

***REDDING SWIM TEAM  
KIDS PROGRAM  
REGISTRATION PACKET***



***Home of the Aqua Ducks***

Redding Swim Team  
P.O. Box 992112  
Redding, CA 96099-2112  
Phone Number: (530) 246-2666  
Office email: [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com)  
Mark's mail: [aquaduck@c-zone.net](mailto:aquaduck@c-zone.net)  
Team Website: [www.reddingswimteam.com](http://www.reddingswimteam.com)



## **WELCOME SWIMMERS AND PARENTS**

The Redding Swim Team invites you to join our swimming family. The Redding Swim Team is one of 53 teams in Northern California, and is a member of United States Swimming, a national organization with over 750,000 athletes across the country.

Serving Shasta County since 1952, our swim team provides four programs: Redding Aqua Ducks (RAD), Swim America, Redding Summer Ducks, and Redding Adult Swimming. These programs are instructional and educational for people of all ages. Swimmers learn proper swimming techniques, importance of physical fitness, and the rewards of commitment.

The objective of the Redding Swim Team is to provide physical, emotional and social growth of swimmers through training and competition. Swimmers learn the value of hard work and the importance of good sportsmanship. The RAD coaching staff provides an atmosphere where each individual swimmer has the opportunity to reach their full potential by instilling a sense of confidence and self-esteem.

**ABOVE ALL, RAD SWIMMERS LEARN THAT COMPETITIVE SWIMMING IS FUN!**

### **Board of Directors**

C.E.O.:

Mark Wagner

PRESIDENT:

Greg Tyler

TREASURER:

Jackie New

AT-LARGE:

Jaime Harvey

Kevin Lennon

Leslie Pincin

Dave Thompson

Joe Wasko

Mike Williams

### **RAD Staff Members**

HEAD COACH:

Mark Wagner

ASSISANT SENIOR COACH:

Terri Misslin

HEAD AGE COACH:

Mike Barker

ASSISTANT AGE GROUP COACHES:

Jake Soares

HEAD NOVICE COACH:

Beth Heibel

ASSISTANT NOVICE COACH:

Jessie Tyler

## **RAD'S TEAM STRUCTURE**

Our focus is on the long-term development of each athlete, realizing that all children are different and will progress at their own rate. In order to provide a well-rounded program for all the participants we offer three swim levels: Level I swimmers are considered introductory groups, Level II swimmers are transitional groups, and Level III swimmers are advanced groups. Swimmers are placed into groups based upon their desire, ability and age (maturity). Each child will be placed into the group that best suits their ability as determined by the coach and the athlete.

The goal of the Redding Swim Team is to meet the needs of all swimmers and to ensure each participant receives the attention they deserve. To do this, the numbers of swimmers in each group are limited. **The criteria for each level are as follows:**

**Novice I:**

This group is for beginning swimmers who are comfortable under water. It is a development school for participants. Swimmers in this group are 4 years of age and older.

**Novice II:**

In this group, swimmers must be capable of swimming 25 yards using freestyle and backstroke. At this level, concentration will be on the fundamentals of the four competitive strokes, and the enjoyment of swimming. The minimum age for this group is 5.

**Novice III:**

Swimmers should be capable of swimming all four competitive strokes. The emphasis of this group is stroke skills, turns, start techniques, an introduction to competitive swim training, interval training, and reading a pace clock. The minimum age for this group is 6

**Age Group I:**

This level's emphasis is stroke skills, turns and start techniques. Swimmers will continue to build endurance, speed, and strength training through the combination of improved techniques and progressive training. This is a group for swimmers that are relatively new to competitive swimming. Swimmers are 9-12 years of age.

**Age Group II:**

Swimmers should be proficient in all four competitive strokes, turns, and techniques. The emphasis will be improving the swimmer's performance through progressive and challenging swim training methods. Although competing in swim meets is not required, practices are designed to help the swimmer meet competitive goals. Swimmers are generally 9-12 years of age.

**Age Group III:**

This group is for swimmers interested in preparing for competition, and who are willing and capable of handling progressive workouts. Stroke skills and interval training will be stressed for these swimmers. Swimmers are generally 11-12 years of age.

**Senior I:**

This group focuses primarily on proper technique of the four competitive strokes, starts and turns, and improving skills and conditioning for the sport of swimming, as well as other sports. This group is conducted in a fun and exciting environment. This group is designed for swimmers that wish to pursue other activities outside of swimming while keeping in shape. Swimmers are generally 13-18 years of age.

**Senior II:**

This group is a stepping-stone for the Senior III program. Swimmers in this group focus on improving their competitive performance. The emphasis is stroke skills and interval swim training. Swimmers in this group are 13 years of age or older.

