



LANCASTER AQUATIC CLUB

2010-11 Fall/Winter Registration

630 Rockland St

Lancaster, PA 17602

www.lancasteraquaticclub.com

Welcome to 2010-11 Fall/ Winter Registration at the Lancaster Aquatic Club (LAC). LAC provides instruction for swimmers of all ages and abilities, ranging from beginners to National qualifiers. We run an Individual Medley based program with a focus on all four strokes. In our younger age groups, we promote the sport of swimming with a heavy focus on technique and a requirement that the swimmers have a lot of fun! As swimmers progress through the various training groups including Senior group, the core values of Individual Medley training, dryland training and technique continue. As swimmers reach the Senior group, we expect a serious commitment to the sport so we can help each athlete realize their full potential. The Mission of Lancaster Aquatic Club is to demonstrate a tradition of swimming excellence through Leadership, Achievement and Commitment.

LAC PROGRAM LEVELS

Age Group C: 7 month program through March 30, 2011

The goal in this group is to lay the foundation of stroke mechanics, technique, training basics and dryland training (core balance) that will carry through the succession of LAC training levels. This ranges from an 8 and under swimmer new to competitive swimming to the 10 and under with summer swimming experience. New swimmers must have coach evaluation at one of our open houses or by appointment for eligibility and or group placement.

Age Group B: 7 month program through March 30, 2011

The goal in this group is continue to lay the foundation of stroke mechanics, technique, training basics and dryland training (core balance) that will carry through the succession of LAC training levels. This would be a swimmer who has some competitive experience or younger swimmer with strong basic skills

(Age Group B and C begins practice on September 7th. Regular attendance is encouraged but not mandatory)

Advanced Age Group: 7 month program through March 30, 2011

Designed for the 11-14 yr old with more experience in competitive swimming. This group continues to train swimmers in the LAC tradition of strong stroke mechanics, technique, building the foundation of training, strengthening attitude and dryland training. Placement in this group will be the ability to accomplish specific training intervals, technique and maturity standards. Practice attendance should be min 4 days /week.

(Advanced Age Group begin practice on Sept 7)

Senior Prep(Tenacious A): 11 month Program through Summer Long Course

Designed to take the 12-14 yr competitive swimmer to the next level of training and competition and prepare them for training in the Senior group. Swimmers will be placed in this group and/or advance to this group based on ability to accomplish training intervals, technique and maturity standards.

(Senior Prep begins training on September 1st)

Senior: 11 month Program through Summer Long Course

Designed for the age 14 and up who is seeking to qualify for Elite Senior USS Meets up to and including Junior Nationals and Senior Nationals. Swimmers will be placed in this group and/or advance to this group based on ability to accomplish training intervals, technique and maturity standards. Attendance is expected to be 80% or better.

(The Senior Group begins training on September 1)



2010/2011 LAC SCHEDULE
TENTATIVE- SUBJECT TO CHANGE BASED ON ENROLLMENT

September through March 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior AM		5:30-7am		5:30-7am		
		and		and		
Pool	3:45-5:45pm	3:45-5:45pm	3:45-5:45pm	3:45-5:45pm	3:45-5:45pm	7-9:30am
Dryland	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	5:45-6:15pm	9:30-10:30
Senior Prep(TEN A)						
Pool	7-8:45pm	7-8:45pm	7-8:45pm	7-8:45pm	6-7:30pm	7-9:30am
Dryland	6:30-7pm	6:30-7pm	6:30-7pm	6:30-7pm	5:30-6pm	9:30-10:30
Advanced Age Group						
Pool	7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm	off	9:30-11am
dryland	6:30-7pm	6:30-7pm	6:30-7pm	6:30-7pm		
Age Group B						
Pool	5:45-7pm	5:45-7pm	5:45-7pm	5:45-7pm	off	9:30-11am
Dryland	5:30-5:45pm	5:30-5:45pm	5:30-5:45pm	5:30-5:45pm		
Age Group C						
Pool	6-7pm	6-7pm	6-7pm	6-7pm	off	11am-12noon
Age C dryland	NA	NA	NA	NA		

Age Group B and C begins practice on September 7
 Advanced Age Group begins practice on September 7
 Senior Prep begins training on September 1
 Senior Group begins training on September 1

A Spring and Summer Program will be also available for the 7 month swimmers. Fees and Swim Schedule to be determined at a later date.



TRAINING FEES AND OTHER COSTS

Online Registration will be open beginning June 21 and maybe done at www.lancasteraquaticclub.com. At Check out you will pay a \$75 nonrefundable deposit(\$150 after Aug 8). Coaches will approve the appropriate training group. All persons must use online registration. The first monthly billing will begin Aug 21 to include the USS registration fee and first month training fee.

