

**Principles of YMCA Competitive
Swimming and Diving**

Friday, February 19, 2010
Rock Hill Aquatics Center
325 Rawlinson Road
Rock Hill, SC
4:00pm – 9:00pm

Prerequisite: 16 years of age (bring proof)

Cost: \$50.00 Payable to Mario Francisco

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 confirm by e-mail and bring this form with you.

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

Participant signature _____

*Executive Director signature _____

*required

Those coaches that wish to stay a little longer and observe the Sumter Family YMCA Swim Team workout are welcome to do so.

Sumter Family YMCA – 50 Willow Dr Sumter, SC 29150

Phone (803) 773-1404 Ext. 29 – Fax (803) 775-4075