



2009-2010 New Member Registration Packet

Attached is the registration information for NEW members during the 2009-19 Swim Season. We are glad that you are joining VAST. At any time, should you have any questions, please do not hesitate to contact us at [either swimvast@hotmail.com](mailto:either_swimvast@hotmail.com) or 253-241-4827.

Our website is used as our main source of communication. We work hard to keep it as up to date as possible. Under the weekly news section, you can find out any practice changes, upcoming meets, or other team events. You can also find the meet calendar on the website and under news on the front page is where we post meet entries and timelines that we receive from other teams. Additionally, each Monday a weekly newsletter will be delivered via e-mail.

Our billing system is generated by the website. Invoices come out on the 21st of the month and are due by the 15th of the month. You are invoiced for the upcoming month. All meet fees and additional team fees will show up on your invoices. You may register a credit card and pay your fees by credit card. The credit cards are processed on the 1st of the month. If you have any questions about your bill, contact Paula @ vastbillings@comcast.net

Practices are important and your swimmer should plan on attending as many practices as possible. However, we do understand that things come up. If possible, please have your child let their coach know if they have an upcoming schedule conflict or if they have an ongoing scheduling conflict.

VAST host two-three meets per year where we hope families will step up to host. We also have one additional fund raiser, the swim a thon, held in February-April time. We encourage each member to raise \$100 to help offset pool costs.

Our first day of practice will be Tuesday, September 8, 2009 at both Celebration Park and the King County Aquatic Center. The exact practice times will be available in late August but will likely model last fall's practice times. Celebration Park will continue to offer the Blue and Bronze groups. KCAC will offer the bronze, silver, Gold II, and Gold groups. Puyallup will once again start up in November offering the Blue, Bronze, and silver groups. Puyallup swimmers should plan to attend practice at KCAC or Celebration Park during the closure of the pool. It is important for swimmers to begin at the beginning of the swim season.

Should you have questions, please let us know. We are excited to have you as part of our program and want to make this a great experience for all involved.

Thanks for being part of our team,

Suzanne and Ted Rychlik
253-241-4827

Swimvast@hotmail.com

Po Box 339, Puyallup, WA 98371



2009-2010

Practice Groups

Gold Group: The Gold group is designed for those swimmers that are training to compete at the sectional level, either age group or senior, or training to qualify for National level competitions. Workouts are designed to help each of the athletes achieve the success that they are looking for. Stroke technique is refined at this level with a major emphasis on strength and conditioning.

Practices for this group will be between 5 and 11 times a week depending on the season and the availability of pools. The commitment level for this group is very high. Week day mornings and Saturdays are strongly encouraged. The gold group is based at the Aquatics Center in Federal Way.

Gold II: This group coincides with the gold group and is designed for the high school athlete who would like to stay in shape and/or improve for the high school season. It is also designed for our swimmers, 13 & over who are preparing for entry into the gold group. The prep group focuses on technique, endurance training as well as goal setting. Swimmers are encouraged to attend a minimum of 4-5 days per week of practice. Saturday mornings are also highly encouraged. Practices are at KCAC.

Silver Group: The Silver Group is designed for those swimmers that are ready to compete on a regular basis. Stroke technique is a major focus in this group, with a building base of conditioning and strength building. At this level, participation in meets is very important. Coaches need to see these athletes in performance situations in order to identify areas of need as well as strengths to build upon. Usually there is at least one meet a month for this athlete. Practice sessions for this group are 3-5 days during the week. The Silver Group is offered at the Puyallup, Celebration Park and the King County Aquatic Center locations.

Bronze Group: The Bronze group is designed for those swimmers that have a good grasp of all the competitive strokes and are starting to learn how to do sets and read the pace clock. The major emphasis in this group is stroke technique. This group practices three times a week for one hour. Meet participation is encouraged. The Bronze group is offered at all our training facilities.

Blue Group: The Blue Group is designed to be an introduction to swim team. This group meets twice per week for 45 minutes. For entry into this group, swimmers must be able to swim 25 yards of backstroke and freestyle. Emphasis in this group is on learning the 4 competitive strokes, learning how to swim with other people in the lane, and getting comfortable with the language and routine of a swim practice. Meet participation is encouraged, but not required. The Blue Group is offered at Celebration Park and Puyallup .



