



**2017 Season**

## **Orca Swim Team Registration Instructions**

**You may register your swimmers today** by mail and reserve a spot on the Orca Swim Team.

**Registration Fee: \$140 per swimmer**

\$70 each for 3<sup>rd</sup> and 4<sup>th</sup> swimmer in the same family

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**New swimmers, ages 8 and Under , must complete a swim test at Memorial Pool on June 5 to be sure they are safe in the water.**

8 and Under swim test - swimmers must be able to swim a distance of 9 yards ( 27 feet ). They must swim the 9 yard distance on the surface of the water. We want them to be safe in the water. We are not testing their swimming speed.

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Please make copies of the blank registration forms and encourage your friends to join the Orca Swim Team.

**Please read the next page for additional instructions.**

## Registration Instructions ( Continued )

The total number of swimmers for the 2017 season will be limited due to pool space. Registration forms will be accepted until the total team limit has been reached.

Registration forms received after the team cap has been reached will be returned via mail.

All registration forms must be completed with all required information. **Three of the forms must be signed.** The following must be completed and mailed back to avoid delays in your registration:

### Registration Checklist

1. Registration form. ( complete )
2. Refund policy / Swimmer Conduct / Participation policy form.  
( read and sign )
3. Medical Release / Hold Harmless form ( complete and sign )
4. Volunteer Deposit Agreement form. ( complete and sign )
5. All required information must be provided.
6. Two separate checks must be enclosed. **one check for the registration fees \$140 per swimmer** (\$70 each for 3<sup>rd</sup> and 4<sup>th</sup> swimmer in the same family) **and a second check for the volunteer deposit. The \$100 volunteer deposit check will be held on file.**

Make checks payable to: **Orca Swim Team**

Mail the 4 completed forms and 2 checks to:

**Orca Swim Team  
PO Box 309  
Cedar Ridge, CA 95924**

note - 4 pages of paper and  
2 checks may require  
additional postage

Visit the Orca web site to download additional copies of the registration packet. **[www.gvorcas.webs.com](http://www.gvorcas.webs.com)**

# ORCA SWIM TEAM 2017

# Registration Form Ages 5 to 18

Registration Fee: \$140 per swimmer

\$70 each for 3<sup>rd</sup> and 4<sup>th</sup> swimmer in the same family

Family last name \_\_\_\_\_

Home phone \_\_\_\_\_

**Please list all swimmers below :**

Alternate phone \_\_\_\_\_

**New swimmers, ages 8 and Under, must pass a swim test before they are officially added to the team.**

Swimmer Last Name (please print) \_\_\_\_\_ First Name (please print) \_\_\_\_\_ Returning 2016 Swimmer? Yes [ ] No [ ]  
Date of Birth \_\_\_\_\_ Age as of June 15, 2017 \_\_\_\_\_ Sex: Male [ ] Female [ ]

Swimmer Last Name (please print) \_\_\_\_\_ First Name (please print) \_\_\_\_\_ Returning 2016 Swimmer? Yes [ ] No [ ]  
Date of Birth \_\_\_\_\_ Age as of June 15, 2017 \_\_\_\_\_ Sex: Male [ ] Female [ ]

Swimmer Last Name (please print) \_\_\_\_\_ First Name (please print) \_\_\_\_\_ Returning 2016 Swimmer? Yes [ ] No [ ]  
Date of Birth \_\_\_\_\_ Age as of June 15, 2017 \_\_\_\_\_ Sex: Male [ ] Female [ ]

Swimmer Last Name (please print) \_\_\_\_\_ First Name (please print) \_\_\_\_\_ Returning 2016 Swimmer? Yes [ ] No [ ]  
Date of Birth \_\_\_\_\_ Age as of June 15, 2017 \_\_\_\_\_ Sex: Male [ ] Female [ ]

Swimmer Last Name (please print) \_\_\_\_\_ First Name (please print) \_\_\_\_\_ Returning 2016 Swimmer? Yes [ ] No [ ]  
Date of Birth \_\_\_\_\_ Age as of June 15, 2017 \_\_\_\_\_ Sex: Male [ ] Female [ ]

How did you hear about the team ? School flyer \_\_\_ Friend on team \_\_\_ Radio \_\_\_ Website \_\_\_

