

Peninsula Swimming Summer Camp

@ PVPHS June 21-July 22

Mon-Tues-Thurs 3-5pm

\$200



Emphasis: Improve technique, increase speed and get stronger!

- All returning Peninsula Swimmers and new swimmers are encouraged to participate.
- Includes all training, USA Swimming registration, and a Peninsula Panther swim cap. A legal proof of birthdate is required for registration and proof of physical.
- If you have any questions please contact Wendell Yoshida PVPHS Athletic Director.

Please complete the form below, detach and mail check made out to Peninsula Summer Sports to:

Coach Brian Helmrich
PVPHS Boys/Girls Swimming
27118 Silver Spur Road
RHE, Ca 90274

-----detach & return with payment-----

Swimmers Name: _____ Grade Next Year: _____

Years of swimming experience: _____

Address _____ City: _____ Zip Code: _____

Parent/Guardian Name(s): _____

Phone # _____ Parent/Guardian Email(s): _____

New students, you will need:

- Yellow card – with emergency info filled out. (Pick up on counter in Hawthorne Office @ PVPHS, or intermediate school front counter.)
- Current physical exam – form may be obtained on PVPHS Edline under "All Things Medical". (Can obtain school's Edline through www.pvphs.com – click on "Edline".)
- Proof of insurance – photocopy health card

Returning students (if coach does not have your previous yellow card), you will need:

- Yellow card – with emergency info filled out.
- Current physical exam or "yellow slip" from Health Office with current physical expiration date
- Proof of insurance – photocopy health card.