

# SPORT & HEALTH INTERCLUB VARSITY LEAGUE PROGRAM

*(SIVL) at Bethesda, Regency, Rio and Tenley Sport & Health Clubs*

The Sport & Health Interclub Varsity League program comprises one of the largest High School programs in the US. The 2007-08 season had players from 10 High schools competing and Bethesda-Chevy Chase (captained by Caroline Sieber) were the winners of the SIVL Cup.

## Format:

The SIVL program will have 10 high school squash teams playing matches at Bethesda, Regency, RIO and Tenley Sport & Health Clubs on Friday afternoons. These teams that play on Friday are comprised of 7 players each. Each team must have a designated captain who facilitates communication between the players and the SIVL coordinator. When scheduled, the captain will be responsible for organizing players for the match. Players must play in order of merit.

## Player Registration Deadline:

Deadline for registration: Friday, November 7, 2008  
(Runs November 28, 2008 - March 1, 2009)

## Participants:

Schools and individual participants are invited to play. For individual players to participate, you will need to be playing in clinics/ Sunday league/ school practice or other at Sport & Health Clubs.

**Cost:** \$185 per player (includes personalized T-shirt plus mandatory SIVL weekend tournament in February 2009, exact date TBA). Late fee of \$20 applies if payment is received after Nov. 7, 2008.

**Umpiring:** Participants gain knowledge and confidence from umpiring games and should mark/umpire the next match. Advise a senior team member or a coach/supervisor if you need assistance. We will be doing a referee clinic 2pm January 6, 2008 at Bethesda Sport & Health. This is recommended to all participants and compulsory for those seeking a national ranking.

**Schedule:** see [www.aussienicksquash.com](http://www.aussienicksquash.com) click on Juniors then Bethesda then SIVL and Schedule

**Tournaments:** Compulsory: SIVL February 2009 (exact date TBA) Recommended: Trifecta 1, 2 & 3  
See [www.aussienicksquash.com/juniors/juniors.htm](http://www.aussienicksquash.com/juniors/juniors.htm) scroll down to Tournaments and print out registration form

**Contact:** **Connie Barnes** - Director of Squash **Phone:** 301-807-9905  
**Fax:** 301-656-6870 **Email:** [cbarnes@sportandhealth.com](mailto:cbarnes@sportandhealth.com) **Web:** [aussienicksquash.com](http://aussienicksquash.com)



## Sport & Health Interclub Varsity League (SIVL) Application Form *Please print neatly.*

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # (h) \_\_\_\_\_ (c) \_\_\_\_\_

Participant's Email \_\_\_\_\_

Parent's Email \_\_\_\_\_

Does your child have any medical problems? \_\_\_\_\_ If yes, please describe \_\_\_\_\_

Type of Payment:  Cash  Check  MasterCard  
 Visa  AMEX  Discover

Card #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

RELEASE: In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport & Health, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**sport & health**

[sportandhealth.com](http://sportandhealth.com)

Register by mail or drop-off to: Connie Barnes, Bethesda Sport & Health, 4400 Montgomery Ave., Bethesda, MD 20814  
Registration confirmations will be emailed as they are processed.  
If you do not receive, please call 301-807-9905.