



## Competitive Diver and Dive Team Training 2019 Registration Form

April 1, 2019

Do you want your child to fly through the air with the greatest of ease? Gain coordination, body awareness, confidence, and make new friends? You do not need to know how to dive, just be willing to learn and be safe in the deep end.

We teach diving skills progressing from learning how to get in the water head first to twisters. We allow each child to gradually gain confidence and move toward more competitive dives. We play games and learn skills with encouragement to get comfortable on the board. We will start at your own level and work up as skill and confidence increase. We do our best to make learning fun and fear-free.

Weekly dive meets challenge each diver to strive for excellence with lots of support from a great group of friends and coaches.

### AS&T Dive Team Registration

Dive Team questions? Call Rae Tran @ 703-517-0556; [diveteam@ast22003.org](mailto:diveteam@ast22003.org)

Name	Birth Date	<u>Amount</u>	
_____	__/__/__	\$ 80	
_____	__/__/__	\$ 80	
_____	__/__/__	\$ 80	
_____	__/__/__	\$ 80	
			Total \$ _____

Preferred practice time (AM) or (PM)

Parent's Names: \_\_\_\_\_

Address: \_\_\_\_\_

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

Cell: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Group#: \_\_\_\_\_ Member #: \_\_\_\_\_

#### NOTE:

- HEAD COACH WILL BE AT LEAST 18 YEARS OF AGE.
- Youth Sport Registration form must be accompanied by signed 2019 Medical Release and Code of Conduct Forms.
- Morning and afternoon practices will be available.

## NVSL Participation Waiver

The following waiver MUST be signed by all athletes' guardian(s) in order to participate in any swim/dive practice or meet covered by NVSL insurance. Incorporate a version of this waiver into your registration process. Any or all waivers shall be available to be forwarded to the NVSL Board if requested.

**NO WAIVER = NO PARTICIPATION = NO EXCEPTIONS**

Divers(s): \_\_\_\_\_  
\_\_\_\_\_

As Parent/Guardian of the above-name minor(s), I grant permission for the diver(s) to participate in all activities of the **XX Swim/Dive Team**, a Northern Virginia Swimming League (NVSL) member team. I represent and warrant that my minor child/children participating on the **XX Swim/Dive Team** are in good health and have no physical condition, ailment or disability which renders them unable to participate in vigorous physical activity. For and in consideration of benefits derived from participation in the **XX Swim/Dive Team** program, I understand that the risk of injury to my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist. I assume all risks and hazards arising out of, or related to, such participation, including, but not limited to, transportation to and from such activities, and do hereby indemnify, release and hold harmless the **XX Swim/Dive Team**, its coaches, team representatives, volunteers, property manager, employees and agents, as well as the Northern Virginia Swimming League, from all claims of any kind whatsoever which may arise or hereafter accrue in connection with my child's/children's participation in activities of the **XX Swim/Dive Team**. I further grant permission for first aid to be given to my child/children in an emergency, and will be solely responsible for any medical costs which may arise. I AGREE THAT THEY WILL ABIDE BY THE NORTHERN VIRGINIA SWIMMING LEAGUE CODE OF CONDUCT.

\_\_\_\_\_  
*Parent's Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent's Signature*

\_\_\_\_\_  
*Date*