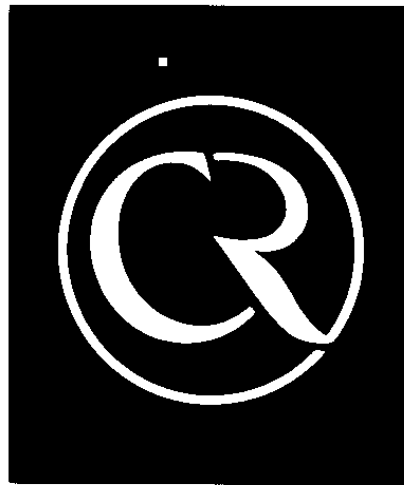


Circle C Ranch Seals



2010 Swim Team
Information
And
Registration Packet

2010 Circle C Seals Event Schedule Final

Date	Event	Time/Location
March 1- 20	Returning swimmer Registration	direct return to Mo Livermore 6104 Utica Cove in Circle C
Mar 21 (Sun)	Open Registration for Seals	2:00– 5:00pm @ Circle C pool (Swim test needed for new swimmers)
Apr 18 (Sun)	Mandatory Parent Mtg-all parents	@ Circle C Pool 5:00pm
Apr 19 (Mon)	Swim Practice Starts Monday thru Thursday Circle C Pool	4:00 to 4:45 pm Elementary School 4:45 to 5:45 pm Middle School 5:45 to 6:45 pm High School
May 6 (Thurs)	New Parent Mtg—How it all works!	5:00 pm at the pool Marty Pandola
May 13	Inter squad (Timing Meet) Held during Practice---More Info Coming	@ Circle C pool (During Practice)
May 22	Swim Meet	@ Circle C
May 29	Swim Meet	@ Circle C
May 27	Team Photos	Individual Photos 6:00pm Group Photo 7:00pm Circle C Swim Center
June 5	Swim Meet	@ Circle C
June 8 (Tues)	Summer Practice Begins Tuesday through Friday Morning	8:00 to 9:15 am High School 9:15 to 10:15 am Elementary School 10:15 to 11:15am Middle School
	NIGHT PRACTICE ---TUESDAY AND THURSDAY 2 EVENINGS PER WEEK	Evenings (Tues & Thur ONLY) 5:00 pm-6:30 pm
June 11	Scholarship Application Due	
June 12	Swim Meet	Circle C @ Belterra
June 20 (SUN)	Swim Meet	Circle C @ JCC 1:00pm start time
June 27(SUN)	Champs at U.T.	Jamail Swim Center @ UT
TBD	END of Season Party	More info coming!!!!

Dates and times subject to change. Meets will be held every Saturday morning, beginning May 22, 2010. Updated Meet info will be emailed prior to each meet(Make sure you sign up for the Yahoo Group). Expect to arrive for warm up by 7am.

Circle C Seals Information, Rules, and Regulations for 2010

Circle C Swim Center
5919 La Crosse Ave.
Austin, TX 78739
(512) 288-6057

Tammy Koelling (Parent Sponsor)
762-6524
bkoelling@austin.rr.com
Mo Livermore
dumamma@aol.com

References:

Capital City Summer League (CCSL) Bylaws.

Purpose:

The purpose of this packet is to give all Circle C Seals Summer Swim Participants the basic requirements for joining the Circle C Seals. This packet will give parents and swimmers the basic knowledge of how our program is run.

There will be a mandatory parents' meeting on April 18, 2010, at the Circle C pool (or other designated location) at 5:00pm. Be ready to sign up for volunteer jobs.

General Information:

The Circle C Seals are members of the Capital City Summer League. The Seals are made up of approximately 250 swimmers. Our goal is to have fun while learning good swim techniques, good sportsmanship, and a positive attitude from swimmers, parents, and coaches. **We require each family to volunteer for at least 3 meets in order to successfully run this program.** There will be weekly practices and we will have swim meets at several different neighborhood pool locations.

Registration:

Contact: Mo Livermore 965-8172 or dumamma@aol.com

All swimmers need to fill out the registration forms included in this packet. **Every child** swimming in our program must fill out these forms. Please fill out one set of forms per swimmer. Previous swimmers may drop off their registration forms, pay fees, and sign up for parent volunteers on the dates listed on the attached schedule. New swimmers must try-out at registration to become eligible to join the team.

