



Membership Package

Welcome to the Arizona Aquatic Club. We are very excited that you have considered joining our club. We are very committed to your child's development and will be happy to answer any questions you may have. We trust that your experience with our team will be a positive one and you will enjoy many years of swimming success.

There is a lot of information about our team included in this package as well on our web site **ARIZONAAQUATICCLUB.COM**

John and Michelle Hojnacki

480-444-8431

Package Checklist:

Complete all forms including USA Swimming athlete registration

Copy of birth certificate(s)

Initial payment can be made by check or online after package is returned

Mission Statement:

The Arizona Aquatic Club is committed to developing the character and self discipline of young athletes, through the sport of swimming. We are commitment to a providing each child with a safe environment at all times to do so we have athlete protection policies and guidelines in place. We are committed to the athlete's success not only in swimming but in life away from the pool. We strive to build a family atmosphere, where athletes can learn to be themselves while working toward their own personal goals.

Vision: Our vision is an extension of our mission with defined areas of focus:

Developing an extraordinary team

Teach kids strong life skills

Be ethical in everything we do

Promoting diversity in swimming

Promoting opportunities to families less fortunate

Assist in college preparation for all athletes

To be strong references for aspiring young student athletes

Teach strong stroke mechanics

To have fun

Prepare mentally for challenges in and out of the water

To teach the value of goal setting, discipline and character

To learn from both successes and failures

To build self confidence

To build a sense of volunteerism

Arizona Aquatic Club (Cub code = AZAC)

Free Tryouts available at anytime. Contact John @ 480-282-1138

Group structure

Development Group – Developing swimmers into the competitive sport of swimming. 5 practices typically offered and asking families to attend 3 practices each week. Legal in all 4 strokes starting to understand sets, reading pace clock, breathing patterns and push-off streamlines. Typically 12 and under swimmers will incorporate developing dryland techniques.

Competitive Age Group – 14 yr old and younger swimmers developing toward the Sr group. Will compete in the highest level meet the swimmer qualifies for each season. Mastering the execution of sets, pace, breathing patterns and push off streamlines. Should be able to do a sets in practice while holding stroke and time. 6 practices offered per week and consistent attendance of 4 practices is expected and should attend 5 of 6 each week.

Competitive Sr Group – Typically 13 yr and older swimmers with a high level of commitment to the sport. Athletes should be progressing toward college level swimming and will compete in the highest level meet they qualify for each season. Should be able to do sets such as 10x100 on 1:30 unaided. Typical test sets will include 10x200 Free, 6x200 IM, 500 kick for time

Billing

Automated billing through cc (not required but preferred)

You will have your own access to your account information through the web site
Professional, records, best times, etc.

Sign-up Information

Please sign all forms included in this package and return in 1st week

Code of conduct, emergency contact information to be signed when registering for club

All swimmers should be registered through USA Swimming (\$76/year)

Annual Fee \$100 after the 1st year.

WAIVER AND RELEASE OF LIABILITY

Name: First _____ Last _____ DOB _____ Gender _____

Name: First _____ Last _____ DOB _____ Gender _____

Name: First _____ Last _____ DOB _____ Gender _____

Address: Street _____ City _____ Zip _____

In the event of a medical emergency, the undersigned Parent/Guardian of the above named participant, hereby grants authorization to the Arizona Aquatic Club as well as John and Michelle Hojnacki, and its representatives, to employ any legally licensed physician or health care facility and to direct and/or order emergency medical treatment for the above named participant. **Initial** _____

I, the undersigned, further agrees that neither the Arizona Aquatic Club, John Hojnacki, Michelle Hojnacki nor any of its representatives shall be liable under any circumstances to anyone for exercising the foregoing authority in the event of an emergency. **Initial** _____

I, the undersigned, as the parent or legal guardian of the child listed on this application in consideration of the request and permission to participate in swim training and instruction with the Arizona Aquatic Club , hereby **assume full responsibility for all risks of injury, illness or loss** which may result from my son/daughter participation in this activity and hereby agree to hold harmless, release and forever discharge John and Michelle Hojnacki, its officers, agents and employees from and waive any and all claims and demands whatsoever which the undersigned and any of them or any third person of any accident, illness, injury, or death of any person or persons, or damage to or loss or destruction of any property arising or resulting directly or indirectly from my son's/daughter's participation in the aforementioned program and occurring during said participation or any time subsequent thereto, save and except that the above provisions shall not be applicable to injury to or death of persons, or damage to or loss of property of which is the result of gross negligence or wanton misconduct of John and Michelle Hojnacki, their officers, agents or employees. This includes waiving liability for contracting communicable disease, including coronavirus/Covid 19. The terms of this release shall serve as a release and assumption of risk for my son/daughter, heirs, executors and administrators and for all my family members. **Initial** _____

