

**Circle one:**

- **AM Practice Only**
- **PM Practice Only**
- **AM/PM Practice**

POWER FOR LIFE  
*PowerFit SUMMER*  
REGISTRATION 2020

Referred By: \_\_\_\_\_

**SWIMMER INFORMATION**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Last First Middle MM/DD/YY  
High School: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_

**BILLING INFORMATION**

Parents'/Guardian Name(s): \_\_\_\_\_  
Street Address: \_\_\_\_\_ City / ZIP: \_\_\_\_\_  
Billing Address (If different from above): \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Mom Cell: \_\_\_\_\_ Dad Cell: \_\_\_\_\_

**Parent's Email:** \_\_\_\_\_

**EMERGENCY CONTACT**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Secondary Contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_

**MEDICAL**

Please list any issues and medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance: Company & Policy # \_\_\_\_\_

By signing this document I agree to register \_\_\_\_\_ for Power for Life/PowerFit Summer

Further, I have read and agreed to the Waiver, Athlete Protection policies, Athlete Behavior and Department policies, Payment policies, Group Placement / Advancement and Late Pick-up POLICIES.

\_\_\_\_\_  
Signature Parent / Guardian                      Print Name                      Date

\_\_\_\_\_  
Signature of Swimmer                      Print Name                      Date

*PLEASE READ CAREFULLY and keep the following page for your reference*

## I~GROUPS

AM Only Option: Tuesday through Friday, 7:00 AM – 8:30 AM\*  
PM Only Option: Monday through Thursday, 1:30 PM 00 3:00 PM\*  
AM/PM Option: Both practice times as indicated above\*  
*\*practice times subject to modification based on pool availability*

**II~LATE PICK-UP** Coaches are required to stay until all swimmers are picked up. Parents who are late picking up their swimmer will be assessed a baby-sitting fee of \$5 for every minute after the 15 minute grace period to pay the coaches for their time.

**III~WAIVER:** I, the above signed participant and parent request voluntary participation for my swimmer to participate in the events which are hereinafter referred to activities sponsored by Power Aquatics. I consent to this participation in the activities and acknowledge that I fully understand that participation may involve risk of serious injury or death, including losses which may result not only from the participant's actions, inactions or negligence, but also from the actions, inactions or negligence of others, conditions of the facilities, equipment or areas where the event or activity is being conducted or the rules of play of this type of event or activity. I understand that if I have any concerns I should discuss the risks associated with participation, with activity coordinators and event staff before I sign this release.

The undersigned parent / guardian / participant further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages, and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury of any type from the Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Release and is intended to be as broad and inclusive as is permitted by the laws of the State of Texas and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

## IV~ATHLETE PROTECTION POLICIES

The protection and safety of our athletes is our primary concern. Electronic communication between coaches and athletes will not take place. **This includes (but is not limited to) email, text, twitter, facebook and cell phones.**

**Private Lessons** with Power Aquatics Coaches will be conducted only when there is another coach present. All coaches must stay at the end of practice until all swimmers have been picked up.

## V~SWIMMER BEHAVIOR / DEPARTMENT

The 7 rules for swimmer deportment and behavior are generally the ones first learned in kindergarten. Because we are very proud of our swimmers and our team, every swimmer must agree to the following:

- **Respect Others.** Treat every person on the team and associated with the sport with respect. This includes, but is not limited to other swimmers, all coaches, officials and facility personnel. What would your Mother say?
- **Respect your 'House'.** Treat all of the facilities we attend with the utmost respect. Damage to any facility (pool, hotel, bus) caused by a swimmer will be the responsibility of the swimmer and their parents.
- **Keep your hands and feet to yourself.** Personal physical contact between swimmers is not permitted.
- **Play Well with Others.** Hazing, bullying or harassment of other swimmers is strictly prohibited and will not be tolerated. Swimmers do not have to like everyone on the team, but they must get along with everyone.
- **Display Good Sportsmanship.** Good sportsmanship is the standard of behavior expected at all times. Congratulate and encourage other competitors. Cheer each other on. Overt emotional displays (either positive or negative) are strongly discouraged.
- **Keep your Body Clean.** Use of prohibited substances including drugs, alcohol, banned substances, and tobacco is not permitted. There is a zero tolerance for these actions and will result in expulsion from the team.
- **Make your mother proud.** When the team is travelling, swimmers of opposite genders will not be permitted in same hotel rooms.

***Swimmers who do not conform to these behavior expectations are subject to removal from the team.***

## VI~PAYMENTS

**Bank Check** (done through monthly bill pay) Preferred Method. Account Number: Your Swimmer's Name  
Mail To: Power Aquatics  
c/o Sharon Power  
22526 Cove Hollow Drive  
Katy, Texas 77450

**Personal Check** Either mailed to the above address, or hand-delivered at practice. Make all checks payable to **POWER.**  
**Cash** Least Preferred Method Placed in an envelope with swimmer's name on front

**PayPal available online via the website**