**Senior III:**

This level requires a serious commitment to the sport of swimming. The emphasis will be on extensive training for a high level of competition. It is offered to swimmers who are willing and capable of handling progressive workouts. Swimmers in this group are 14 years of age and older.

**Masters:**

This is a group of individuals who are interested in physical fitness. The coach will provide two workouts for swimmers, or they can lap swim on their own. This group emphasis is on meeting swimmer needs.

## **RAD'S GROUP PRE-REQUISITES AND GUIDELINES**

The following guidelines are used by the RAD Coaching Staff when assigning a swimmer to a specific group.

1. Minimum three months in a group before upward movement.
2. Meets the minimum age of the group. Some swimmers may be younger if they fall into the movement period.
3. Meets the swimming skills required.
4. Coaches' discretion: child's maturation, attendance, and social structure of the group. Age is not the only criteria to move up.
5. Movement takes place twice a year; September and April.
  - If swimmers' birthday falls in the months of December through May, movement occurs in April.
  - If the swimmers' birthday falls in the months of June through November, movement occurs in September.

Pre-requisites and guidelines for each level are as follows:

<b>NOVICE GROUP I</b>	
<ul style="list-style-type: none"> <li>➤ Minimum age of 4</li> <li>➤ Should be comfortable in the water</li> </ul>	<ul style="list-style-type: none"> <li>➤ Can do 5-10 consecutive bobs</li> <li>➤ Maximum number of participants: 8</li> </ul>
<b>NOVICE GROUP II</b>	
<ul style="list-style-type: none"> <li>➤ Minimum age of 5</li> <li>➤ 25 yards Freestyle and Backstroke</li> <li>➤ Float on back with flutter kick</li> </ul>	<ul style="list-style-type: none"> <li>➤ Push off wall with head down and flutter kick 5 yards</li> <li>➤ Maximum number of participants: 12</li> </ul>
<b>NOVICE GROUP III</b>	
<ul style="list-style-type: none"> <li>➤ Minimum age of 6</li> <li>➤ Swim 50 yards Freestyle with breathing pattern</li> <li>➤ Able to swim 50 yards Backstroke</li> </ul>	<ul style="list-style-type: none"> <li>➤ Able to swim 25 yards Butterfly and Breaststroke</li> <li>➤ Some distance swimming, working toward AGII test set goals</li> <li>➤ Maximum number of participants: 20</li> </ul>
<b>AGE GROUP I</b>	
<ul style="list-style-type: none"> <li>➤ Minimum age of 9</li> <li>➤ Swim 100 yards Freestyle with breathing pattern</li> <li>➤ Able to swim 50 yards Backstroke.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Able to swim 25 yards Butterfly and Breaststroke</li> <li>➤ Maximum number of participants: 15</li> </ul>
<b>AGE GROUP II</b>	
<ul style="list-style-type: none"> <li>➤ TEST SET: 10x100 free on 1:45, 6x100 IM on 2:30</li> <li>➤ Swimmers need to provide equipment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Minimum age of 9</li> <li>➤ Maximum number of participants: 15</li> </ul>
<b>AGE GROUP III</b>	
<ul style="list-style-type: none"> <li>➤ TEST SET: 10x100 Freestyle on 1:25</li> <li>➤ Attend Team Swim Meets monthly</li> <li>➤ Attend 80% of workouts</li> </ul>	<ul style="list-style-type: none"> <li>➤ Swimmers need to provide own equipment</li> <li>➤ Attend Swimmer/Parent/Coach meetings</li> <li>➤ Maximum number of participants: 15</li> </ul>
<b>SENIOR I</b>	
<ul style="list-style-type: none"> <li>➤ Swimmers must be in 8<sup>th</sup> grade or above</li> <li>➤ Maximum number of participants: 30</li> </ul>	
<b>SENIOR II</b>	
<ul style="list-style-type: none"> <li>➤ TEST SET: 20 x 100 Freestyle on 1:25 and 8 x 200 IM on 3:30</li> <li>➤ Swimmers need to provide own equipment</li> </ul>	<ul style="list-style-type: none"> <li>➤ Swimmers must be of the age of 13.</li> <li>➤ Maximum number of participants 15.</li> </ul>
<b>SENIOR III</b>	
<ul style="list-style-type: none"> <li>➤ TEST SET: 20 x 100 Freestyle on 1:20 and 8 x 200 IM on 3:10</li> <li>➤ All swimmers need to provide their own equipment.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Attend Swimmer/Parent/Coach meetings</li> <li>➤ Contract</li> <li>➤ Maximum number of participants: 15</li> </ul>
<b>MASTERS</b>	
<p>This is a group of adults, 19 years and older, who are interested in swimming as part of their physical fitness program. The coach will provide workouts for swimmers, or they can lap swim on their own. This group emphasis is on meeting the needs of its participants.</p>	

## **BECOMING A MEMBER**

The team application packet must be completed and all fees paid before a swimmer may enter the water. The application packet includes basic team information, Team Registration, Emergency Card, U.S.A., or U.S.M.S., Registration Forms and Volunteer Form. Please read all information. These forms also must be completed annually.