Parent or Guardian \_\_\_\_\_ Home Phone Number \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_

Is this a new mailing address ? Yes [ ] No [ ] Zip \_\_\_\_\_

**Please provide an email address !!!** E-mail address \_\_\_\_\_

Father's Name \_\_\_\_\_ Mother's Name \_\_\_\_\_  
(Please Print) (Please Print)

Father's Work Phone Number \_\_\_\_\_ Mother's Work Phone Number \_\_\_\_\_

**Office Use Only (below these lines) Orca Swim Team PO Box 309 Cedar Ridge, CA 95924**

Registration Fees Paid \$ \_\_\_\_\_ check # \_\_\_\_\_ Volunteer deposit \$100 check # \_\_\_\_\_  
\$140 per swimmer

# Refund Policy / Swimmer Conduct Policy / Participation Policy

**Orca Swim Team  
PO Box 309  
Cedar Ridge, CA 95924**

**2017 Season**

## **Refund policy**

Registration fees are **not** refundable **after May 1, 2017** for swimmers over the age of 8. Refund requests must be made in writing and received by May 1, 2017. Registration fees are refundable for swimmers ages 8 and Under if requested in writing by June 12, 2017. New 8 and Under swimmers that don't pass the swim test on June 1 will receive a refund.

Volunteer deposit checks will be returned if your family leaves the swim team before June 12, 2017 and makes the refund request in writing by June 12, 2017. Your volunteer deposit check will be returned to you or destroyed if you work your required volunteer hours and required food donation.

## **Swimmer Conduct Policy**

Any swimmer that uses foul language, causes physical abuse, or any other abuse towards another swimmer, coach, or team family member, while participating in any Orca Swim Team activity, is subject to suspension or removal from the swim team. Appropriate conduct is expected of all swimmers while in or out of the pool. This swimmer conduct policy applies to all swimmers while participating in any Orca Swim Team activity at Memorial Park Pool or any other location. The Head Coach or the Orca Swim Team Board may enforce this swimmer conduct policy. The duration of the suspension or removal from the team is at the full discretion of the Orca Swim Team Board.

## **Participation Policy**

Swimmers that are entered in relay events in a swim meet must notify the Head Coach if they will not be able to attend the swim meet in which they are entered in relay events. This notification must be made as soon as possible and no later than 7:00 AM the day of the meet. Failure to make this notification to the Head Coach will bar your child from the relay events in the next swim meet. Relay events consist of 4 swimmers and each swimmer needs to be present at the swim meet. The Head Coach can make changes to the relay events if notified before the day of the meet.

**I have read the Refund Policy, Swimmer Conduct Policy, and Participation Policy.**

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Last Name - Please Print

# ORCA SWIM TEAM 2017 MEDICAL RELEASE / HOLD HARMLESS

**Names of swimmers covered by this Medical Release / Hold Harmless form:**

**Please list all swimmers :**

\_\_\_\_\_  
Swimmer Last Name (please print)

\_\_\_\_\_  
Swimmer First Name (please print)

\_\_\_\_\_  
Swimmer Last Name (please print)

\_\_\_\_\_  
Swimmer First Name (please print)

\_\_\_\_\_  
Swimmer Last Name (please print)

\_\_\_\_\_  
Swimmer First Name (please print)

\_\_\_\_\_  
Swimmer Last Name (please print)

\_\_\_\_\_  
Swimmer First Name (please print)

\_\_\_\_\_  
Swimmer Last Name (please print)

\_\_\_\_\_  
Swimmer First Name (please print)

In case of emergency, contact \_\_\_\_\_ Emergency Contact Number \_\_\_\_\_

Family Physician \_\_\_\_\_

## **MEDICAL RELEASE/HOLD HARMLESS**

I/We, the parent/guardians of the above-signed children, agree and understand that swimming is a HAZARDOUS activity. I/We recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death. I/We assume all risks and hazards incidental to the conduct of the activities and transportation to and from activities. Further, I/we agree to indemnify and hold harmless the Orca Recreational Swim Team, its coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in activities. The participant also agrees to indemnify Orca Recreational Swim Team for any damages incurred arising from any claims, demand, action or cause of action by the participant.

