



SUMMER LEAGUE TECHNIQUE N' TRAINING

70% of a swimmers success is predicated by their stroke technique. The other 30% is based on aerobic conditioning & strength. Let our coaches help you with your technique by registering for NEHA TNT!

Each day of the Technique Session participants will have their strokes analyzed and adjusted correctly to enable them to become more proficient when swimming and competing. The Training Session then applies technique to conditioning which prepares every participant for competition.

Technique Session March 22-25 M - TH 5:30 – 6:30 PM

Monday - Freestyle

Tuesday - Backstroke

Wednesday - Breaststroke

Thursday - Butterfly

Training Session March 29 – April 30 M/W/F 5:30 – 6:30 PM

Cost for Sessions: \$65/KAC Member \$85/Non-member

Register at the Hospitality Desk.

Roll Over Option: If desired NEHA non-members may apply the TNT fees toward NEHA monthly and registration fees with completed registration forms after completing the Technique Session.

For more information visit us at www.nehaonline.net or contact the Aquatic Department at dgillespie@kaconline.com or 281-358-7765 x227

NEHA registration forms available at www.nehaonline.net.

806 Russell Palmer Road, Kingwood, TX 77339 Ph: 281-358-7765



2010 TECHNIQUE AND TRAINING

Release and Indemnification for Participants New to NEHA

Swimmer's Personal Information			Date:
Name: <i>(First, M, Last)</i>		<input type="checkbox"/> M <input type="checkbox"/> F	Age:
Address:			
Home Phone#:	Email:		
Mother's Name:	Hm#	Wk/Cell#	
Father's Name:	Hm#	Wk/Cell#	

Emergency Contact Information	
Name:	Relationship:
Address:	
Phone #:	Work/Cell#:

I am the Parent/Guardian of the above-named Participant who is under eighteen years of age and I am fully competent to sign this Agreement. I give permission for Participant to participate in the above-referenced Activity. I acknowledge that the nature of the activity may expose Participant to hazards or risks that may result in Participant's illness, personal injury or death and I understand and appreciate that nature of such hazards and risks.

In consideration of Participant being permitted to participate in the Activity, I hereby accept all risk to Participant's health and of his/her injury or death that may result from such participation and I hereby release the Kingwood Athletic Club, their sponsors, respective agents, representatives, and successors from any and all liability to Participant, Participant's personal representatives, estate, heirs, agents and administrators, for any and all claims and causes of action for loss of or damage to Participant's property and for any and all illness or injury to Participant's person, including his/her death, that may result from or occur during Participant's participation in the Activity, whether caused by negligence of the Kingwood Athletic club, their sponsors, respective agents, or representatives or otherwise. I further agree to indemnify and hold harmless the Kingwood Athletic Club and their sponsors, respective agents, representatives, and successors from liability for the injury or death of any person(s) and damage to property that may result from Participant's negligent or intentional act or omission while participating in the described Activity.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FOR PARTICIPANT'S INJURY OR DEATH OR DAMAGE TO PARTICIPANT'S PROPERTY THAT OCCURS WHILE PARTICIPATING IN THE DESCRIBED ACTIVITY AND IT OBLIGATES ME TO INDEMNIFY THE PARTIES NAMED FOR ANY LIABILITY FOR INJURY OR DEATH OF ANY PERSON AND DAMAGE TO PROPERTY CAUSED BY PARTICIPANT'S NEGLIGENT OR INTENTIONAL ACT OR OMISSION.

Name (Please Print) _____ Fee Paid _____

Signature _____ Date _____

Coach Use Only: * Please check the NEHA Level that this participant will be placed in. A registration form will not be accepted without this form and a coach's signature.

NEHA	Developmental	Intermediate	White	Black	Gold	Senior
LEVEL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Coach's Signature _____ Date _____