I understand, agree, and acknowledge that there are risks inherent in sporting activities conducted by the Arizona Aquatic Club including, but not limited to **paralyzing injuries, brain injuries, and death**. These activities may be of a hazardous nature and include strenuous exercise and vigorous physical activities. With the full understanding of the facts, I state, that to the best of my knowledge, my son/daughter listed on this application has no medical, physical, mental or emotional health condition which would hinder or prevent his/her active participation in training with the Arizona Aquatic Club **Initial** _____

I have read and understood, and I agree with the informed consent and release and the emergency medical authorization outlined above as it relates to my son/daughter.

Parent or Legal Guardian Signature _____ Date _____

Contact Information (fill out as appropriate)

Will be used to communicate team information or case of emergency

Father's Name _____

Home Phone _____

Cell Phone _____

Email _____

Wish to be added to team text distribution (Y/N)

Wish to be added to team email list (Y/N)

Mothers's Name _____

Home Phone _____

Cell Phone _____

Email _____

Wish to be added to team text distribution (Y/N)

Wish to be added to team email list (Y/N)

Swimmer's Name _____

Cell Phone _____

Email _____

Wish to be added to team text distribution (Y/N)

Wish to be added to team email list (Y/N)



USA SWIMMING

2020 PREMIUM ATHLETE REGISTRATION APPLICATION



LSC: ARIZONA

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME LEGAL FIRST NAME MIDDLE NAME

PREFERRED NAME DATE OF BIRTH (MM/DD/YYYY) SEX (M/F) AGE CLUB CODE NAME OF CLUB YOU REPRESENT

(Bill, Beth, Scooter, Liz, Bobby) If not affiliated with a club, enter "Unaffiliated"

NOTE: If you are 18 years of age or older, you are required to abide by the Minor Athlete Abuse Prevention Policy. In addition, in order to be a member in good standing you must complete the Athlete Protection Training. The training can be accessed at www.usaswimming.org/apr

GUARDIAN #1 LAST NAME GUARDIAN #1 FIRST NAME GUARDIAN #2 LAST NAME GUARDIAN #2 FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. FAMILY/HOUSEHOLD E-MAIL ADDRESS ATHLETE MEMBER'S EMAIL ADDRESS

U.S. CITIZEN: YES NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO

IF YES, WHICH FEDERATION:

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? YES NO

HIGH SCHOOL STUDENTS - Year of high school graduation:

YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2019, ENTER THAT CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

*transfer form may also be required

SIGN HERE: SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE

MAKE CHECK PAYABLE TO:

YOUR CLUB TEAM

MAIL APPLICATION & PAYMENT TO:

YOUR CLUB TEAM

OPTIONAL

DISABILITY:

- A. Legally Blind or Visually Impaired
- B. Deaf or Hard of Hearing
- C. Physically Disability such as amputation, cerebral palsy, deafness, spinal injury, mobility impairment
- D. Cognitive Disability such as Severe learning disorder, autism

RACE AND ETHNICITY

(You may check up to two choices):

- O. Black or African American
- R. Asian
- S. White
- T. Hispanic or Latino
- U. American Indian & Alaska Native
- V. Some Other Race
- W. Native Hawaiian & Other Pacific Islander

2020 REGISTRATION FEE	
Sept. 1, 2019 through Dec. 31, 2020	
USA Swimming Fee	\$62.00
LSC Fee	\$12.00
TOTAL DUE	\$74.00

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

2020 Registration Instructions

Welcome to United States/Arizona Swimming!

The instructions below are only for completion of this form and may not represent all the forms, etc., necessary to register with your respective club team.

1. Fully complete the above form. A signature is required. If the athlete is under the age of 18, a parent or guardian must sign.
2. Turn the completed, signed form into your Club team with your payment made out to the Club (Note: Some Clubs handle payments differently - please check with your Club Registrar).

Questions regarding the registration of athletes should be directed to your Club Registrar.

Please complete either form for all athletes regardless of if you are previously or currently registered with USA Swimming. This is used for our internal database.

All swimmers on our team **must** be registered with USA Swimming.

