



For office use only:  
 Check # \_\_\_\_\_  
 OPC \_\_\_\_\_

## 2010-2011 YOTA Masters Swim Team

### 2010-2011 Registration Form

Name: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Home YMCA Branch: \_\_\_\_\_

YMCA Member #: \_\_\_\_\_

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

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

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<b>Practice Schedule (Beginning September 7<sup>th</sup> 2010) – ALL WORKOUTS AT OPC FACILITY</b>	
<b>EARLY MORNING WORKOUT:</b>	Monday/Wednesday/Friday – <b><u>7:00am-8:15am</u></b> Tuesday/Thursday – <b><u>6:30am-7:45am</u></b>
<b>LUNCHTIME WORKOUT:</b>	Monday/Tuesday/Thursday/Friday – <b><u>11:30am-12:45pm</u></b>

**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 Coach Jack Roney if you have any questions at [jack.roney@ymcatriangle.org](mailto:jack.roney@ymcatriangle.org) or check out the YOTA Masters website at: [http://www.ymcatriangle.org/YMCA\\_Swim\\_Team/YOTA\\_Masters\\_Swimming.aspx](http://www.ymcatriangle.org/YMCA_Swim_Team/YOTA_Masters_Swimming.aspx).

**Fees:**

\$40 Monthly Training Fee

**Includes:** Official YOTA Masters Swim Cap/ Official YOTA Masters Shirt/ Access to YOTA Masters “Swimblog” and permitted to attend unlimited workouts offered at the OPC during the week.

**NC Masters Registration (optional):**

<http://www.ncmasters.org/forms/2010yota.pdf>



## 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

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Participant's Signature

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Date

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### YOTA Masters Swim Team – Registration Checklist

1. Fill out the above two pages of the YOTA Masters Swim Team Registration Form
2. If a new YOTA Masters member\* include a voided check and YMCA bank draft card for bank draft purposes.
3. Bring it in or Mail it to: Jack Roney, YOTA Swim Team  
801 Corporate Center Drive – Suite 200  
Raleigh, NC 27607
4. See you at the pool when practices start on Tuesday, September 7th!!
5. (optional) Register for NC Masters if you wish to compete or be a member of the NC Masters Swimming Community.

**\*Returning members with bank draft already set up do not need to turn in voided check.**