Swimmers are grouped together by their ages. These groups are determined by the **swimmers age on May 1, 2010.**

Try outs: The intent is to ensure that the swimmer is water safe and is able to swim at least 25 yards (that is the short end of the Circle C pool). This evaluation is informal and we try to make it a no pressure situation. Quick Start Clinics are recommended before practice begins, especially for new swimmers.

Registration Fees:

Cost for residents of CCR who register and pay on/before March 22,2010

1 st swimmer	\$145.00
2 nd swimmer	\$135.00
3 rd and more	\$125.00

Cost for residents of CCR who register and pay after March 22,2010

1 st swimmer	\$165.00
2 nd swimmer	\$155.00
3 rd swimmer	\$145.00

Registration will be open until the week before the Seal's intersquad timing meet if the team has not already registered the maximum number of swimmers. If you sign-up during the early registration period which ends March 22, 2010 you will be given the \$20 discount as indicated above. Fees must be paid in full at the time of registration.

Refund Policy:

Refunds of the registration fees will be given for swimmers withdrawn for illness or other family circumstances until April 5, 2010. After that time refunds will be partial, based on the length of participation and the date of notification of withdrawal. Swimsuits or training equipment purchased cannot be returned unless still in original packaging.

<u>Date of withdrawal before</u>	<u>Amount subtracted from payment refund</u>
April 5	Full refund
April 10	\$22
April 15	\$56
April 20	\$68
April 25	\$80
April 30	\$92

Parent Volunteers (Seals Support Group):

Parents play an integral role in the success of our swim season. Parents **MUST** sign up to volunteer at registration or the parents meeting. **Each family MUST volunteer for at least 3 meets.** Some of the volunteer positions will require work during the meets and some outside of the meets. There is something for everybody.

Volunteer positions needed include: stroke and turn judges, computer/console operators, timers, ready bench, runners, age group parents, ribbons/medals, and party/events helpers. Some of these positions may require training. Please contact the Volunteer Coordinator for details. You can email Barbara Terracina at: btterraccina@gmail.com and put Volunteer Coordinator in the subject line. Summary of each job is included at the end of this packet.

Parent/Team Communications:

The Circle C Seals volunteers and coaching staff will make the greatest effort to inform all parents and swimmers of any pertinent information. In order to reach the most people in the quickest manner, all information will be sent to the email addresses registered in the 2010 Circle C Seals Yahoo group. All Seals families are encouraged to agree to be part of this group and to provide an email address on your registration form.

Seals swimmers will have also files in file boxes. The boxes will be brought to most practices by the parent coordinators. **Swimmers will be responsible for checking their**

folder for notices or meet ribbons. The purpose of these boxes/folders is to offer an easy way to deliver ribbons and certain written communications regarding the swim team.

Practice Requirements:

Practice times and days before summer starts are Monday through Thursday, 4:00-4:45 pm for Elementary School, and 4:45 to 5:45pm for Middle School and 5:45- 6:45pm for High School. After school is out for the summer, practices will be Tuesday through Friday, 8:00am to 9:15 am for High School, and 9:15 am to 10:15 am for Elementary School and 10:15-11:15am for Middle School. There will be a summer evening swim practice available Tuesday-Thursday, 5:00 to 6:30 pm for those swimmers who absolutely cannot make the morning practices. The age cut-offs are subject to change depending on the number of swimmers in each age group.

Swimsuits, T-shirts, and Caps:

The cost of the swimsuit is **EXTRA** and is not included in the registration fee. Swimmers are required to have a team suit and will be able to purchase suits during the sign up dates at the Circle C Swim Center. Swim caps and T-shirts will be given to each swimmer before our first meet. These ARE included in the registration fee but each child is only given one each. **(PUT YOUR CHILDS NAME ON ALL BELONGINGS, INCLUDING THE T-SHIRTS!)** Additional caps and T-shirts are available for purchase. Fins (for strength training and recommended by the coaches), equipment bags and goggles will be available for purchase at the sign ups.