Our swimming program is the best-priced value in Redding's sports community. To keep dues and fees at a minimum, parents and swimmers are expected to participate in all team functions. Parent's support is extremely important to the stability of our program.

### **FINANCIAL AGREEMENT:**

The Redding Swim Team policy regarding monthly dues and registration is explained below.

- Monthly dues are payable by the tenth of each month, for each month that a swimmer participates. A \$10 late fee will be assessed if payment is past due. Dues may also be paid annually, bi-annually or quarterly.
- If the participant attends one or more practices or a swim meet in a given month, dues are payable for that month. Checks should be made payable to Redding Swim Team, and should include the swimmers name and month of participation. Dues are not pro-rated.
- If a swimmer is unable to participate, please notify the office at (530) 246-2666. **Due to group size limits, if you elect to take time off, you must pay your schedule dues to ensure your swimmer's spot.**
- Families requiring financial assistance should direct their questions to the Head Coach. He can be reached at the office number provided above.
- All participants must register with USA or USMS, prior to swimming. USA/USMS is a secondary insurance policy for the participant, Redding Swim Team, and Shasta Community College, and the City of Redding.

<b>MONTHLY DUES:</b>	<b>DUES</b>
Novice I	\$ 33.00
Novice II	\$ 44.00
Novice III	\$ 55.00
Age Group I	\$ 55.00
Age Group II	\$ 60.00
Age Group III	\$ 65.00
Senior I	\$ 65.00
Senior II	\$ 80.00
Senior III	\$ 90.00
Masters (Adults)	\$ 45.00
Maximum Family Rate	\$190.00

<b>U.S.A. REGISTRATION:</b>	\$ 59.00 Team and Ind. insurance.
<b>U.S.M.S. ADULTS REGISTRATION:</b>	\$ 40.00 Team and Ind. insurance.
<b>U.S.A. REGISTRATION (May- Sept.):</b>	\$ 34.00 Team and Ind. insurance.

### **MEMBERSHIP FEE and SERVICE HOURS:**

In addition to the monthly dues, an annual Membership Fee is also required. This fee helps to offset the operating costs of the Team, and eliminates the need for numerous fundraisers each year. This fee is based on your oldest child in the program: Novice Program \$ 50.00 or Age Group Program \$ 75.00 or Senior Program \$100.00. The annual Family Membership fee due date is no longer based on the anniversary date of the swimmer joining the team. June 1<sup>st</sup> will now be the due date for all Family Membership Fees. Families that are joining before June 1<sup>st</sup>. will receive a pro-rated Family Membership fee the second month. You will not be responsible for this fee until June 1<sup>st</sup>. of 2008. In addition to the Membership Fee, each family is required to complete 50 hours of volunteer service at Team functions. A listing of the various volunteer service opportunities are listed in the Registration Packet.

I have read and understand the financial agreement for participation with Redding Swim Team

\_\_\_\_\_  
Signature of Parent or Guardian

Date: \_\_\_\_\_

Return this form to the RAD Mail Box

**MEDICAL AUTHORIZATION FORM  
REDDING SWIM TEAM**

Name of Participant \_\_\_\_\_  
Last First MI

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Parent/Guardian Name (if under 18)

Mother's Name \_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Father's Name \_\_\_\_\_

Address \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

If an insurance company covers your child, please complete the following:

Name of Carrier: \_\_\_\_\_ Address: \_\_\_\_\_

Phone \_\_\_\_\_ Policy Number \_\_\_\_\_

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

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

All information will remain confidential.

Does this athlete have any allergies? Bee stings, medications, etc.? \_\_\_\_\_

Is this athlete taking any medication? Yes/No (if yes, please list medication) \_\_\_\_\_

Do you feel this athlete is physically able to stand the rigors of swimming? \_\_\_\_\_

The undersigned does hereby waive, release and indemnify REDDING SWIM TEAM, its agents and employees from any and all claims or demand for injury or damages arriving out of or incurred while participating in any activity sponsored by, or connected with, REDDING SWIM TEAM and U.S.A. SWIMMING.

I hereby authorize any adult member of the REDDING SWIM TEAM to secure medical help at my expense when necessary. This form is valid September 1, 2007 to December 31, 2008.

\_\_\_\_\_  
Signature of Parent or Guardian Date: \_\_\_\_\_

**Return this form to the RAD Mail Box**

## PARENTS VOLUNTEER FORM

REDDING AQUA DUCKS continued tradition of excellence is based on parents giving of their talents freely.

