

Pleasant Valley Girls Swimming Summer Conditioning

When: June 4th-Aug 5th (Monday, Friday and Saturday Mornings)

Who: Open to all 7-12 Graders

Cost: \$150 (Includes all 25 sessions offered throughout the summer)

Times: Monday 5:30-7:30am (Dryland and Swim)

Friday 6-8am (Dryland and Swim)

Saturday 6-8am

Description: This is a supplemental summer conditioning program for the current and future Pleasant Valley Girls Swim Team. This program is designed to introduce and prepare competitive swimmers for the Pleasant Valley Swimming philosophy and experience. We will be meeting 3 times a week in the morning with a mixture of swimming dryland related exercises and developing swimming technical and competitive skills in the water.

Contact: Please email Head Varsity Girls Coach Frank DeMaria fdemaria@emich.edu for any questions regarding the summer program!

Online Registration Link: <https://pleasval.revtrak.net/tek9.asp?pg=athletics>

Swimmer's Name: _____

Grade: _____

Parent's Name: _____

Phone: _____

Medical Conditions: _____

Emergency Contact Name: _____ **Phone:** _____

I authorize the swimming coaches at the Pleasant Valley High School summer swimming conditioning camp to act for me according to their best judgment in an emergency requiring medical attention, and I release Pleasant Valley Swimming Coaches as well as Pleasant Valley High School from any and all liability for injuries, illnesses, or lost property incurred while the above named athlete is at conditioning. I have no knowledge of any physical condition that would be affected by the above athlete's participation at these sessions.

Parent's Signature: _____ **Date:** _____