



THE SANFORD-SPRINGVALE TITANS SWIM TEAM

2025 – 2026 Season



PARENTS MEETING: Friday September 05, 2025 @ 6:00pm

OUR MISSION

The Sanford-Springvale YMCA Titans Swim Team will create a culture of pride and excellence by:

1. Creating a positive, fun, and team-oriented environment
2. Focusing on education of swimming techniques and fundamentals
3. Developing team success at all levels of competition
4. Maintaining a high level of training and athlete development

ABOUT THE TEAM

The Titans Swim Team is The Sanford-Springvale YMCA's year-round competitive swimming program. We welcome children ages 7-18 who are interested in challenging themselves in the areas of mental and physical training and are dedicated to the Sport of Competitive Swimming.

Our swim team trains in the Sanford-Springvale YMCA 25-yard, 6 lane pool and competes throughout the state of Maine in 2 different seasons: Winter and Summer. Our Winter Season (September to March) competes in 25-yard short course pools, while our Summer Season (May – August) gives swimmers the opportunity to compete in 50-meter long course pools in addition to short course meets. We understand that some families are unable to make the year-round commitment to our Swim Team program, which is why we hold separate registrations for each season. However, we strongly encourage swimmers to participate throughout the year to help improve their techniques and times.

USA SWIMMING

The Sanford-Springvale YMCA Titans Swim Team is a member of the USA Swimming, the national governing body for swimming in the United States, and does participate in USA sanctioned meets throughout the year. Titans swimmers have the option of becoming a USA swimmer for an additional fee. Since there are often minimum entry fees associated with USA meets, participation is optional.

PRACTICE GROUPS

To qualify for each group, we ask that swimmers to perform the skills in the descriptions

White Group: (meet 3 times a week) \$495

Must have passed swim lessons level 3. Preferably completed at least one session of swim lessons level 4. Streamline on front and back. 25 freestyle with rotary breathing and 25 backstroke, without grabbing the wall/lane line. Rudimentary knowledge of breaststroke and butterfly. Dives off the side and jumps from the blocks. Can tread water for 90 seconds.

Blue Group: (meets 3 times a week) \$510

100 freestyle, 100 backstroke, 25 legal breaststroke, and 25 legal butterfly. Dives off the block. Proficient open turns. Completes or tried to complete every set. Shows respect to coaches by paying attention to them between sets.

Junior Group: (meets 4 times a week) \$545

200 freestyle, 200 backstroke, 100 breaststroke, 100 individual medley and 50 butterfly. Proficient breathing on all strokes. Proficient flip turns. Completes or tried to complete every set. Shows respect to coaches by paying attention to them between sets. Tries to attend most meets.

Senior Group: (meets 5 times a week) \$580

1000 freestyle, 200 backstroke, 200 breaststroke, 100 butterfly and 200 individual medley. Tries to make it to every practice. Completes or tries to complete all swim sets. Tries to attend most meets. Assists with younger practice groups.

PRACTICE TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday
White	No Practice	5:00 – 6:00pm	No Practice	5:00 – 6:00pm Dryland: 6:15 – 6:45	5:00 – 6:00pm
Homeschool White	No Practice	11:00 – 12:00pm	No Practice	11:00 – 12:00pm Dryland: 12:15 – 12:45pm	11:00 – 12:00pm
Blue	No Practice	5:00 – 6:00pm	No Practice	5:00 – 6:00pm Dryland: 6:15 – 6:45	5:00 – 6:00pm
Homeschool Blue	No Practice	11:00 – 12:00pm	No Practice	11:00 – 12:00pm Dryland: 12:15 – 12:45pm	11:00 – 12:00pm
Juniors	6:00 – 7:00pm	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	No Practice	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	6:00 – 7:00pm
Senior	6:00 – 7:30pm	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	6:00 – 7:30pm	6:00 – 7:00pm Dryland: 5:00 – 5:45pm	6:00 – 7:30pm

Cancellation and refund policy:

- Program fees are expected to be paid in full prior to the start of the program unless a payment plan agreement has been filled out. A payment must be paid in full by then end of calendar year.
- The Sanford-Springvale YMCA program fees are non-transferable and non-refundable.
- Any changes to the practice schedule, including cancellations, you will be notified via email or text. We will make every effort to give as much advanced warning as possible.
- Additionally, no refund or credit will be issued for individual practices missed and make-ups will not be an option.

