**Returning team member schedule request form**

DIVER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY: (Month/day/year)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE\_\_\_\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Days that **WILL NOT** work for you to dive:

\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_

Monday Tuesday Wednesday Thursday Friday Saturday AM

Earliest you can dive after school: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Number of diving days requested:**

**Team monthly fees:**

\_\_\_\_\_Novice level 1-2 days $145/mo.

\_\_\_\_\_Advanced Novice or Junior Olympic 3 days $210/mo

\_\_\_\_\_National training team 4 days $275/mo

\_\_\_\_\_National team 5-6 days $325/mo

\_\_\_\_\_National Elite team 5-6 days $330/mo

**Additional programs:**

\_\_\_\_\_Platform training 1 day a week $85/mo

\_\_\_\_\_Morning dryland training 1 day a week $25/mo

\_\_\_\_\_Morning dryland training 2 days a week $50/mo

\_\_\_\_\_Morning dryland training 4 days a week $65/mo

\_\_\_\_\_Trampoline classes 1x a week $45/mo

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**POOL REQUEST:** \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

(mark your choices 1st, 2nd, 3rd) Keller Southlake Lewisville

Pool availability:

Keller pool – Monday through Saturday

Southlake pool – Monday through Friday

Lewisville pool – Monday through Thursday and Saturday.

Mornings; Keller Mon, Tues, Thurs, Fri – very limited by invitation only

Mornings: Southlake Mon, Tues, Wed, Thurs, Fri. – open to sign ups. Will be dryland training, trampoline work and conditioning. Very good for all National level and J.O. team members. Will be scheduled before school and can be used as off campus PE hours.

Platform training is limited and by invitation only. Divers must have the potential to learn a J.O. competitive list on platform to be included.