PLEASE INDICATE WHETHER (F)ATHER AND (M)OTHER FOR EACH SECTION.

### Swim Meets

RAD generally hosts four meets during the year. In order for these meets to be successful, we need your help. We will provide the necessary training for you to feel comfortable performing the jobs.

- |                              |                            |
|------------------------------|----------------------------|
| 1. Meet Administration _____ | 5. Awards _____            |
| 2. Concessions _____         | 6. Colorado Operator _____ |
| 3. Announcer _____           | 7. Hospitality _____       |
| 4. Set up/Take down _____    |                            |

Some jobs at swim meets require United States Swimming Certification. We plan to provide the required training clinics and apprenticeships. If you are currently certified, please indicate with a "C". If you would like training, please indicate with a "T".

- |                                 |                   |
|---------------------------------|-------------------|
| 1. Stroke & Turn Official _____ | 2. Marshall _____ |
|---------------------------------|-------------------|

### Swim Meet Dates

Redding Trophy Meet – June 28-29, 2008  
Junior Olympic Championships – July 24-27, 2008  
Whiskeytown Open Water Swim – September 7, 2008  
AGO/Junior + Meet – November 8-9, 2008

### Gala Dinner – October 18, 2008

RAD has a social event/fundraiser for the parents and community members. This event is an evening of great fun and camaraderie.

- |                                |                          |
|--------------------------------|--------------------------|
| 1. Decorations _____           | 5. Senior Auction _____  |
| 2. Silent Auction _____        | 6. Raffle/Balloons _____ |
| 3. Live Auction _____          | 7. Programs _____        |
| 4. Food/Service Settings _____ | 8. Thank you's _____     |

Parent's Name (please print)

Father \_\_\_\_\_ Phone \_\_\_\_\_

Mother \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

**Return this form to the RAD Mail Box**

United States Swimming - SIERRA NEVADA 2008 ATHLETE REGISTRATION APPLICATION

PLEASE PRINT \* COMPLETE ALL INFORMATION

THIS CARD WILL BE VALID UNTIL 12-31-08

\_\_\_\_\_  
 LAST NAME                      LEGAL FIRST NAME                      MIDDLE NAME                      / /                      DATE OF BIRTH                      SEX (M/F)                      AGE

\_\_\_\_\_  
 PREFERRED NAME

\_\_\_\_\_  
 MAILING ADDRESS                      AREA CODE                      TELEPHONE NUMBER

\_\_\_\_\_  
 CITY                      STATE                      ZIP CODE

**RAD**                      **Redding Swim Team**  
 CLUB CODE                      NAME OF CLUB YOU REPRESENT

CITIZEN?                      DUAL CITIZEN?  
 YES NO                      YES NO  
                      

**OTHER SWIMMING AFFILIATIONS**

- (circle all that apply):  
 O. Junior High School  
 1. Senior High School  
 2. YMCA / YWCA  
 3. College  
 4. Summer Swim League  
 5. Masters  
 6. Disabled Sports Organization  
 7. Water Polo  
 8. None

- DISABILITY:**  
 A. Legally Blind or Visually Impaired  
 B. Deaf or Hard of Hearing  
 C. Physical Disability such as  
*amputation, cerebral palsy,*  
*dwarfism, spinal injury,*  
*mobility impairment*  
 D. Cognitive Disability such as  
*mental retardation, severe*  
*learning disorder, autism*

- ETHNICITY** (In accordance with US Census Bureau guidelines, you may make up to 2 choices if appropriate):  
 Q. African American  
 R. Asian or Pacific Islander  
 S. Caucasian  
 T. Hispanic  
 U. Native American  
 V. Other  
 W. Decline

IF DUAL CITIZEN OR NON-CITIZEN, ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?  
 YES NO

**MAKE CHECK PAYABLE TO: Redding Swim Team**

**SUBMIT APPLICATION & PAYMENT TO YOUR CLUB OR MAIL TO:**

*Redding Swim Team*  
 P.O. Box 992112  
 Redding, CA 96099-2112  
 246-2666 [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com)

\_\_\_\_\_  
 Registration Date

If joining to participate in a learn to swim program, please check here.

YEAR LAST REGISTERED \_\_\_\_\_ If you swam with another club in 2007, you must also complete and submit the Sierra Nevada Swimming Change/Transfer form

SIGN  
 HERE **X** \_\_\_\_\_  
 SIGNATURE OF ATHLETE, PARENT OR GUARDIAN  
 Email address \_\_\_\_\_

**REGISTRATION FEE: \$59.00**

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Members Services Dept at 719.578.4578 if you do not wish to receive these mailings.