Welcome all new swimmers joining the team. All new swimmers please try to set up an assessment with Ali Fair the Aquatics Director prior to registration. This assessment will ensure all swimmers are placed on the appropriate group.

All Titans swimmers must be active Sanford-Springvale YMCA members. See membership guide for more details.

The Swim Team program fee is required to be paid in full at the time of registration.

Participants do have the option of setting up a payment plan. See the Financial Agreement Form for details. Financial Assistance is available to those who qualify.

NOTE: The YMCA is a non-profit organization. In the event that the participant quits the program, no refunds will be granted.

2025 -2026 PROGRAM PARTICIPANT INFORMATION

☐ Returning Swimmer ☐ New Swimmer ☐ Transferring

PRACTICE GROUP

☐ Senior ☐ Junior ☐ Blue ☐ Homeschool Blue ☐ White ☐ Homeschool White

SWIMMER'S INFORMATION (ALL FIELDS REQUIRED)

First Name _____ Middle Name _____ Last Name _____

Swimmer's Nick Name (if any) _____ Gender: ☐ M ☐ F ☐ O

Date of Birth ____ / ____ / ____ Age _____ Expected High School Graduation Year _____

Address _____ City _____ State ____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

School Attending _____ Current Grade _____

T-Shirt Size: Youth: ☐ S ☐ M ☐ L Adult: ☐ S ☐ M ☐ L ☐ XL

Swim Suit Size: (20 – 38) _____ Shoe Size (for Fins) _____

PARENT/GUARDIAN INFORMATION

Parent/Guardian _____

Work Phone _____ Cell Phone _____ Email _____

Name & Address of Employer _____

Parent/Guardian _____

Work Phone _____ Cell Phone _____ Email _____

Name & Address of Employer _____

EMERGENCY CONTACTS

First Name _____ Last Name _____

Relationship to Child _____ Phone _____

First Name _____ Last Name _____

Relationship to Child _____ Phone _____

MEDICAL INFORMATION

Your child's safety is our #1 priority. Please provide as much detailed information as possible regarding special needs and medication.

Has participant been previously hospitalized? ☐ Yes ☐ No

If yes, please describe _____

Please describe any medical or emotional illness or disorder that could affect the child's ability to participate safely: _____

Is the participant allergic to: ☐ None ☐ Medications ☐ Food ☐ Other

If yes, please explain & note if any medication is needed: _____

Does the participant have: ☐ None ☐ Asthma ☐ Diabetes ☐ Seizures ☐ Other

If yes, please explain & note if any medication is needed: _____

DOCTOR'S CONTACT INFORMATION

Physician's Name _____ Office Phone Number _____

Address _____

BECOME A VOLUNTEER!

Parent/Guardian volunteers are an integral part to a successful swim season. Please check off the areas that you are interested in volunteering for:

☐ Timer ☐ Official ☐ Concessions ☐ Other _____

AGREEMENT

I have read the Cover Letter, Financial Agreement, Swimmer Code of Conduct, Photo/Video Release, Communications Policy, Team Unify Information and Liability Waiver, and fully understand them, signed them personally; and on behalf of my swimmer and will abide by them. Initial _____

Parent/Guardian must sign if individual is under the age of 18 years.

Swimmer's Name _____

Parent/Guardian Name _____

Parent/Guardian's Signature _____ Date _____



Titans Swim Team 2025 - 2026 Financial Agreement



Swimmer Name: _____

Please be advised, registrations for any membership, other YMCA programs and/or the Titans, may be denied if there is an outstanding balance on your account.

Participant may pay in full at time of registration or choose to schedule monthly payments.

☐ Pay in Full	☐ Monthly Payments	Dates Payments Will Be Drafted
☐ White: \$495.00	☐ White: \$123.75	September 15 th
☐ Blue: \$510.00	☐ Blue: \$127.50	October 15 th
☐ Junior: \$545.00	☐ Junior: \$136.25	November 15 th
☐ Senior: \$580.00	☐ Senior: \$145.00	December 15 th

Dates that have passed are due upfront.

