

JERSEY STORM SWIMMING 2010-2011 - TEAM REGISTRATION PACKET

TRAINING GROUP Descriptions, Practice Days & Times

SENIOR 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:45-7:30pm	4:45-7:50pm	4:45-7:30pm	4:45-7:50pm	4:45-7:00pm	6:45-10:30am

The Senior 2 Group is our top training program, designed swimmers who are committed to a year round program that is focused on swimming at the regional & national level. Workouts will be held 6 days per week and will include in-water training as well as a 5x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, nutritional analysis, and an extensive goal plan each season. Swimmers in this group will be required to maintain 85% practice attendance. Annual commitment is required.

SENIOR 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:45-7:30pm	4:45-7:50pm		4:45-7:50pm	4:45-7:00pm	6:45-10:30am

The Senior 1 Group is designed for those swimmers who are committed to a year round program that is focused on swimming age-group or regional level. Workouts will be held 5 days per week and will include in-water training as well as a 4x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, nutritional analysis, and an extensive goal plan each season. Swimmers in this group will be required to maintain 80% practice attendance. Annual commitment is required.

HIGH SCHOOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:45-7:30pm	6:45-8:30pm	4:45-7:30pm	6:45-8:30pm		

High School Group is for swimmers who wish to train with Jersey Storm & have made High School their priority. Jersey Storm offers FLEXIBLE training time and dates for these swimmers. There is no attendance requirement for this group. Swimmers are generally 14 - 18 years old and is open to 8th graders.

JUNIOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:45-8:30pm	4:45-7:30pm	6:45-8:30pm	4:45-7:00pm	6:45-9:30am

The Junior Group is our top level age-group program for athletes with USA Swimming. Swimmers in this group should be focused on conditioning themselves for competition while continuing stroke development. Practice is 5 days a week - swimmers may attend 4. Swimmers will have a meeting with their coach to make a schedule for attendance. The program includes in-water training, stretching & dryland routine. Swimmers are generally 11 - 14 years old and encouraged to maintain at or above a 80% practice attention.

GOLD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:45-8:30pm		6:45-8:30pm		9:00-10:30am

The Gold Group is our mid-level age group practice. Emphasis will be place on continuing stroke development as well as building an aerobic conditioning base needed for competition. Practices will be offered 3 days per week including in-water training, stretching and dryland routine. Swimmers are generally 10 - 13 years old. This group does not have an attendance requirement.

SILVER	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00pm		6:00-7:00pm		9:15-10:30am

The Silver Group is our developmental group of swimmers ages 9 and older. Emphasis is on the continued teaching of the four competitive strokes as well as starts, turns, and finishes. Silver group does not have an attendance requirement. Swimmers will compete in local swim meets as assigned by the coaches.

BRONZE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00pm		6:00-7:00pm		9:15-10:30am

The Bronze Group is our developmental group of swimmers ages 8 and younger. Emphasis is on the continued teaching of the four competitive strokes as well as starts, turns, and finishes. Bronze group does not have an attendance requirement. Swimmers will compete in local swim meets as assigned by the coaches.

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FAMILY FUNDRAISING CONTRACT

(See team handbook for more info)

As one on the families that will enjoy the benefits of belonging to the Jersey Storm Swim Team, the following facts concerning the importance of the financial means of a well run volunteer organization are worthy of your recognition:

1. The Jersey Storm Swim Team funds its budget and activities from two main sources. The first source is the yearly dues and training fees that you have agreed to pay. The second source is through fundraising. Your contributions to both portions of the yearly budget are essential to the success of Jersey Storm Swimming.
2. The fundraising commitment undertaken by the Team's families generates a significant portion of the team's yearly budget. It is important for each family to understand how their help and participation helps the team meet its goals and budget. Jersey Storm fundraisers include the USA Swimming Sponsored Swim-A-Thon as well as hosting 3 USA Swimming Sanctioned Swim Meets during the winter season and 3 Mini Meets.

EACH FAMILY'S FUNDRAISING REQUIREMENT IS AS FOLLOWS:

1. SWIM-A-THON: Each family and swimmer is required to support the Swim-A-Thon. The Swim-A-Thon is held each year and swimmer/family participation is mandatory.
 - a) EACH swimmer as part of their training dues has already contributed to the Swim-a-thon requirement in the amount of \$100 per swimmer.
 - b) Additional fundraising on the part of the swimmer is encouraged as Jersey Storm becomes the financial recipient of such efforts.
2. SWIM MEETS: Jersey Storm Swimming has the reputation of hosting well-run swim meets in the Middle Atlantic LSC. It takes approximately 50 people to run each session of every swim meet (4 to 6 sessions per meet) that we host during the winter season! The presence and participation of each one of these people is what assures SUCCESSFUL RESULTS for our team and swimmers. Jersey Storm Swimming will host three A/BB/C swim meets and three mini meets during the 2009-2010 swim season which require your assistance as follows:

