

# **Principles of YMCA Competitive Swimming and Diving**

**Tuesday, April 6, 2010**

**Ft. Lauderdale Aquatic Complex Press Room**

**8:30 am – 1:30 pm**

**Cost : \$50 payable to YMCA of Western North Carolina**

**Prerequisite: 16 years of age**

**This is a required course for all coaches on deck at any YMCA sanctioned  
championship meet including YMCA Nationals.**

**Please bring text to class.**

**Order text from the YMCA Program Store at (800) 747-0089.**

**Please return this form and payment to : (deadline March 29, 2010)**

**Kiki Farmer**

**YMCA of Western North Carolina**

**3 Town Square Blvd.**

**Asheville, NC 28803**

**(828) 209-9615 Fax**

**Name** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Age** \_\_\_\_\_

**YMCA** \_\_\_\_\_

**Participant's Signature** \_\_\_\_\_

**YMCA Supervisor's Name and Signature** \_\_\_\_\_  
**(required)**