Please check if your swimmer is eligible for any DISCOUNTS

☐ Multiple sibling benefit of 5% ☐ Employee / Volunteer ☐ Scholarship: amount _____

If you DO NOT have an account already on file, or wish to use a different form of payment, or if your account will expire during the season please fill out the table below.

Circle Account Type:	Checking	Savings	Credit/Debit Card
Bank Name:			
Name on Account/Card:			
Account Number:		Transit/Routing Number:	
Credit Card Type (circle):	Visa	Master Card	Discover American Express
Credit Card Number:		Expiration Date:	
Signature of Account Holder:		Date:	

I authorize my bank to honor preauthorized Electronic Funds Transfers (or credit card charges) against my account for (membership/program/contribution) payments as indicated below. When the bank honors EFT (or credit card) by charging my account, such transfer shall constitute notice of payment due and my receipt of payment. Should any preauthorized EFT (or credit card charge) not be honored by said bank when received by them, then it is understood that the payment is to be made by me in the amount of said payment plus service charges.

Signature _____

_____ I understood that if a payment is not honored by the bank or credit card institution, then the
initial YMCA, at its discretion, will resubmit the amount due for payment on a future date and there may be a \$10.00 return payment fee charged.

_____ I understand that I must have an account on file to register for the Titans Swim Team.
Initial

_____ I understand it is my responsibility to keep my account on file up to date and will inform the
initial YMCA if and when I have to change the account on file.

_____ I understand that all payments will automatically be deducted from my account on file.
Initial

Meet fees are an additional cost and vary, depending on the event. Fees will be automatically applied to your swimmer's account when he/she signs up for a meet. We will automatically draft your payment when the meet fee is applied to your account.

_____ I understand that meet fees will automatically deduct from my account on file.
Initial

I, _____ hereby consent to the above-mentioned payment agreement. Should I have difficulty meeting the dates as mentioned in said agreement, it is my responsibility to notify the Sanford-Springvale YMCA. I also accept full responsibility for any payments that are returned for ANY reason along with any additional returned payment fees should there be any fees associated with the return payment.

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____ Date: _____

Director's Signature: _____ Date: _____



SANFORD-SPRINGVALE YMCA Titans Swimmer Code of Conduct



As a member of the SSYMCA Titans, I understand that it's my responsibility to be an active and positive member of the team. The guidelines below help identify mostly behaviors to strive for and others to refrain from. By signing below, I state that I have read, understand and accept this code of conduct.

1. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of the SSYMCA Titans, Maine Swimming, USA Swimming, or be detrimental to its performance objectives.
 - Remember as a Titan swimmer, you represent all Titans. Be polite, considerate and respectful of others while in the YMCA facility including the lobby and locker rooms.
2. Swimmers will follow the directions and show respect, common courtesy, and good sportsmanship at all times to team members, coaches, staff, fellow competitors, officials, parents and during practices and competitions. Disrespect and an unwillingness to follow instructions will not be tolerated from any athlete.
 - Be respectful of Y members when using the facilities. Treat the facility and equipment with respect and care and make sure you put everything back the way you found it.
3. YMCA locker rooms are for changing, and restroom use only. No extra time should be spent in the locker rooms. All personal belongings must be placed in a basket on the pool deck.
 - No phones or cameras will be used in locker rooms.
 - No food or drink is allowed except water in a plastic bottle.
4. Always respect personal boundaries and safety to keeping your hands to yourself. Swimmers will respect each other. Fighting, bullying, intentional touching, striking another athlete or any unsportsmanlike conduct will subject the swimmer to discipline and possible removal from the team.
5. Team members will act in a positive manner and lift up their teammates with positive words of encouragement, cheering and respect.
 - Swimmers will not exit the water after a race until all competitors have finished.
 - Swimmers will shake hands of fellow competitors.
 - When not competing swimmers will cheer for their teammates.
6. Team members will respect the program and its objectives by being on time to practices, warm-ups, meets, meetings, and events to the best of their ability.

