

**2009-10**  
**The Swim Strong Aquatic Club**  
**Fort Drum, NY**

**Dear Parents:**

Welcome to the Swim Strong Aquatic Club (SSAC.) We hope this will be a great experience for both your swimmer and you. This competitive USA Swim Team is for both boys and girls in age groups: 8 & under, 9-10, 11-12, 13-14, and 15 & up. Four training groups have been established: Green, Bronze, Silver, and Gold. All swimmers will be placed and advanced based on demonstrated swim skill level and maturity. If you are unsure which level your child will be placed in, please feel free to ask the coach.

The Parents Association is responsible for the overall organization and management of the Swim Strong Aquatic Club. In addition, the Association pays our coaches' salaries to ensure we have continuity of dedicated, enthusiastic coaching for your child's development. The Parents Association is also responsible for buying supplies for the swim team such as ribbons, relay entries, and office expenses. To help meet these expenses, the Association may earn money through fund-raisers (pizza sales, swim-a-thon, car washes, etc...) to supplement the monthly fees. Each swim team family is highly encouraged to participate in fund-raising, to not only help the team financially, but also to develop the morale and team spirit that a successful team must foster. The money from these fund-raisers also helps offset the costs of special events that the team puts on, such as holiday and end-of-the-season parties.

**Included in this registration package are the following forms that need to be completed and returned:**

- Each swimmer must include a copy of their Birth Certificate
- Medical Form
- Liability Waiver
- Media Release Form
- Discipline Policy & Contract
- SSAC Swim Fees

It is the policy of the Board of Directors of the Parents Association to ensure that every parent has a chance to be heard and every swimmer is represented equally. Please let us know at any time if you have any concerns or questions. Thank you again for signing your child up with the Swim Strong Aquatic Club.

Sincerely,  
The SSAC Parent Board

# MEDICAL FORM

**\*A copy of swimmer's Birth Certificate must be included\***

Swimmer Information: \_\_\_\_\_  
Last Name                      Legal First Name                      Middle

\_\_\_\_\_  
Birth Date                      Grade                      Preferred First Name

\_\_\_\_\_  
Street Address                      City                      Zip                      School

( ) \_\_\_\_\_  
Home Phone Number                      E-Mail Address

## Contact Information:

\_\_\_\_\_  
Mother's Name (First...Last)                      ( ) \_\_\_\_\_                      ( ) \_\_\_\_\_  
Work Phone                      Cell Phone

\_\_\_\_\_  
Father's Name (First...Last)                      ( ) \_\_\_\_\_                      ( ) \_\_\_\_\_  
Work Phone                      Cell Phone

\_\_\_\_\_  
Emergency Contact                      ( ) \_\_\_\_\_                      ( ) \_\_\_\_\_  
Home Phone                      Cell Phone

\_\_\_\_\_  
Doctor                      ( ) \_\_\_\_\_  
Phone

\_\_\_\_\_  
Primary Insurance Provider                      Policy Number

\_\_\_\_\_  
Preferred Hospital

Please circle any of the following that apply to your child:

Asthma    Exercise Induced Asthma    Allergies    Cardiac    Seizures    Diabetes  
Headaches    Skin Conditions    Visual Impairment    Hearing Impairment

Please explain any of the above that affect your child:

Please list any medications your child takes on a regular basis:

Are there any other medical conditions that the coaching staff needs to be aware of? If so, please explain.

# LIABILITY WAIVER

Name of Participant (print) \_\_\_\_\_

I, \_\_\_\_\_,  
(parent or guardian name if participant is under eighteen (18) years of age)

## AS A PARENT / GUARDIAN / PARTICIPANT, UNDERSTAND AND ACKNOWLEDGE THAT:

Participation in the Swim Strong Aquatic Club program is intended to promote healthy and safe swimming opportunities for my child. However, like many physical activities, swimming and associated activities pose certain inherent health risks that can result in serious injury (physical and/or emotional) or even death. I acknowledge and assume the risks inherent with my child's active participation with the Swim Strong Aquatic Club.

Failure to follow safety instructions may lead to my child's suspension or cancellation of membership. Discretion is left entirely to the Swim Strong Aquatic Club staff to determine whether and when removal is appropriate.

## HEALTH INSURANCE, EMERGENCY INFORMATION AND AUTHORIZATION

I understand that I am responsible for providing my child's health insurance. My child understands that if experiencing fatigue, breathing problems, chest pain or other injuries, the instructor should be informed immediately. If my child becomes injured or ill while participating in the program, I authorize the Swim Strong Aquatic Club staff to act on my child's behalf in obtaining medical treatment. I understand that I am fully responsible for all medical care expenses. Please contact the following person in case of emergency:

Name of Parent or Emergency Contact Person: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

By signing this form, I acknowledge that I (parent / guardian) have been informed about certain risks and responsibilities involved in this program, and that I am knowingly and voluntarily assuming them. By signing this form, I also agree for myself, my heirs, and assigns to release and hold harmless the Swim Strong Aquatic Club and its staff, officers, agents, members and any persons assisting in its activities and functions.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Media Release Form

As part of the Swim Strong Aquatic Club communication process, the team maintains a website and periodically prints newsletters and statistics. This form documents how you want your swimmer's information handled.

