

ARDEN PARK DOLPHINS ☀ 2007 SUMMER SEASON

Registration Dates/Times for New *and* Returning Swimmers:

Returning Swimmers: Sat. February 10, 2007 8:00 -10:00 AM
New Swimmers: Sat. February 10, 2007 10:00-11:00 AM - Arden Park resident
Sat. February 10, 2007 11:00 AM-12:00 PM - All others

Location: Arden Park Community Center, 1000 La Sierra Drive, Sacramento, 483-6069

***NEW SWIMMERS NEED TO PROVIDE A PHOTOCOPY OF THEIR BIRTH CERTIFICATE AT REGISTRATION.** The birth certificate will be kept on file by the Northern California Swim League.

Late Registration: After February 10, you may register by contacting our Registrar, Randy Olsen, at rolsen@winfirst.com. A \$25 late fee will be added to the regular fee after February 16.

All *new* swimmers will be required to demonstrate their readiness for swim team by swimming one-half the length of the pool without assistance or one length of the pool with minimal assistance. (Families will be notified of the date, time and process.)

7-8 AND 9-10 GIRLS AGE GROUPS TEMPORARILY CLOSED TO NEW SWIMMERS

Due to large numbers of sign-ups in recent years, the 7-8 and 9-10 GIRLS age groups will be closed to new swimmers until the number of returning swimmers is determined. If you are a returning family to the team and have a new swimmer in either age group, they will be permitted to sign-up for the team. If necessary, a wait list will be created.

JOB SIGN-UPS

Our swim team runs because of you, *our wonderful parent volunteers!* Each family is required to sign up for specific jobs at ***four*** meets ***and Championships***. Please look at the meet schedule, bring your calendar and be prepared to sign up at registration. The early sign-ups will get the jobs they want. Later sign-ups will have to fill in where necessary.

\$150 JOB DEPOSIT

Each year we strive to make sure that ***every*** family does their fair share. Yet inevitably, a few people simply do not show up for their assigned meet jobs, resulting in more work for their fellow parents. All families are required to submit a separate check at registration for \$150 as a job deposit. This check will not be deposited unless the four-job requirement is not met by the end of the regular season.

CHAMPIONSHIPS

The final meet of the year is Championships. It is a two day meet and the high point of the season where swimmers see the results of their hard work. **ALL SWIMMERS ARE EXPECTED TO ATTEND CHAMPIONSHIPS!**

MARCH CLINIC

We will also be registering swimmers for the MARCH CLINIC. The dates will be March 19 through March 29, Monday – Thursday. Practice times are the following: 7-10 yrs (5:00- 5:45 pm), 11-18 yrs (5:45- 6:45 pm). Space is limited to 25 swimmers per age group. No 6 year olds are allowed to sign up for March Clinic. The fee for March clinic is \$60 per swimmer. **No Refunds after March 5th.**

TEAM SWIMSUIT

The California Swim Shop will have the new team suits for sale at registration. Prices for suits from California Swim Shop (including tax) are:

TYR Alliance Maxback

Male: Youth Sizes 22-28 \$28.82 Racer Female: Youth Sizes 22-28 \$49.83
Adult Sizes 30-38 \$30.84 Racer Adult Sizes 30-40 \$53.07

Youth Sizes 22-28 \$35.02 Jammer
Adult Sizes 30-38 \$36.37 Jammer

2007 SWIM MEET SCHEDULE

Date	Location	Teams	Swimmer Check-in
Mon. April 9	Arden Park	Readiness Test	4:00 PM
Sat May 19	Arden Park	Time Trials	12:00 PM
Sat. June 2*	Arden Park	Gold River @ Arden Park	7:30 AM
Sat. June 9*	Arden Park	Rocklin @ Arden Park	7:30 AM
Sat. June 16*	Elk Grove	Arden Park @ Elk Grove	7:30 AM
Sat. June 23	Glen Oaks	Arden Park @ Glen Oaks	7:30 AM
Sat. June 30	Johnson Ranch	Arden Park @ Johnson Ranch	7:30 AM
Sat. July 7	BYE	No Meet	
Sat. July 14*	Arden Park	Dixon @ Arden Park	7:30 AM
Sat. July 21	BYE	No Meet	
Sat. & Sun, July 28 & 29	TBA	Conference Championships	7:00 AM

* Denotes Conference League Meet which counts towards our League standings

PRACTICE SCHEDULE (Subject to Change)

AGE GROUP	APRIL 2– JUNE 8 Mon-Fri	APRIL 10-JUNE 8 Mon-Fri	JUNE 11 – JULY 21 Mon-Fri
6 & UNDER		4:00 – 4:30 PM	4:45 - 5:15 PM
7 – 8	4:30 – 5:15 PM		5:15 - 6:00 PM
9 – 10	5:15 – 6:15 PM		6:00 – 7:00 PM
11-18	6:15 – 7:45 PM		7:30 – 9:00 AM**

**Swimmers attending summer school can attend evening practice at 6:30 PM - 7:30 PM

ARDEN PARK AQUATIC CLUB REGISTRATION FORM

Swimmer Name(s)	Sex	Swim Age (as of 6/15/07)	Birth date
Mailing Address:		City:	Zip Code:
Mother's Name:		Home Phone:	Work /Cell Phone:
		Email:	
Father's Name:		Home Phone:	Work/Cell Phone:
		Email:	

EMERGENCY INFORMATION

Any medical problems? No Yes (Explain): _____

Physician: _____ Hospital Preference: _____

Insurance Plan: _____ ID# _____

If neither parent can be contacted, please notify: _____

Tel # _____

REGISTRATION FEES

# Swimmers	Arden Park Resident/Non Resident
One swimmer:	\$ 190/240
Two swimmers:	\$ 265/315
Three swimmers:	\$ 340/390
Fourth or more swimmers:	Add \$ 75 per swimmer
High School Swimmers (after H.S. swim ends)	\$ 85

Refund policy: NO REFUNDS AFTER APRIL 13th.