New Swimmer information:

Swimmer Name: _____ Middle Initial: _____					
Birth date: _____		suit size: _____		T-shirt size: _____	
Group:	Blue	Bronze	Silver	Gold II	Gold

Parent Names: _____

Home phone: _____ cell phone: _____

Address: _____

E-mail: _____

Payment Option:

A) One time payment

B) Month to Month

2009-2010 VAST administrative policies

- 1) Invoices will be available by the 21st of the month. Invoices will reflect the next month's dues.
- 2) Payments must be received by the 15th of the month
- 3) Late fees of \$15 per invoice will be added to any unpaid balances by the 15th of the month. (even if the balance is less than \$15.00)
- 4) To withdraw your membership, families must notify the bookkeeper in writing by the 15th of the month prior to the month swimmer will not be practicing with the team or they will owe for the next month. (For example, swimmer will not be swimming beginning in March, family must notify the bookkeeper in writing by February 15th)
vastbillings@comcast.net or through the PO Box 339 Puyallup, WA 98371
- 5) Any unpaid balances more than 60 day old from the date of invoice may be turned over to collections.

I understand that I am responsible for following the administrative policies posted above.

Parent Signature: _____

Printed name: _____



2009-2010 VAST Swim Fees

USA swimming registration: \$61.00 per year per swimmer

Registration fee: \$150 first swimmer per family, \$75 for each additional swimmer

Family Max: families pay 100% for their first two swimmers dues, 50% of swimmer #3, swimmer #4 and above swim for free with a family max of \$450 per month in dues.

Option A: One time payment which includes monthly dues and fundraising. Families that choose this option will receive a \$150 credit on their account to use towards swim meets.

Gold: \$2500

Gold II: \$2000

Silver: \$1450

Bronze: \$1150

Option B: Pay dues on a monthly basis (September to June). Any swimmer that has paid for at least 7 months of dues may swim for free in July. Families must pay on a monthly basis and must notify the bookkeeper by the 15th of the month before if they are not returning or taking time off.

Group	Monthly fee
Gold	\$250
Gold II	\$200
Silver I	\$145
Bronze	\$115
Blue	\$75

College Swimmers: \$275 dues per year, plus usa swimming registration. This allows college swimmers to swim during their winter break, spring break, and when they return home during the summer.

Fee Comparisons for 11th month versus 12 month billing cycle

Group	2008-09 yearly/monthly (billed September to July)	2009-10 yearly/monthly (billed September to June)
Gold	\$2475/\$225	\$2500/ \$250
Gold II	\$2002/ \$182	\$2000/\$200
Silver	\$1430/\$130	\$1450/\$145
Bronze	\$1155/\$105	\$1150/\$115
Blue	\$737/\$67	\$750/\$75



This medical release form must be signed by a parent or legal guardian for EACH swimmer of the Valley Aquatics. If the swimmer is 18 years of age or older, the swimmer must also sign this form.

Athlete (last, first, middle): _____ **Birthdate:** _____

I declare that I am the parent or legal guardian of the athlete listed above. I certify that, to the best of my knowledge and belief, he/she is in good physical health and has no condition which would impair participation in the program. In the event that he/she is injured or should require medical attention, I hereby give the Valley Aquatics and its coaching staff permission to act on my behalf in seeking medical treatment from any licensed physician, hospital or clinic if such treatment is deemed necessary. I give permission to those administering medical treatment to do so using methods deemed necessary. I absolve Valley Aquatics and its coaching staff from all liability while acting on my behalf in this regard. I acknowledge that I will be responsible for any medical or hospital fees/costs associated with related medical treatment.

Parent / Guardian signature and date

Participant signature and date (if over the age of 18 during swim year)

Fathers Name (first, last): _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Mothers Name (first, last): _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

If parents are unavailable, other person(s) to notify in an emergency:

1. _____ Relationship _____ Phone: _____

2. _____ Relationship _____ Phone: _____

Family Doctor: _____ Phone: _____

Special instructions or additional comments which may be needed in rendering medical treatment. Include important conditions, medical history, allergies, penicillin or drug reactions, etc.