

# Cosumnes River College Registration Form for Summer Camps 2009



Please check which camp you would like to participate in:

**SUMMER SWIM:** Liz Abrams, Director [Abramse@crc.losrios.edu](mailto:Abramse@crc.losrios.edu) 916-691-7512

Please indicate **First Choice, second choice, and third choice for session preferred:**

\_\_\_\_\_ **Session 1:** June 22 - July 3, M-F

\_\_\_\_\_ **Session 2:** July 6 – 17, M-F

\_\_\_\_\_ **Session 3:** July 20 - July 31, M-F

\_\_\_\_\_ **Session 4:** August 3 - August 14, M-F

\_\_\_\_\_ Swimmer level & time (refer to listed levels on subsequent pages)

Each daily class meeting last 30 minutes Cost: \$45.00 per swimmer, two week sessions.

For private lessons, please inquire with Camp Director.

**SOCCER:** Ron Preble, Director [PrebleR@crc.losrios.edu](mailto:PrebleR@crc.losrios.edu) 916-691-7208

- Session 1:** July 6-10, 8:30 AM – 11:30 AM Cost: \$99.00 per camper, \$50.00 additional siblings.
- Session 3:** July 20-24, 8:30 AM – 11:30 AM Cost: \$99.00 per camper, \$50.00 additional siblings.

**Cesar Plasencia, Director** [PlasenC@crc.losrios.edu](mailto:PlasenC@crc.losrios.edu) 916-691-7578

- Session 2:** July 13-17 8:30 AM – 11:30 AM Cost: \$99.00 per camper, \$50.00 additional siblings
  - Session 2, additional: Afternoon Futsal:** 1:00 PM - 3:30 PM Cost: \$70.00 per camper, \$40.00 additional siblings
  - Both morning and afternoon Cost: \$149 for both morning and afternoon (Session 2 only).
- All soccer: Boys and Girls ages 5-14 years old.

## **BASKETBALL:**

**James Giacomazzi, Director** [GiacomJ@crc.losrios.edu](mailto:GiacomJ@crc.losrios.edu) 916-691-7648

- One session:** July 6-10, 9 AM – 12 noon  
Boys and Girls ages 7-15 years old. Cost: \$99.00 per player, \$50.00 additional siblings.

## **VOLLEYBALL:**

**Minet Gunther, Director** [Gunthem@crc.losrios.edu](mailto:Gunthem@crc.losrios.edu) 916- 691-7283

- One Session:** July 13-17, 9 AM - 12:30 PM  
Boys and girls ages 10-17 years old. Cost: \$99.00 per player, \$50.00 additional siblings.

## **MULTI-SPORT CAMP:**

**Andrea Zarate, Director** [Andreazarate12@yahoo.com](mailto:Andreazarate12@yahoo.com) 916-217-1151

- One Session:** July 27-31, 9 AM - 11:30 AM  
Boys and girls ages 5-12 years old. Cost: \$99.00 per player, \$50.00 additional siblings.

## **TENNIS:**

**John "JT" Taylor, Director** [TaylorJD@crc.losrios.edu](mailto:TaylorJD@crc.losrios.edu) 916-691-7649

- One Session:** July 6-10, 9 AM -12 noon  
Boys and girls ages 7-15 years old. Cost: \$99.00 per player, \$50.00 additional siblings.

## **DANCE CAMP:**

**Jennifer Zmuda, Director** [Zmudaj@crc.losrios.edu](mailto:Zmudaj@crc.losrios.edu) 916-934-8683

- One session:** 2 weeks: July 20 -31, 9 AM – 12 noon  
Summer Dance Camp Performance on Friday. July 31 from 12 noon - 1 PM.  
Boys and Girls ages 7-17 years old. Cost \$ 190.00 per dancer, \$100 additional siblings.

**Please fill out the form below to continue the registration process, one form per camp, per child:**

All registrations are handled on a first come, first served basis.

Total fee \$ \_\_\_\_\_ Check#: \_\_\_\_\_ Of Cash amount: \_\_\_\_\_ Date received (For office use only) \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Parent/Guardian Name: Last: \_\_\_\_\_ First: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ Contact Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_@\_\_\_\_\_.

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

Medical conditions we should be aware of: \_\_\_\_\_

You **MUST** complete the Registration Form and Assumption of Risk Form below and **MUST** include a stamped, addressed envelope for confirmation, or make absolutely sure your e-mail is legible above.