- **Registration deposit:** Nonrefundable registration deposit pre Aug 8= \$75; post Aug 8= \$150.
- **USS Membership Fees.** Each swimmer will be billed \$57(or current USS fee) on August 21. Once billed this fee is nonrefundable. This fee covers membership for the 2011 swimming calendar year. If you are already USS registered for 2010 with another club, you must transfer your registration to LAC by September 1. USS Transfer forms can be downloaded at www.maswim.org under the "forms" tab. This form is to be signed by the treasurer of your former club then mailed with a check for \$10.00 to Middle Atlantic Swimming
- **Fees-It is strongly encouraged that each family sign up for electronic payment of monthly training fees etc via ACH/credit card**

Training Group	Contract Length	Program Cost Pre Aug 8 \$75 deposit	Monthly Installments billed Aug - Feb everyone	Program cost after Aug 8 , \$150 deposit
Age Group C	7 Months	650	83	725
Age Group B	7 Months	900	118	975
Advanced Age Group (B Gold)	7 Months	1100	147	1175
Senior Prep(A)	11 Months	1850	254	1925
Senior	11 Months	2300	318	2375

11 Months: Sept 1 through the end of long course summer training (JO's, zones, sectionals, nat'l)

7 Months: September 7th through March 30 , 2011

Program Discounts

- Multiple swimmer families will pay the full program cost for the 1st swimmer and receive a 5% discount on the monthly training fees of the additional swimmers in their family, up to 5 swimmers. The first swimmer is the swimmer paying the highest program cost. The 5% multi-swimmer discount is nonrefundable
- All families will be billed monthly for training fees

*****Please refer to the "Billing Policies" for more information regarding fees and discounts***



LAC Volunteer and Fundraising Commitment

LAC is run by a Board of parent volunteers and thrives as a result of the hard work and dedication of the staff and families that make up the Club. Parents are encouraged to seek opportunities to share their expertise and help with the running of the Club in various capacities. Do you own or work for a business that would be willing to share its resources either financially or in kind. It has only been through the hard work of dedicated families that LAC has continued its success story for more than 50 years. We are the oldest swim club in Lancaster County.

Examples of ways to help serve:

Monetary

- Become a team sponsor with ad and web link on our website
- Sponsor one of our team t shirts
- Donate reward points at hotels , air flights
- Designate your annual United Way payroll donations to LAC; we are a 501 c 3 organization

In Kind

- Volunteer your accounting skills,
- Banquet coordinator,
- Fundraiser coordinator
- Coordinate breakfasts after Saturday practices
- Safety coordinator for meets
- Meet director
- Awards coordinator
- Web site coordinator
- Team photographer
- Team historian
- Team press secretary
- Hospitality coordinator at meets
- ?? what is your talent and how can you use it to help LAC

The Lancaster Aquatic Club (LAC) has typically hosted 1 long course meet in July; this meet is a significant source of funds for our operating budget. . LAC families have always supported the club by volunteering and we ask that a minimum of 3 sessions of volunteer time/family. The date of the meet is TBD.

This year we will be having different levels of fundraising. **The club reserves the right to hold one mandatory fundraiser (to benefit the club) with a maximum dollar commitment of \$100.00 per family.** Families not participating will be billed the buyout fee... There will also be several voluntary fundraisers which will benefit member accounts as well as LAC. More details will be explained at the fall parent meeting.



LAC ONLINE CHECKLIST

Welcome to the Lancaster Aquatic Club! We are pleased to offer electronic payment processing and registration. The process is simple for both new and returning members. You'll get access to your own private account that will enable you easily declare for swim meets, sign-up for jobs, see your children's swim times histories, maintain your own contact information, and more.

We look forward to having you join the **Lancaster Aquatic Club** and are excited for another great season!

Please go to www.lancasteraquaticclub.com to begin

- 1) Review information for returning swimmers
- 2) New families: Enter family and swimmer info; up to 3 email addresses may be listed; please include middle initial and birthdate
- 3) Sign waivers online- liability, billing, meet entries, code of conduct
- 4) At checkout, pay registration deposit(\$75) with credit card
Please note registration deposit after Aug 8 increases to \$150

Questions regarding the club should be directed to LAC President, Nancy Hauck at Annemarie.hauck@pfizer.com.

Questions regarding your child's swim ability should be directed to Coach Casey at laccoachcasey@dejazzd.com.

Questions regarding any monetary issue should be directed to Lisa Cameron at lbcccpa@dejazzd.com.



BILLING POLICIES

Effective September 1, 2010.

