**TEAM FEES**

**Invoicing:**

An invoice will be issued to your account on the first of each month, and is based upon your swimmers' placement into a Training Group.  At sign up, you will pay the one time annual team registration fee, plus your first months training fee.  Your invoices will be available online on your account page.  They will not be mailed out.  You will need to have a current credit card on file with the club at all times.  We do not accept checks or cash payments.

**Registration Fee:**

This $225 ($175 before September 1) fee covers the USA Swimming athlete registration fee for the entire swim season (Sept 2017-August 2018).  Registration is required for participation in USA Swimming meets and team practices.  It also provides each swimmer with at team t-shirt and two latex swim caps.

**Monthly Training Fees:**

These fees are based on the training group your swimmer is placed into, and they are billed monthly.  If you wish to take a break and not to be billed for a month, you must contact the program director and request a break from swimming for a month and the associated training fees TWO WEEKS before the next billing cycle.

**Meet Entry Fees:**

Meet fees are in additinon to the training fees and registration fees.  Swimmers are expected to attend meets, and you will be responsible for meet fees.  You must opt out of meets you do not wish to attend to ensure you will not be billed for that meet.  Please read the club meet attendance policy on the club homepage.

**SSCD CODE OF CONDUCT**

Any member or prospective member of SSCD may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from SSCD if such member violates the provisions of the following SSCD Code of Conduct, or aids, abets or encourages another person to violate any of the provisions of the SSCD Code of Conduct, all as determined in the sole and complete discretion of SSCD. SSCD, based on information from the coaching staff and as it otherwise deems appropriate, has the right to make any and all decisions, and take any and all actions, in connection with any and an all disciplinary matters. The following shall be considered violations of the SSCD Team Code of Conduct:

* Violation of any anti-doping provisions set forth in USA Swimming rules 303.3 or 303.4.
* The sale or distribution of illegal substances or the illegal sale or distribution of any substance listed on FINA's recognized list of banned substances.
* Violation of any member or team conduct rule as established by FINA, the United States Olympic Committee, USA Swimming, and Pacific Northwest Swimming.
* Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances, or (iii) any crime involving sexual misconduct.
* Any unwelcome or inappropriate physical contact, or pattern of unwelcome advances or other sexual harassment in connection with or incidental to a SSCD related activity, directed toward any member or other person participating in the affairs or activities of SSCD.
* Any act of fraud, deception or dishonesty in connection with any SSCD-related activity.
* Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any meet official and which is related to any decision made by such official in connection with a USA Swimming-sanctioned competition.
* Action, other than through general advertising, by a SSCD member, either through direct contact with an athlete or the encouragement of others, to recruit or otherwise encourage an athlete who is already a member of another USA Swimming member swim club to compete for or become a member of SSCD, unless the acting party receives prior written approval to recruit or encourage the athlete from the coach of the athlete's existing USA Swimming-member swim club or contact is initiated by the athlete, the athlete's parent or authorized representative.
* Any other act, conduct or omission not provided for above, which is detrimental to the image or reputation of SSCD, USA Swimming, a LSC or the sport of swimming
* Additional event specific conduct codes will also serve as addendums to this document for SSCD team travel.

Also see the following information:

[SSCD Code of Conduct](http://www.teamunify.com/SubTabGeneric.jsp?team=sscd&_stabid_=29000)

[SSCD Conflict Resolution](http://www.teamunify.com/SubTabGeneric.jsp?team=sscd&_stabid_=33511)

[SSCD Conduct at Meets](http://www.teamunify.com/SubTabGeneric.jsp?team=sscd&_stabid_=33510)

**Please read the entire section below.**

**You are making a financial and time commitment above and beyond the monthly training fees.**

The gist:

* You are committing to work six sessions at swim meets over the course of the year.  Two sessions must be done at our meet in April in Federal Way, regardless of whether you have a swimmer in the meet.  Missed sessions will be billed at $200 each (Potentially up to $1200 for zero sessions worked).
* You are responsible to raise $150 for our Swim-A-Thon.
* For more information, read on.

While SSCD has a professional coaching staff, in its day to day operation SSCD is a parent run club, governed by a volunteer board of directors.  We offset training fees by hosting three meets over the course of the season, and by doing an annual fund raiser or swim-a-thon  Without these meets and our fundraiser our training fees would be significantly higher. To ensure the club's ability to host meets, we require each family to volunteer their time, as well as commit to raise funds over the course of the season.

**VOLUNTEER SERVICE REQUIREMENT**

The terms session, point and hours are used interchangably.

 SSCD families with swimmers in the Senior, Senior 2, Gold, Silver, Bronze & Blue training groups are reqiured to work six (6) complete sessions of volunteer time during the season (meets occur in October, January and April).  This is a requirement PER FAMILY, not per swimmer.

This volunteer time requirement is reduced for families of Red and Purple training group swimmers to 3 sessions.

Volunteer hours must be completed by volunteering at the following meets.  Please note: there is a 2 session minimum per family requirement (1 for red/purple group) for the Dick LaFave meet in April.

October Challenge at Kamiak- 10/06, 10/07

Winter Challenge at Kamiak-01/26, 01/27

Dick LaFave Long Course Kickoff at Federal Way-04/26, 27, 28 tentatively

Failure to complete your six required volunteer sessions (also referred to as hours or points) by May 1st will result in a $200 penalty fee per session not completed.

Families that join after October's meet will have their hours requirement reduced by a pro-rated amount.

For more information see SSCD's [Volunteer Hours](http://www.teamunify.com/SubTabGeneric.jsp?team=sscd&_stabid_=29046).

**SWIM-A-THON/FUNDRAISER COMMITMENT**

Each family will have a fund raising commitment in addition to training fees and volunteer hours.  SSCD will be conducting a Swim-a-Thon fundraiser to help families reach their fund raising commitment during the swimming season.

Familied are committing to raise $150

Swimmers electing to opt-out of the Swim-a-Thon will be invoiced for the amount above.  More details will be announced after the start of the season as to the date of the Swim-A-Thon.

**LIABILITY WAIVER**

By registering my child(ren) or myself with the **South Snohomish County Dolphins**, I agree to participate (or allow my child(ren) and family members to participate) in the **South Snohomish County Dolphins**, and hereby release **South Snohomish County Dolphins**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **South Snohomish County Dolphins**program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **South Snohomish County Dolphins** program.

**MEDICAL RELEASE**

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **South Snohomish County Dolphins** to seek and give appropriate medical attention to myself or for my child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.  
  
I hereby waive, release and forever discharge **South Snohomish County Dolphins**and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during my participation or for my child's(ren's) participation in **South Snohomish County Dolphins** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that I am and/or my child(ren) is (are) physically fit and capable of participation in all **South Snohomish County Dolphins** activities.

**LYSTEDT LAW HEAD CONCUSSION FORM**

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from aconcussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new Zackery Lystedt Law in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years: a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a licensed heath care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider. You should also inform your child's coach if you think that your child may have a concussion. Remember its better to miss one meet or practice than miss the whole season. And when indoubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

http://www.cdc.gov/ConcussionInYouthSports

*Adapted from the CDC and the 3rd International Conference on Concussion in Sport - Document created 9/15/09*