

Principles of YMCA Competitive
Swimming and Diving

Saturday, May 16, 2009
Newberry County Family YMCA
Newberry, SC
1:00pm – 6:00pm

Prerequisite: 16 years of age (bring proof)
Cost: \$50.00 Payable to Pam Lister (no change will be available)
This is a required course for all coaches to be on deck at YMCA Swim
meets.

Required text: Principles of YMCA Competitive Swimming and Diving
Order text from the YMCA Program Store at (800) 747-0089.
There will no copies available at training. Order your text early!

Please return this form and payment to Pam Lister by May 13th
PO Box 662
Newberry, SC 29108
Phone: (803) 944-0316
Email: Nystcoach@aol.com

Name _____ Phone _____
Address _____
Birthdate _____ Email _____
YMCA _____ Address _____
City _____ State _____ Zip _____
YMCA phone _____

Participant signature _____

*Executive Director signature _____

*required