**Make Check payable to: Cosumnes River College, summer camps.**

**Release and Waiver of Liability and Assumption of Risk Parent Consent**

For good and valuable consideration, including permission for \_\_\_\_\_ (the "minor") to participate in the LOS RIOS SPORTS CAMP and related activities. I, the parent/guardian of the minor, for myself and on behalf of the minor agree to the following:

1. I consent to the minor's participation in the event or activity.
2. Prior to the minor's participation in the event or activity, the minor and I will inspect the facilities, equipment and area where the event or activity is being conducted and if either of us believe any of them are unsafe, I will immediately advise the person supervising the event, activity, facility or area.
3. I am aware that participation in the LOS RIOS SPORTS CAMPS or activity can involve many risks or injury to the minor. I understand that the dangers and risks of participation in this camp or activity includes serious injury or impairment to the minor's body, general health and well-being. Because of the dangers or participating in the LOS RIOS SPORTS CAMPS. I recognize the importance of following the staffs' instructions regarding techniques, training, and rules and to obey such instructions.
4. In consideration of the DISTRICT permitting me to participate in the LOS RIOS SPORTS CAMP, I hereby voluntarily assume all risks associated with my participation and release the District, its employees and volunteers, its colleges, campuses and centers, its governing board and the individual members thereof, and all other District officers, agents and employees from all liability for injuries (including death) and damages arising out of or in any way related to the activity.
5. The terms here of shall serve as a release and assumption of risk for the minors heirs, estate, executor, administrator and assignees.
6. I assume any and all risks of personal injuries to the minor and authorize the LOS RIOS SPORTS CAMP to contact or employ a licensed physician to render any medical treatment that may be deemed necessary for the minor or to take and admit the minor to any hospital. If such medical treatment or hospitalization is required, I agree to pay all medical and hospital bills relating thereto, permanent or partial disability, or death and damage to the minor's or my property, caused by or arising from the minor's participation in the event or activity.
7. Photographs, pictures, slides, movies or videos of the minor may be taken in connection with the minors participation in the event or activity without compensation from the DISTRICT or LOS RIOS SPORTS CAMPS and consent tot the use of photographs, pictures, slides, movies or video for any legal purpose.
8. The minor is in good health and has no physical condition that would prevent the minor from participation in the event or activity.

Both parents must sign unless only one (1) parent is living or unless only one (1) has legal custody, legally appointed guardians must also sign.

X				X		
Parent/Guardian Printed Name	Signature	Date	Parent/Guardian Printed Name	Signature	Date	

## There are three ways to register:

1. ***In person:*** Go to the Athletic Dept.'s Talon Study Center starting **April 1<sup>ST</sup>**, CAC 104 (across from pool locker room entrance) during regular school days at the following hours: Mondays and Wednesdays 1:00 p.m. - 5:00 p.m. and Tuesdays and Thursdays - 12:00 p.m. - 3:00 p.m.  
**Very Important:** Registration Forms and payments must be given to Denise Sailor (do not leave it with other staff)
2. ***By mail to:***  
Cosumnes River College  
Business Services, Summer Camp  
8401 Center Parkway  
Sacramento, CA 95823
3. ***After a camp has started:*** registration can occur (if there is room), by completing the form and payment and giving them to the director of the camp at the facility.

## Important Information:

You must fill out one registration per camper, but one check may be attached to multiple forms.

Once confirmed in a camp, there is a \$35.00 cancellation fee...for summer swim there is a \$15 cancellation fee. No refunds after camp sessions have begun.

A Link to Summer Camps can be found at: <http://www.crc.losrios.edu>, *or direct to:* [http://www.crc.losrios.edu/Areas\\_of\\_Study/Physical\\_Education\\_and\\_Athletics/Athletics/Summer\\_Camps.htm](http://www.crc.losrios.edu/Areas_of_Study/Physical_Education_and_Athletics/Athletics/Summer_Camps.htm)

## Learn to Swim Class Descriptions (Levels):

### **Oyster- ages 9-36 months**

Children work with their parent in the water, becoming comfortable in the pool, blowing bubbles, singing songs, playing games, and practicing skills in preparation for swim lessons during their preschool years.

### **Tadpoles- ages 2-5 years**

Children work with their parent on the basic skills, moving on their front and back, working towards independence from the parent to working with one of our instructors in a structured class.

### **Goldfish- ages 3-6**

Working with our instructors and aides children will begin to learn the basics to swimming. Skills such as independent front and back floats and introduction to the front and back crawl will be covered. When the child can move independently for 5 yards, they will be on their way to becoming a Sea Otter.

### **Sea Otter- ages 5-8**

Sea Otter classes work in the 3 ½- 4 feet water depth. They become completely independent from the instructor while swimming on their front and back. When they become capable of performing a functional front and back crawl independently, they are ready to become a Sting Ray.

### **Sting Ray- ages 6 & up**

Now the swimmers are able to use the skills learned in the Sea Otter class and refine front and back crawl. A focus on bi-lateral breathing and treading water is also introduced.

**Dolphin - ages 6 & up**

Swimmers learn and refine the front and back crawl further lengths of the pool. In addition, elementary backstroke, butterfly, and breaststroke are also a focus.

**Sharks- ages 8 & up**

Swimmers refine all 6 of the strokes, learn how to do flip turns, and increase endurance.

**Blue Whales- ages 8& up**

This class will continue to work on the strokes along with endurance. There is also instruction on how swimming relates to fitness and utilizing the skill of swimming for life.