In case of an emergency, if family physician cannot be reached, I/we authorize my/our child to be transported to and/or treated by the attending physician without recourse to the organizers, sponsors, or any supervisors appointed by them. I/We likewise waive, to the extent not covered by liability insurance, any claim against any person transporting my/our child to and from activities. Further, the parent/guardian agrees to pay all costs associated with the medical care and transportation for the participant.

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

\_\_\_\_\_  
Parent or Legal Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian's Name ( Please Print )

\_\_\_\_\_  
Relationship to swimmers

\_\_\_\_\_  
Contact phone number

\_\_\_\_\_  
Alternate phone number

**Volunteer Deposit Agreement**  
**\$100 Deposit Check ( held on file )**

As with any non-profit sports organization, the Orcas need adult help to organize and run the swim meets and support the operation of the swim team through volunteering. **Parents are required to work a minimum of 2 full shifts at the dual swim meets, per family, plus the donation of 1 requested snack bar food or beverage item.** An extra shift may be worked in place of the food donation, if you like. **You are required to work a minimum of 2 full shifts at any of the regular dual swim meets, whether or not your child participates in any meets.** Shifts are approximately 3 hours in length. This requirement is per family. Parents may split the volunteer time. You may work both shifts in one swim meet or complete the requirement by working one shift in two swim meets.

By signing this agreement you understand this requirement and understand that the **\$100 deposit will be forfeited for any of the following 3 reasons:**

1. You do not fulfill the volunteer work requirements and/or food donation requirements.
2. You fail to work for a shift that you signed up for, and don't find a replacement, or don't cancel 48 hours in advance. The 48 hours in advance cancellation must be made through our online volunteer signups website by Thursday at 10:00am before each swim meet.
3. You fail to notify the volunteer coordinator that another person will be working for you.

You also understand that it is the responsibility of each parent volunteer to be sure that the volunteer coordinator records the shifts that are worked. **The deposit check is held on file until the end of the season.** The deposit check will be destroyed or returned, with confirmation by the volunteer coordinator that the 2 full shifts have been worked and the food item donation has been made. **Volunteer sign-ups will be made available online the second week of May for families that register their swimmers by May 1.** If you sign up to work at a swim meet and later find it impossible to fulfill your commitment, you agree to make appropriate arrangements to switch with other parents and/or contact the volunteer coordinator 48 hours prior to the meet. You also agree to contact the volunteer coordinator at least 48 hours prior to the meet if you can't work the meet that you signed up to work. **If you don't sign-up for your 2 shifts by July 4, your volunteer check will be deposited. The 2 shifts may be worked at any of the regular dual meets during the season, as long as you sign-up by the July 4 deadline.**

**If your child swims in the Championship Swim Meet you must work an additional 2.5 hours at the Championship Swim Meet.**

Any bad checks will cause your family to forfeit participation with this swim team until the swim team is paid in full, by cash.

**I have read and understand the terms of this agreement.**

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent name (print)

## **The first swim practice is June 5, 2017 at Memorial Park pool.**

We hold swim practice 5 nights a week, but swimmers don't need to attend every night. We recommend that swimmers attend at least 3 practices per week, but this is not a requirement.

### Practice Swim Meet

The practice swim meet will be held **June 12** at Memorial Pool for **new swimmers and 11 year olds only**. Parents are expected to attend the practice meet to assist with timing.

**The only practice that evening will be the 13 to 18 year old practice.** We would like all new swimmers to attend the practice swim meet, but if for some reason your swimmer can't attend, don't worry. We can time them at practice.

### Picture Day

Picture day for the team photo and individual photos is tentatively scheduled for **June 19th at 6:00 PM**. Pictures must be ordered/purchased through the photographer on that day. The only practice held that evening will be the 13 to 18 year old practice, but swimmers must wear their swimsuits for the pictures. Additional info will be available at a later date.

### Parent Volunteers

As with any sports organization, the Orcas need adult help to organize and run the meets; take care of the pool area; and coordinate the management of the team. Parents are expected to volunteer at swim meets. **Each family is required to work 2 full shifts at the swim meets plus the donate 1 requested snack bar food or beverage item.** This is a requirement for each family even if your swimmer(s) do not participate in swim meets. **The \$100 deposit by check** will be collected at registration is to commit parents to fulfilling their volunteer time requirements. The check will be held on file until the end of the season. Parents that do not fulfill their volunteer hours will forfeit their deposit. It is important that volunteer hours are recorded by the volunteer coordinator to validate the volunteer time commitment. The deposit check will be destroyed or returned with confirmation by the volunteer coordinator that the 2 work shifts and the donation of the 1 snackbar food or beverage item have have been completed. Parents will also be expected to volunteer an additional 2.5 hours if their swimmer participates at the Championship Swim Meet. The volunteer sign-up date will be announced by E-mail.

