

Advanced Pre-Competitive practices offer novice level swimmers age 6 and over an opportunity to enhance or maintain stroke technique, conditioning, and competitive skills.

Swimmers will learn to successfully transition into the WEST year round swim team. In this, they will do skill work on:

- Increasing Fitness
- Butterfly
- Backstroke
- Breaststroke
- Freestyle
- Individual Medley
- Racing dives and turns
- Other Related Skills

Practices are guided by our certified WEST swim coaches, who carry with them current or past competitive swimming experience. Advanced Pre-Competitive participants will be swimming along side WEST year round swimmers. You can expect the same level of commitment and excellence that our year-round swim team program offers, tailored to meet the needs of the advanced pre-competitive swimmer.



Advanced Pre-Competitive Practice Schedule

Advanced Pre- Comp I	Mon/Wed 6:00 – 6:40
Advanced Pre-Comp II	Tues/Thurs 6:00 – 6:40
Advanced Pre-Comp I & II	Saturday 9:45 – 10:30

\$120 a Month

*** \$15.00 less than previous Pre-Competitive and includes full month!**

Group prerequisite: Successful completion of Pre-Competitive or tryout with coach

West Coast Aquatics Center
15622 Country Club Dr. • Mill Creek, WA 98012
phone: 425.379.8806 www.westcoastaquatics.us

Advanced Pre-Competitive Registration

Registration is on a first come-first served basis. Number of practice sessions will vary each month. Fees are not adjusted according to the amount of swim practice sessions.

All fees are non-refundable. Registration cannot be processed without payment.
No make-up sessions are available for missed practices.

SWIMMER'S: Last: _____ First: _____ Middle: _____

Birth date: _____ Age: _____ Sex: M F Phone: _____

PARENT 1: Name: _____ Relationship: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

PARENT 2: Name: _____ Relationship: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

I hereby release West Coast Aquatics and the West Coast Family Aquatic Center, it's officers, coaches, and/or representatives from any liability which may arise out of my child's participation in any of said club's activities, games, practices, or transportation to or from such events, and to hold said team and club, it's officers, coaches, and/or representatives harmless from any expense or claim for damages which may be incurred on behalf of such child for any injury, illness, or accident which may occur in connection with such child's participation herein.

Signed (legal parent or guardian): _____ Date: _____

WEST Team T-Shirt (for first time participants only):

Youth: M L XL Adult: S M L XL

PAYMENT: Payments of \$120.00 are automatically deducted from your on file credit card on the 1st of every month from January through June 2010. To stop payment we must have two weeks notice for withdrawal. Advanced Pre-Comp swimmers will receive early notification of Summer League Registrations.

\$120.00 must be provided to secure swimmers space in the Advanced Pre-Competitive Program.

Office Use Only:

Date: _____

Check# or Credit Card Type: _____

Amount

Received: _____

Received

By: _____