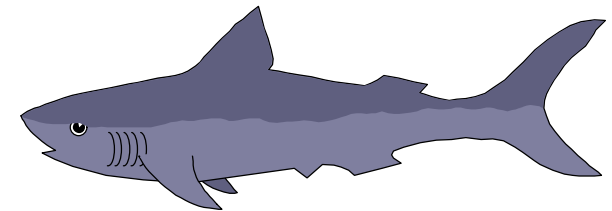
There is a discount if you are signing up more than one child. Speak to one of the coaches when you are signing up and tell them you would like to register more than one child.

An optional learn to swim instruction time will be provided if interested.





West Side Sharks Swim Club



Contacts:

Rob Panowicz—(570) 814 6382

Cara Devine/Homza at practice



West Side Sharks Swim Team

Monday

Advanced Only 6:30—8:00 p.m.

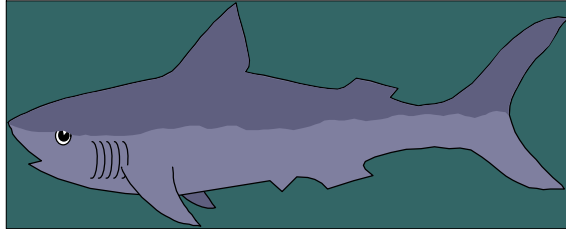
Tuesday, Thursday, and Friday

All members 6:30—8:00 p.m.

Saturday and Sunday

Meet Days

(To Be Announced)



We are pleased to inform you that WVV will continue to offer age group aquatic programs for diving and water polo, in addition to the swim team and learn to swim program. For additional information on any of these programs, contact Coach Rob.



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Athlete Name : _____

Birthday: _____

Parent's Name: _____

Street: _____

Town: _____ Pa., Zip: _____

EMAIL: _____

Phone: Home: _____

Emergency: _____

My children have no restrictions for aquatic training and activities. If there are any questionable health issues, I will discuss them with the coach. I understand that I may be required to obtain a doctor's release for my child and / or children to participate in WVV or FAST Aquatic Activities. I also agree to notify the coach of any changes in my children's medical history. The WVV School District will not cover the cost of advanced medical care needed as determined by the coaches.

Parent/Guardian: _____

Dated : _____

T-Shirt Size: Child's — S M L

Adult — S M L XL

Suit Size _____

Coaching Staff will be:

Coach Rob

Coach Rusty

Coach Cara