7. Team members will be active participants in all practices, warm-ups, meets, meetings, and events held by the team or at which the team attends.
8. Team members will listen to their coaches and make their best efforts at every practice, warm-ups and meets.
 - Swimmers will not enter the water before practice without the express permission of their coach.
 - Swimmers will keep their heads above water and actively listen when the coach is speaking.
 - Swimmers will to their best to follow directions and ask for clarification when confused.
9. Each swimmer will focus on his/her own personal progress and not compare him/herself to others. You should be participating for your own enjoyment and benefit, not to satisfy the expectations of others.
10. Team members will be supportive of each other's abilities and encourage camaraderie and mutual respect among swimmers and coaches.
11. Team members will refrain from any behavior deemed to be discourteous, dishonest, disrespectful or offensive to others. We have zero tolerance for bullying behavior.
12. The coaching staff and Sanford-Springvale YMCA administration will hold the final say on rules or disciplinary action.
13. Any additional guidelines for the team will be established as needed by the coaching staff.

I hereby pledge to uphold the above statements while representing the Sanford-Springvale YMCA Titans. I understand that failure to do so may result in consequential actions such as dismissal from practice or suspension from team activities.

Swimmer's Printed Name

Swimmer's Signature

Date

Parent / Guardian Signature

Date

Parent / Guardian Signature

Date



SANFORD-SPRINGVALE YMCA

Titans Parent Code of Conduct



YMCA Youth Sports Philosophy: YMCA Youth Sports are based on certain beliefs and philosophies: participation and everyone plays. The YMCA encourages having a healthy spirit, mind, and body, meaning the development of the whole person. The YMCA also emphasizes fundamentals, teamwork, fair play, cooperation, and respect for the officials, self, one's teammates, and the other teams. Our philosophy is simple: **EVERYONE PLAYS – EVERYONE WINS.**

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim teams. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff. We expect our parents to demonstrate good sportsmanship during all practices, competitions and team activities. We expect our parents to promote good sportsmanship by setting an example and by helping others to do likewise. We expect our parents to celebrate wins gracefully, lose graciously, and congratulate opponents either way.

Every decision we make and every behavior we display is based first on what we think is best for the athletes, and second, on what can be accomplished to have everyone become a winner. I hereby pledge to provide positive support, care, and encouragement for my child / children participating in the Youth Sports Program by following this Parent Code of Conduct:

- I will encourage my child / children to participate in the sport for their individual enjoyment, personal satisfaction, and improvement.
- I will focus on my child / children's effort and performance, rather than winning or losing.
- I will strive to be a good role model for my child and the other children in the program. Encourage your child to learn to lose with dignity and win with grace.
- I will treat officials and coaches with respect. They are there to provide your child with a safe and healthy learning environment. Officials and coaches deserve the same type of environment from the parents and spectators.
- I will encourage my child / children to abide by the rules and accept judgements made by officials.
- I will never ridicule or yell at a child for making a mistake or performing below expectation.

- I will be an example to my child / children and others. I will appreciate good performances by all participants.
- I will support all efforts to remove verbal and physical abuse from the sporting environment.
- I will respect the rights, dignity and worth of all participants.
- I will show appreciation and respect for all people involved in my child's / children's swimming.
- I will support my child's / children's coaching staff. (If you show respect for the coaching staff your child will mimic your behaviors.)
- I will respect the coaches time with our swimmers by not interrupting practices. (If you have a question or concern, please address it outside of practice times.)
- I will give of my time as a volunteer(s) at home and away meets to the best of my abilities. (Meets cannot run without parent volunteers.)
- I will help my child / children participate in team fundraisers. (These fundraisers help keep our registration fees low and pay for new equipment used by the team.)
- I will attend parents' meetings to gather information and ask questions.

Swimmer's Printed Name

Parent / Guardian Signature

Date

Parent / Guardian Signature

Date

SANFORD-SPRINGVALE YMCA

Titans Photography Consent Form

The SSYMCA Titans may wish to take photographs (individual and in groups) of swimmers under the age of 18 that may include your child during their membership in the club. All photos will be taken and published in line with club policy. The club required parental consent to take and use photographs.

Parents have a right to refuse agreement to their child being photographed.

As the parent/guardian of _____ I allow the following:
Swimmers Printed Name

Take photographs / videos to use on the club's secure website.

☐ Consent Given ☐ Consent Refused

Take photographs / videos to include with newspaper articles.

☐ Consent Given ☐ Consent Refused

Take photographs / videos to use on club notice boards.

☐ Consent Given ☐ Consent Refused

Take photographs / videos to use for marketing purposes.

☐ Consent Given ☐ Consent Refused

Take photographs / videos for training purposes only.

