

What equipment is needed?

All participants **must provide their own safety equipment outlined below**. Athletic wear is required – light layers are recommended for training in the colder months. All other training equipment is provided by the YMCA.

Soccer Safety Equipment: Shin guards, cleats

Basketball Safety Equipment: Basketball sneakers (high-top) recommended

Football Safety Equipment: Cleats

Parent Recommendations

- * Parents who choose to stay on the premises for training sessions should NOT be visible to the athlete—this can be very distracting and sometimes stressful for someone in training.
 - o Please remember that training is not a win/lose event, athletes are assessed and praised on their EFFORTS and PROGRESS in training (input over output) – we ask that Parents keep consistent with this messaging at home to foster an environment of awareness of growth and self-realized satisfaction
- * You will receive weekly training plans after each session – feel free to repeat any training plan between sessions (but don't forget your athlete's developing muscles need rest time as well!)
- * Please be sure to communicate in advance of your session if you will be missing a training date or significantly late arriving; **NO refunds, extended time, or make-ups are awarded for absences/late arrivals not communicated in advance.**

Payment Information

Payment method must be indicated below for consideration for scheduling HOWEVER payment is not collected until a training schedule is agreed to by both parties. Schedule drafts are sent out via email once interest forms are received for families to confirm or reject.

Registration Fee
Full members: \$160
Program Members: \$180
**Registration fee is a flat rate, no discounts are awarded for semi-private lessons*

Please select preferred Method of Payment below:

- Check/Cash
- Credit Card on file (ending in: ____) Authorizing Initials: _____
- Other Credit Card
 CC Number: _____ Expiry: __/___ Authorizing Initials: _____

YMCA CARING FOR COMMUNITY CAMPAIGN

Join us in supporting our community!

Last year the YMCA Bethesda-Chevy Chase/Ayrlawn Program Center provided over \$280,000 in scholarships to children and families in our community. These scholarships help children attend camps and child care when they need quality care so parents may work. These scholarships also help people learn how to swim and get in better shape both physically and mentally. We would not be able to do what we do without the contributions from generous members like you. **A LITTLE BIT CAN MAKE A BIG DIFFERENCE.....Every Little Bit Helps!**

___ YES! I want to help by donating \$_____ as a onetime payment.

___ YES! I want to help by donating \$_____ monthly.

By signing below, I give the YMCA of Metropolitan Washington permission to draft the amount above from the account on file.

Printed Name: _____ Signature: _____ Date: _____

Participant Waiver:

I understand that the YMCA of Metropolitan Washington assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports programs, the use of any equipment, exercise or other activities. I expressly acknowledge on behalf of myself and my heirs that I assume the risk for any and all injuries and illnesses that may result from my participation in these activities. I hereby release and discharge the YMCA of Metropolitan Washington, its agents, servants, and employees from any and all claims for injury, illness, death, loss or damage that I may suffer as a result of my participation in these activities. I understand the YMCA of Metropolitan Washington is not responsible for YMCA personal property lost or stolen while members and/or program participants are using the YMCA facilities or on YMCA premises. I give my permission to the YMCA of Metropolitan Washington to use, without limitation, or obligation, photographs, film footage, or tape recordings that may include my image or voice for purposes of promoting or interpreting YMCA programs. I acknowledge the Waiver set forth above.

Parent/Guardian Signature: _____ **Date:** _____