MEET NAME	MEET LOCATION	MEET DATES	# SESSIONS PER FAMILY	
			2 Parent/Guardians	1 Parent/Guardian
A/BB/C Age - Group Meet	Fort Dix Indoor Pool	Nov 6 & 7, 2010	2 Sessions	1 Session
A/BB/C/Mini - NJ State	GCIT (Sewell, NJ)	Dec 18 & 19, 2010	4 Sessions	2 Sessions
A/BB/C Age-Group Meet	Fort Dix Indoor Pool	Feb 19 & 20, 2011	2 Sessions	1 Session
October Mini Meet	Fort Dix Indoor Pool	Oct 17, 2009	Senior/Jr.swimmer/bronze parent required	
February Mini Meet	Fort Dix Indoor Pool	Feb 6, 2010	Senior/Jr.swimmer/bronze parent required	

- (a) Each family will provide adult (no children except for mini meets) workers to satisfy the meet session requirements as indicated above.
- (b) If your family cannot help at any of the above meets, IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT TO COVER YOUR REQUIRED SUPPORT AT THE SWIM MEET. You cannot make up sessions at another meet. You are still responsible to work even if your child is not swimming in the meet.
- (c) You must sign-up to work a position at each meet listed above. Volunteer worker sign-ups are posted on the team website prior to each meet.
- (d) At each meet session there will be a registration table for you to "sign in" when you arrive at the pool. It is your responsibility to make sure that you have signed in properly (or that you have arranged for a replacement to sign in for you). This is how your assistance will be tracked.
- (e) Failure to satisfy these requirements will result in a sixty five dollar (\$65.00) charge PER SESSION not worked for that family for each required meet.
- (f) If a parent has siblings (one 8&u and one older) the parents is required to work a/bb/c – not mini.

I recognize the need for fundraising and my responsibility to help the team and our swimmers by participating in the above events. I will comply with the fundraising requirements established by Jersey Storm Swimming as part of my/our obligation to the team and will participate fully in all fundraising activities.

Parent/Guardian Signature: _____ Date: ____ / ____ / ____

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INSURANCE WAIVER / RELEASE OF LIABILITY

* PLEASE READ CAREFULLY BEFORE SIGNING.
* THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

Coverage under this USA Swimming insurance policy is as follows:

General Liability:

\$2,000,000 General Aggregate
\$1,000,000 Products/Completed Operations Aggregate
\$1,000,000 Each Occurrence (Including Personal Injury and Advertising Injury)
\$1,000,000 Participant Liability (signed Waiver/Release required)
\$50,000 Fire Legal Liability (Any one Fire)
\$5,000 Medical payments, per person (excluding participants)

Secondary Accident:

\$5,000 Accidental Death and Dismemberment
\$5,000 Excess Medical Coverage
\$1,000 Dental (maximum per claim)

There is a \$100 per claim deductible (\$250 if no other health insurance available). There are exclusions to this policy.

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 Jersey Storm Swim Team Swimming / Lesson Program and hereby agrees to indemnify and hold harmless Jersey Storm Swimming, the Jersey Storm Swim Team, its coaches, officers, directors, agents and employees against any and all liability resulting from an injury that may occur to the participant while participating on the team. The participant also agrees to indemnify Jersey Storm Swimming for any damages incurred arising from any claims, demand, action or cause of action by the participant. The participant authorizes any representative of Jersey Storm Swimming to have the participant treated in any medical emergency during their participation on the team. Further, the participant and/or the parent/guardian agree to pay all costs associated with medical care and transportation for the participant.

I have noted below any medical/health problems of which the staff should be aware:

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

Swimmer's Name (Please Print): _____

Parent/Guardian Signature: _____ Date: ____ / ____ / ____

Participant Signature (if over 18): _____ Date: ____ / ____ / ____

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INTERNET / WEB SITE

PARENT / GUARDIAN CONSENT FORM

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image and personally identifiable information to be published on the Jersey Storm web site.

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, Jersey Storm Swimming wants to celebrate your child and his/her accomplishments. The law requires that we ask for your permission to use information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes swimmer names, photo or image, residential addresses, e-mail addresses, meet results, and phone numbers.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the team and such recession will take place upon receipt.

Parents/Guardians should also be aware that swimmer's name, age (as of the first day of the meet, year only), club and seed time shall appear on the "meet entry information" pages on the website of the host team and swimmer's name, age (year only), club, and results shall appear on the "meet results" pages on the website of the host teams for all meets the swimmers have placed entries, regardless of actual participation. Mid-Atlantic Swimming and USA Swimming may similarly post swimmers entries/results, as well as rankings/records of outstanding achievements. No other identifying information shall be included without additional approval. When entering a swimmer for the USA Swimming meet, parents/guardians are providing approval for this information to be posted.

Please check one of the following choices:

- I/We GRANT permission for a photo/image that includes this swimmer without any other personal identifiers to be published on the team's public Internet site.
- I/We GRANT permission for this swimmer's photo/image, meet results, and name to be published on the team's public Internet site.
- I/We DO NOT GRANT permission for photos/images or other personal information that include this swimmer to be published on the team's public Internet site.

Swimmer's Name (Please Print): _____

Parent/Guardian Signature: _____ Date: ____/____/____

Participant Signature (if over 18): _____ Date: ____/____/____

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INSTRUCTIONS FOR VEHICLE PASS

Please be aware, **a base pass is required** for EACH driver that will be driving to or from Jersey Storm to pick up or drop off swimmers. You must contact the team administrator regarding all base pass information. The administrator can be reached by going to our website: www.jerseystormswimming.org or calling the Team Phone at 609-353-6760