Pool Closure and Inclement Weather:

- Circle C Swim Center may suspend activity or close, based on unsafe weather conditions or situations, or when weather conditions hinder attendance. Manager will re-open pool when safe to do so. Closure is at the discretion of the Manager for the following reasons, but not limited to:
 1. In the event of thunder or lightning, pool will be evacuated and remain empty for at least 30 minutes after last occurrence. Guests must exit water and take cover under a man made structure until Management deems it safe to re-open.
 2. Pool will be evacuated if any swimmer is suspected of sustaining a head or spinal injury.
 3. Pool will be evacuated and may close if fecal matter is found or suspected in water.
 4. Pool will be evacuated and may close if Staff is unable to clearly see the bottom of the pool (i.e. hard rain, high winds, fog, turbid water conditions).
 5. Pool may close under the following bad weather conditions, and on the low likelihood of resident swimmers:
 - a. If the temperature or wind chill, whether actual or forecasted is at or below 32° F. or ice is present.
 - b. If the high temperature or wind chill, whether actual or forecasted is at or below 40° F.
 - c. If the water temperature falls below 70° F. In the case that water temperature falls below 78° but above 70° F. swimmers will be restricted to no more than 20 minutes in and no less than 20 minutes out, unless they have a wet suit.
 6. For any reason not named above, deemed unsafe for use as determined by Management. During inclement weather (i.e. lightning, severe storms, high winds, hard rain, fog, cold temperatures, etc.) Management will make an educated decision about temporary or complete closure. In the event of lightning/thunder the pool will close for at least 30 min's after a visual lightning strike and/or audible thunder at or within 6 mile radius, according to National Weather Service standards. Guests must exit pool and take cover under a man made structure until Management deems it safe to re-open.

Job Descriptions for Parent Volunteers

Stroke and Turn Judges:

- Requires minimal training. See Volunteer Coordinator or Head Coach.

Computer/Console operator:

- Requires minimal training. See Volunteer Coordinator or Head Coach.

Meet Director/Volunteer Coordinator:

- Makes certain volunteers are available at the meets for different volunteer positions
- Holds meeting or make sure the head of each volunteer position holds a meeting with all of the volunteers and explains what their job entails and all volunteers are on the same page.

Timers:

- Use a stopwatch to time each swimmer's event
- Verify name of swimmer with the name on the card where time will be recorded.
- Write disqualification on card when instructed by stroke and turn judge
- Two- (2) timers per lane

Head Timer:

- Has timers clear their watches and prepare for the next event
- Signals to starter that it is okay to start the next event
- Responsible for starting two- (2) watches, so when a timer's watch does not start, the head timer gives one of his/her watches to them.
- Coordinates relief timers to give timers breaks

Ready Bench:

- Calls swimmers to the ready bench area
- For kids 10 and <, assists in getting the children into the right lane on the right side of the pool (*this is especially important with the younger children and relay events)
- Lots of patience and organization

Runners:

- Takes cards from the timer after an event and take to ribbon writing table
- Takes the cards from the ready bench area and passes out cards to timers
- Coordinates volunteers for heat winner ribbons

Ribbons/Medals:

- Transcribes results to ribbons and files in folders (done after completion of the meet)

Party/Events Coordinator and Committee:

- Responsible for the Team Party or other planned events, including:
 - Parent Mtg/Pizza Party
 - Timing Meet
 - End of Season Celebration

Job Descriptions for Parent Volunteers (Continued)

Age Group Parents:

- Keep each group of children together in one- (1) area

Parent Contact Liaison:

- Update swimmers and families of events and results via email
- Frequent contact with parent coordinator and head/assistant coaches

Data Entry:

- Creates Spreadsheet and enters swimmer information

Equipment Sales Coordinator:

- Assists Head Parent in ordering and organizing swimsuits and other equipment
- See Head Parent

Circle C Seals Registration Packet Instructions

CHECKLIST:

Swimmer's Name: _____ M___ F___

1. **Each swimmer** must have the following packet information filled out separately:
 - a. Swimmer Medical Information _____
 - b. Waiver/Liability Release Form _____
 - c. Photo release _____
 - d. Parent/Swimmer Agreement
(Both parent and swimmer must sign) _____
 - e. Fee Check List
(Must include T-shirt size) _____

2. Checks for swim team registration should be made payable to Circle C Seals.
Check No. _____ \$ _____
Cash _____

3. Equipment will be available separately. It will be available on the registration dates at Circle C pool.

Waiver /Release of Liability

PLEASE READ CAREFULLY BEFORE SIGNING

THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I, _____, the enrolled participant and/or the parent/guardian of the participant agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to paralyzing injuries and death.

The participant hereby agrees to participate in the Capital City Summer League and hereby agrees to indemnify and hold harmless Capital City Summer League, Circle C Seals, Circle C Swim Center and Circle C Ranch Homeowners Association, their coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in Capital City Summer League activities. The participant also agrees to indemnify Circle C Seals, Circle C Swim Center and Circle C Ranch Homeowners Association for any damages incurred arising from any claims, demand, action, or clause of action by the participant.

The participant authorizes any representative of Capital City Summer League, Circle C Seals, Circle C Swim Center, or Circle C Ranch Homeowners Association to have the participant treated in any medical emergency during their participation in Capital City Summer League. Further, the participant and parent/guardian agree to pay all costs associated with medical care and transportation for the participant.

I have noted on the back of this form any medical/health problems for which the staff should be aware.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date: _____
(Parent/Guardian of Participant)

Name of Swimmer: _____

Photo Release for Children Under 18 Years of Age

I hereby grant to the Circle C Seals and it's agents and assigns the right to photograph my dependant and use the photo and or other digital reproductions of him/her or other reproduction of his/her physical likeness for publication processes, whether electronic, print, digital or electronic publishing via the Internet.

Printed Minors Name

I certify that I am custodial parent and have the aforementioned rights to assign.

Signature of Parent or Guardian:

Print Name of Parent or Guardian:

Address:

Date:

Swimmer Medical Information

Swimmer's Name: _____
(Please print)

Address: _____

Home Phone: _____

Parent's Name: _____
(please print)

Work or cell Phone: _____

Emergency contact: _____ Phone #: _____

Doctor's Name: _____ Phone #: _____

Address of Physician: _____

Siblings on Team: _____

Please list any medical conditions of child:

Parent Agreement

As parent(s) of swimmer(s) I/we agree to abide by the Rules and Regulations of the Capital City Summer League, and model good sportsmanship for our children. Each swimmer needs to be pre-registered for events they plan to swim during the swim meets (including relays).

I/We also acknowledge the importance of helping out during the swim meets to make them run quickly and smoothly. Each parent must volunteer for volunteer duties at registration or at the mandatory parents' meeting. No experience is necessary and training will be provided. I/We also acknowledge that failure to follow through with my volunteer assignment may result in my child being pulled from the meet.

By signing I/we agree to be added to the Circle C Seals Yahoo group to receive team notifications.

Parent Signature: _____ Date: _____

Swimmer's Name: _____



Swimmer's Agreement

As a swimmer for the Circle C Seals, I agree to abide by the Rules and Regulations of the Capital City Summer League. At all times I will abide by pool rules and act accordingly as a representative of the Circle C Seals. I agree to be supportive and respectful of my teammates and to show good sportsmanship.

Swimmer's Signature: _____

Date: _____

Circle C Seals Registration and Fee Check List

Swimmer's Name: _____ Age as of 5/1/10: _____

Parent's Names: _____ DOB: _____

Phone #'s: Day: _____ Evening: _____ Cell: _____

Street Address: _____
 (MUST BE CIRCLE C RESIDENT)

Email Address: _____
 (PLEASE PRINT CLEARLY-ALL NOTIFICATION WILL BE SENT VIA EMAIL)

New Swimmer Approval by Coach: _____

Description		Fee	Payment
Swimmers T-Shirt	Size=	\$0	N/C
Additional Seals T-Shirt			
Child Size (Small, Medium, Large)	Size =	\$10	
Adult Size (Small, Medium, Large, X-large)	Size =	\$10	
Swim Team Fee (on or before March 22, 2010)			
1 st Swimmer		\$145.00	
2 nd Swimmer		\$135.00	
3 rd Swimmer		\$125.00	
Swim Team Fee (After March 22, 2010)			
1 st Swimmer		\$165.00	
2 nd Swimmer		\$155.00	
3 rd Swimmer		\$145.00	
Total Fees (Make checks payable to Circle C Seals)			