Please read and sign below. Initial appropriate line by each item.

Yes    No

\_\_\_\_    \_\_\_\_    I hereby authorize the use of still photographs taken at swim meets or other swim team functions. I recognize these photos may be posted on the SSAC web site. I understand that no personal demographic information will be posted on the SSAC web site in conjunction with these photos.

\_\_\_\_    \_\_\_\_    I hereby grant the Swim Strong Aquatic Club permission to post swimming-related statistics and information on the team web site, and/or in the team newsletter.

\_\_\_\_    \_\_\_\_    I understand that information listed on the Adirondack LSC web site regarding my child is not posted by the Swim Strong Aquatic Club.

\_\_\_\_    \_\_\_\_    I hereby release the Swim Strong Aquatic Club and its connection with Adirondack USA Swimming from any payment and/or compensation and all liability in connection with above said uses and purposes.

\_\_\_\_    \_\_\_\_    I authorize Swim Strong Aquatic Club to use our contact info in a club roster.

Swimmer's Name \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# SSAC SWIM FEES 2009-10

**Green** \$50/mo    **Bronze** \$624 or \$52/mo     **Silver** \$768 or \$64/mo    **Gold** \$912 or \$76/mo

**Plan 1** – Payment in full at registration (**10% discount**) or **Plan 2** –First payment due on SEP 1, 2009 and end on AUG 1, 2010 for a total of twelve equal payments.

All swimmers are responsible for an **annual registration fee** of \$110 due on SEP 1, 2009 (includes registration with USA Swimming, team cap & T-shirt). New swimmers pay the registration upon joining the team.

Families with more than one swimmer registered will receive a **\$10 discount/month** on the fees for all successive swimmers.

Swimmers who participate in Modified or Varsity Swimming have two options. Option 1: \$35/month during the school swimming season and attend SSAC practices and meets when possible (Saturdays, school practice cancellations, etc.) Option 2: Suspend monthly payment; resume participation in SSAC after the school swim season.

**NOTE:** Throughout the season there are additional meet fees for each meet your swimmer participates in, these fees vary from meet to meet. You will receive fee notices prior to each meet. Please pay by the deadline published by the Coach.

**Monthly fees are due by the 1<sup>st</sup> of each month.**

Fees postmarked after the 10<sup>th</sup> of the month will be charged a late fee of \$10.00. There is a \$15 late fee for all accounts 30 days past due. Fees past 60 days will be cause for removal of all swimmers in the family from practice and meets until the account is current. Fees may be given directly to Jennifer Pogue (Treasurer) or placed in the team lock-box on the pool deck.

**For fee questions, please call Jennifer Pogue, Treasurer/Registrar, at (315) 405-8233.**

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**Please circle level of swimmer: Green Bronze Silver Gold**

**Please circle T-Shirt size: Youth S M L XL or Adult S M L XL**

**Please circle payment plan: Plan 1 Plan 2 (School Swimmer: Option 1 Option 2)**

**Registration fee: \$110**

**Total: \$ \_\_\_\_\_ Swimmer's Name \_\_\_\_\_**

Please make checks payable to SSAC.

## Swim Strong Aquatic Club Discipline Policy

The following policy has been adopted to ensure that all discipline problems are approached with understanding, proper communication and fairness to all team members and families. Please read and review these guidelines with your swimmer. When understood, please sign, date and return the Contract.

As a swim team, SSAC holds safety as our utmost priority. Any swimmer or parent who compromises the safety of anyone in the pool or on the deck will be subject to immediate consequences. Our team endorses the following safety rules that must be followed at all times:

- No running on pool deck
- No shoving or pushing anyone into the pool
- No diving, other than supervised starts
- No horseplay, holding persons under, or jumping onto another team member
- No swinging from pool ladders
- No setting up or tearing down of lane lines without verbal consent from coach
- Any other safety concern verbally stated by coaching staff when deemed necessary

Although we realize it is sometimes necessary for parents to bring siblings or other children with them to practice, parents must assume all responsibility for any person within the pool facility who is not a practicing team member.

It is also perceived as improper conduct if any team member or parent displays disruptive, discourteous, rude or disrespectful attitudes toward coaches, team members or parents during a practice or meets.

- 1<sup>st</sup> Offense: Head Coach gives team member or parent a verbal warning.
- 2<sup>nd</sup> Offense: Swimmer is removed from activity and parent contacted. If a parent offense, the Board is contacted.
- 3<sup>rd</sup> Offense Swimmer is dismissed from the team. There will be no refund of team fees.

Vandalism of any kind will result in immediate dismissal from the team, and may result in financial consequences as well.

**The Swim Strong Aquatic Club reserves the right to dismiss any swimmer when we feel it is in the best interest of the safety and well-being of the team.**

We have received a copy of and understand the Swim Strong Aquatic Club Discipline Policy. We accept the terms and conditions of dismissal should we fail to follow all safety and conduct policies.

Swimmer name: \_\_\_\_\_

Swimmer signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_