Volunteer jobs include: timers, stagers, equipment set-up, lane slip runners, line judges, stroke and turn judges, snack bar, hospitality, ribbon writers, computer data entry, and others.

### Goals

1. To improve the swimming ability of all swimmers on the team.
2. To help each participant realize his or her self worth by personal accomplishment and improvement.
3. To help our children learn to enjoy swimming as an activity for life long benefit.
4. To learn to work together for a common goal and collective agreement.
5. To have fun with friends and families!

### Goal Achievement

Only through commitment and a good attitude on the part of the swimmers and their parents can even the least of these goals be realized. Coaches are hired and workouts are organized to create the atmosphere for learning. However, parents must realize that this is not swimming lessons. Private instruction is not available in this setting. All instruction will be for group improvement.

The coaches will present a positive atmosphere to encourage fun while learning the four competitive strokes. Competition diving and turns will also be introduced. Due to the popularity of the team, and because of water space limitations for practices, swim meet participation by all swimmers is desired for the team to successfully compete.

### Minimum Swimming Standards

All swimmers must be water safe and have some swimming ability before they attend the first practice. We will evaluate swimmers, ages 8 and Under on the first day of practice to be sure they are safe in the water and that they can swim a distance of 9 yards. It will be our goal to get all swimmers swimming at least one lap of the swimming pool by the end of the 2nd week of practice. 6 and Under swimmers are allowed to stop on the lane ropes and rest as needed during practice.

### Meet Information

Swimmers have the opportunity to participate in five dual meets plus the Championship meet this year, but swim meet participation by swimmers is not required. We do encourage swim meet participation however. Every swimmer must participate in at least 2 dual meets to be eligible to swim in the Championship meet. We encourage all swimmers to participate in the Championship Meet. Your child will receive a trophy if your child is attending practices and participates in at least 2 of the regular Dual swim meets.

Home meets - swimmers should be at the pool and ready for warmup by 7:50 AM.  
Check in at the coaches table before 7:45 AM.

Away meets - swimmers should be at the pool and ready for warmup by 8:20 AM.  
Check in at the coaches table before 8:15 AM.

### Registration Information

The registration packet will be available on March 1, 2017 to download from this website.

### Registration Fee

**\$140 per swimmer.**      \$70 per swimmer for 3rd and 4th swimmers in the same family.

A refundable volunteer deposit check of \$100, per family, will be required in addition to the sign-up fees, which will need to be made by a separate check. This check is held on file and will be returned at the end of the season upon completion of your volunteer work plus the donation of 1 requested snack bar food or beverage item. You may work an additional work shift if you don't want to donate a needed food item.

Please make the two separate **checks payable to: Orca Swim Team.**

Mailing address: PO Box 309 Cedar Ridge, CA 95924

### Swimsuits

See the swimsuit tab on this website for information regarding the swimsuits. The team swimsuit is encouraged, but not required. However, we do require that the swimsuit worn at the swim meets be either blue or black in color. A competitive style suit, similar to the team suit, is highly recommended to reduce drag in the water. A prior year team swimsuit may be worn. The **swimsuit fitting night** has been tentatively scheduled for **the 3<sup>rd</sup> week of April at Union Hill School cafeteria.**

### Parking Rules at Memorial Pool

Please park only in the designated parking areas.

Parking on Race Street is also permitted.

Do not park in private parking areas at the homes near the pool.

Do not park on the grass or in No Parking areas.

Your car will be towed and you will receive a parking ticket.

### Parking Rules at the Nevada Union HS Pool

Please park only in the designated parking areas.

Do not park in red zone areas.

Do not park on the grass or in No Parking areas.

No Dogs Allowed at Memorial Pool or NU Pool.

Exception to registered service dogs only.

You may contact Brian Rhodes at the following phone number or E-mail address for additional information:

Brian Rhodes  
brianrhodes4 @ comcast.net