☐ Consent Given ☐ Consent Refused

Parent/Guardian Name (Printed)

Parent/Guardian's Signature

Date



SANFORD-SPRINGVALE YMCA Titans Photo Video Policy



PURPOSE

There has been much talk about whether it is safe to have images taken of children participating in sports. While the great majority of images are appropriate and are taken in good faith, it is a fact that images can be misused and children can be put at risk if common-sense procedures are not observed.

POLICIES

1. The publishing of a photograph of swimmer under 18 either on a notice board or in a published article or video recording (including video streaming) of swimming competitions ("publication") will only be done with parents' consent per the attached form.
2. A parent or guardian has a right of refuse to have children photographed. The exercise of this right of refusal cannot be used as grounds for refusing entry into a swimming competition. Therefore, any photo that may go to press or on a notice board, be it through a member of the club or official photographer, should receive parental consent before publishing/displaying the photo, preferably in writing. A suggested form allowing parents to indicate refusal of consent is to follow.

In the case of open meets and other competitions where the host club has an official photographer present, all parents attending should be made aware of this in your meet information. If photos are to be published anywhere, the individual parent should be given the opportunity to withhold their consent. Their right to do so should be specifically drawn to their attention.

All photographs will observe generally accepted standards of decency in particular:

- Action shots will be a celebration of the sporting activity and not a sexualized image in a sporting context.
- Action shots will not be taken or retained where the photograph reveals a torn or displaced swimsuit.
- Photographs will not be taken from behind swimming blocks at the start of a race or exhibit a child climbing out of the swimming pool.
- Photographs will not be taken in locker-rooms or bathrooms.

By signing below, I state that I have read, understand, and accept this photo and video policy.

Swimmers Name (Printed)

Swimmers Signature

Date

Parent / Guardian Signature

Date



SANFORD-SPRINGVALE YMCA Titans Electronic Communication Policy



PURPOSE

The Sanford-Springvale YMCA Titan's Swim Team recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the Y acknowledges the value of these methods of communication, we also realize that there are associated risks that must be considered when adults use these methods to communicate with minors.

GENERAL CONTENT

All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

- drugs or alcohol use;
- sexually oriented conversation; sexually explicit language; sexual activity
- the adult's personal life, social activities, relationship or family issues, or personal problems
- inappropriate or sexually explicit pictures
- Any communication concerning an athlete's personal life, social activities, relationship or family issues or personal problems must be transparent, accessible and professional.

Whether one is an athlete, coach, board member or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, the board, or other athletes?"

With respect to electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is **T**ransparent, **A**ccessible and **P**rofessional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should not only be clear and direct, but also free of hidden meanings, innuendo and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Club's records. Whenever possible, include another coach or parent in the communication so that there is no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a representative of the Club. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

FACEBOOK, MYSPACE, BLOGS, AND SIMILAR SITES

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Team join their personal page as a "friend." A coach should not accept any "friend" request from an athlete. In addition, the coach should remind the athlete that this is not permitted. Coaches and athletes are not permitted to "private message" each other through Facebook. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other IM method.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

TWITTER

Best Practice: Coaches are not permitted to follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to "direct message" each other through Twitter.

Alternative Option: Coaches and athletes may follow each other on Twitter. Coaches cannot retweet an athlete message post. Coaches and athletes are not permitted to "direct message" each other through Twitter.

TEXTING

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes during the hours from 8am until 8pm. Texting only shall be used for the purpose of communicating information directly related to team activities.

EMAIL

Athletes and coaches may use email to communicate between the hours of 8am and 8pm. When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

By signing below, I state that I have read, understand, and accept this electronic communications policy.

Swimmers Name (Printed)

Swimmers Signature

Date

Parent / Guardian Signature

Date



Minor Participant Release & Waiver of Liability and Indemnity Agreement

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING THE SANFORD – SPRINGVALE YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR.

Assumption of Risk

I, in my legal capacity as parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of the Sanford-Springvale YMCA facilities, services, equipment and premises ("Facilities") and any participation in Sanford-Springvale YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease including, without limitation, COVID-19. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that the Sanford – Springvale YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Minor Name (Print Clearly)

Date

Parent / Guardian Name (Print Clearly)

Parent / Guardian Signature