1. Training fees are invoiced a month in advance on the 21st of each prior month. Families using ACH/CC processing will have their end of month account balance withdrawn, charged to their account on the 1st of each month. Manual check payments should be mailed to Lisa Cameron, treas, 12 Justin CT, Lititz, PA 17543(717-627-3147) by the 15th
2. Invoiced amounts unpaid by the 15th of the following month will be subject to a \$15 late fee.
3. Meet fees will be billed to each swimmers account and are nonrefundable once finalized with the host team..
4. NSF checks and bounceback ACH/CC recharges will be subject to a \$25 service charge or the prevailing bank fee, whichever is greater.
5. All account charges, payments may be viewed by the family at any time during the month by logging into your account. It is the family's responsibility to timely review the account balance for accuracy. Discrepancies should be brought to the treasurer's attention within 15 days of the posting.
6. No paper statements will be sent.
7. Any swimmer joining the program mid year shall have that month's training fees prorated to the nearest half month, i.e. joins before the 15th= full month, after the 15th= half month.
8. USS fees and registration deposits are nonrefundable.
9. Members with balances 30 days overdue will be ineligible to swim and enter meets(including meets where entry fee has previously been paid) until account is brought current. Member accounts 60 days overdue will result in termination of membership privileges.
10. Accounts will be automatically set up to bill training fees monthly
11. **Any swimmer wishing to terminate their contract must notify LAC Treasurer, Lisa Cameron in writing or email** (verbal notice to a coach is not proper notice). Notification after the 15th will result in member being responsible for a full month of training fees. All terminations are subject to \$ 75 termination fee. Any outstanding balance is due immediately. No program fees are refundable after May 15th.(11 month swimmers only).
12. Sibling discounts are not refundable. Families with multiple swimmers will receive a 5% discount on the lesser training cost.
13. If a member is unsatisfied with the LAC program and wants a refund, an assessment will be conducted to determine the cause of dissatisfaction. Requests of this type will be evaluated on a case-by-case basis. Members who are unsatisfied with the LAC program after the first five calendar days of participation may withdraw their membership in writing and be eligible for a full refund of training fees but will forfeit the LAC registration and USS fees. Again, these refunds will be considered on a case-by-case basis.

Detailed below is a summary of the fees and/or dues that may appear on the monthly bill. Each member will be responsible for these financial obligations.

1. **Monthly Training Fees**- Each member is required to pay the appropriate monthly training dues in a timely fashion as set forth in this billing policy.
2. **Meet Entry Fees** - The entry fees (set by the host team) are charged for each meet entered by a member. Meet entries are to be prepaid by the participant. Once entry fees have been sent to the host team or the meet program has been seeded for LAC events, you will be responsible for the entry fees even if you decided not to compete due to personal choice or illness, no exceptions. Lack of knowledge of the meet entry process does not waive meet entry fees. Swimmers who compete in a relay will be charged the entry fee for participation in that event.
3. **Other** -to include but not limited to caps, clothing, travel costs to senior level meets, socials

I agree to be fully responsible for all charges incurred for training fees, entry fees, and all other charges billed. I have reviewed and am in agreement with the billing policies of the Lancaster Aquatic Club.

Date:

Signature of Parent/Guardian/ Date



LAC 2010-11 Season Parent/Guardian Authorization Release and Agreement

In case of emergency or if any injury occurs while participating in programs at Lancaster Aquatic Club (LAC), I and my family agree to waive any legal claim against United States Swimming (USS) and those associated with USS, the LAC Board of Directors and the Lancaster Aquatic Club and Phoenix Academy. We/I give consent for LAC to provide medical/athletic training attention, transportation and emergency medical services as warranted. If injured while traveling to or from LAC by public, private or any other means of conveyance, we/I, the undersigned, do for myself, my heirs, my personal representatives and assignees waive and release any and all rights and legal claims for damages against USS, LAC and it's Board of Directors. By signing this release, We/I swear that the swimmer is in good physical condition and we/I are not aware of any disease or injury that would result in his or her being injured during any program participation. We/I understand that as a registered member of LAC that we/I will not bring or possess alcoholic beverages, illegal drugs or International Olympic Committee banned substances on the premises of a USS event or practice. We/I further understand and agree to abide by the general rules of conduct prescribed for members of LAC and that violations may result in a denial of club privileges. In making this application, we/I acknowledge that we/I have read and understand all of the items in this application. We/I agree to pay all of the team registration fees, USS fees and entry fees when due in accordance with this application and LAC policy as explained in this registration. We/I further understand that a swimmer's membership may be suspended or terminated by LAC if all such fees are not paid when due and Parental Commitment is not met unless prior approval is obtained from the President of the LAC Board of Directors.

*Signature of Parent _____ Date _____

*Signature of Swimmer: _____ Date _____



Meet Entry Process

1. Families will be notified via email that a meet has been posted and swimmers may sign up.
2. Swimmers should commit either yes they are attending or no they are not attending by logging onto their account, selecting the event and choose attend this event. Special instructions , i.e. available only on day 1 of meet should be indicated. **Confirmation of attendance should be done by the first entry deadline.**
3. While the swimmer may choose events , all selections are reviewed by coaches. Relay entries are determined by coaches on the day of the meet.
4. All entry fees will be billed to swimmer account post deadline.
5. After the first deadline has passed an entry file will be sent to meet host with entries as the coach has approved . Entries will also be POSTED ON OUR TEAM WEBSITE. Families should review this carefully and notify Coach Casey and Margaret Kieffer of any scheduling errors.
6. Swimmers who have not committed to the meet and the first deadline has passed can not be guaranteed that they will get entered in the meet. A second file will be submitted to the host team with these " late entrants".
7. Once either of the entry files has been submitted. The account is billed and the family is responsible for all charges even if at a later date personal issues prevent the swimmer from attending the meet.

I have reviewed the meet entry process and am in agreement with the said process of the Lancaster Aquatic Club.

Signature of Parent/Guardian/ Date

Date: