



For office use only:
 Check # _____
 OPC _____

YOTA Masters Swim Team

2009-2010 Registration Form

Name: _____ Birthdate: ____/____/____ Age: ____ Gender: _____

Address: _____ City: _____ Zip Code: _____

Phone: _____ Email: _____

Home YMCA Branch: _____

YMCA Member #: _____

****All athletes must be YMCA members!!****

T-Shirt Size:	Small ____
	Medium ____
	Large ____
	X Large ____
	XX Large ____

IN CASE OF EMERGENCY – PLEASE CONTACT (name, relation, contact information):

I will be: ____ Training at the OPC (1012 Oberlin Road) & agree to pay the \$20 per month training fee
 ____ Training on my own or at my respective YMCA branch (no charge per month)

<p>OPC Training Times (1012 Oberlin Road): Monday, Wednesday, Friday AM: 7:00 – 8:30 am Tuesday & Thursday AM: 6:30 – 8:00 am Monday – Friday PM: 11:30 – 1:00 pm ****SPACE IS LIMITED TO 25 ATHLETES AT EACH WORKOUT AT THE OPC****</p>

YOTA Masters Swim Team – Join the YOTA Masters Swim Team and receive expertise coaching and technical training from some of the top swim coaches in the Triangle. All of our coaches are USA Swimming certified and American Swimming Coaches Association educated. Whether you want to compete in various meets around the country, or just get in (and stay in) shape, the YOTA Masters Swim Team is the perfect place to reach your swimming goals. Please contact Head Coach Chad Onken if you have any questions at Chad.Onken@ymcatriangle.org or check out the YOTA Masters website at: http://www.ymcatriangle.org/YMCA_Swim_Team/YOTA_Masters_Swimming.aspx.

Fees:
 \$60 – Annual Registration Fee (YOTA team registration, t-shirt, cap, administrative fees)
 \$20 – Monthly Training Fee (permitted to attend unlimited workouts at the OPC during the week)



YOTA MASTERS REGISTRATION

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for participating in the YMCA of the Triangle Area – Masters Swim Team, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE YMCA of the Triangle Area and any of their officers, servants, agents, or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such athletic and related event activities, or while in, on or upon the premises where the activities are being conducted.

To the best of my knowledge, I am in good physical condition and am not aware of any physical infirmity which would place me at risk to participate in YMCA of the Triangle Area activities. I am fully aware of risks and hazards connected with the activity, including the risk of injury to my neck, back, spine, knees or other parts of my body, and I hereby elect to participate as a voluntary participant in said activity. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such an activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise. I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS the RELEASEES from any loss, liability, damage or costs, including court costs and attorney's fees, that they may incur due to my participation in said activity, WHETHER CAUSED BY NEGLIGENCE OF RELEASEES or otherwise.

It is my express intent that this Waiver of Liability and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES, I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of North Carolina. In signing this release, I acknowledge and represent that I have read and understand it and sign it voluntarily; I am at least eighteen (18) years of age and fully competent; and I execute this Release for full, adequate and complete consideration fully intending to be bound by the same.

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

Participant's Printed Name

Participant's Signature

Date

YOTA Masters Swim Team – Registration Checklist

1. Fill out the above two pages of the YOTA Masters Swim Team Registration Form
2. Please include a \$60 check for your registration fee (payable to YOTA Swim Team)
3. Also include a voided check for bank draft purposes (if you are training at the OPC)
4. Mail it to: Chad Onken, YOTA Swim Team
801 Corporate Center Drive – Suite 200
Raleigh, NC 27607
5. See you at the pool when practices start on Monday, November 30th!!