Group Placement

Group placement is based on many factors and a fair amount of coaching instinct and experience. However, there is a big picture, team-wide philosophy that drives group placement decisions. The AZAC coaching staff has a plan that we follow for athlete progression. We hope that communicating these ideas will allow for a better understanding of the coaches' decisions in determining group placements. The needs of the group are as important of a factor as the needs of each individual.

Some of the most important factors driving group placement are the following:

- Commitment (practice attendance, meet participation, priority of the sport)
- Maturity (chronological age, physiological age, and emotional development)
- Training ability and technique
- Time Standards (focus on the groups with full time commitment expectations)

We view swimmers as outstanding young people, and the more we can do to remove inaccurate status labels from groups, the better.

Finding the appropriate group for each swimmer is the goal, and doing so is our challenge. As the swimmers grow physically and emotionally (often rapidly), their needs change. The more we think and talk in terms of appropriate group placement and the changing needs of swimmers, the healthier our team culture will be.

Also, we understand that group moves are not a small change in your lives as parents. Group moves often change schedules, which potentially affects other activities, car pools, team dues, coaches, and expectations. But just like going from middle school to high school, or from one level of math to the next, these moves can be looked upon as necessary steps along the way.

We believe that teaching each swimmer to take ownership of the sport is critical to self-development and success. A major part of that ownership is having a relationship with his/her coach that is built on trust and open communication. A swimmer's face-to-face conversation with his or her coach can go a long way toward answering any questions a swimmer may have. As a parent, you play a major role in helping to develop this relationship by providing background information to the coach about your child, including medical conditions, past experiences, etc., which may be useful in knowing more about your child. We ask the parents, regardless of their swimming background, not to coach their child unless they are certified members of the AZAC coaching staff.

Coaches have full discretion to place swimmers in appropriate groups for their best development. If group expectations are updated, swimmers may be grandfathered in their existing group.

Group Descriptions

Senior Group – Swimmers at Sectional level working toward Jr. National, National and Olympic Trial time standards. This group is highly motivated to obtain the highest levels possible in the sport of swimming. Attendance expectations are 95% or greater. Swimmers in this group are highly accountable, will set short and long term goals and are expected to work directly with the coaching staff to achieve these goals. These swimmers are expected to be team leaders and set a positive example for others to follow. There are typically 6-9 practices per week for this group.

Competitive Age Group – Swimmers with state qualifying times standards who are working their way up to the higher levels. This group will work on stroke improvement, aerobic conditioning, work ethic, goal setting and striving to continue to improve to be their personal best. A year round commitment to the sport is expected. This group is highly motivated and should obtain 85% or greater attendance. Swimmers should be able to do a legal 400 IM and a typical test set would be 8x100 on 1:30 SCY. There are typically up to 6 practices per week for this group.

Development Groups – 14 and younger age swimmers who are just starting in the sport. These swimmers will focus primarily on stroke development and begin to focus on aerobic conditioning. They will learn to understand the basics of the sport and the importance of teamwork. Swimmers need to be able to perform a legal freestyle with rotational breathing and a legal backstroke. There is no attendance expectation yet at this level. There are typically 3 practices per week for this group but are welcome to attend all practices offered

Code of Conduct

The Arizona Aquatic Club Inc. is committed to creating a safe environment for kids, parents, families and coaches. The code of conduct has been developed to help outline the expectations for behaviors of our members and to help outline the fair and consistent methods in which any necessary disciplinary action will be taken.

Michelle and John Hojnacki are the final decision makers in matters such as code of conduct issues. We are committed to addressing all issues with a high level of integrity, will listen to all sides and attempt to be prompt in our decision process.

We ask all members including swimmers, parents, coaches and family members to respect all members of our club, our competitors and others we interact with through the sport of swimming. We ask that our members respect the facilities in which we rent or compete out of including but not limited to picking up trash and acting appropriately on deck and in locker rooms. We ask members to be prompt when possible and communicate absenteeism or tardiness to all team functions including practices and competitions. We expect our members to exemplify teamwork through both their actions and words in all circumstances. We expect our members to act with good sportsmanship at all times.

Swimmers are expected to abstain from the use of tobacco, alcohol or illegal drugs including any banned substance as identified by USA Swimming. Parents and coaches may also not use these substances while acting in an official capacity for the club or as a chaperone or driver.

Swimmers will not gossip about, use profanity, act demeaning or defame another person including negative humor or speech that could be consider demeaning due to race, color, sex, religion or political affiliation. This includes the use of social media. No harassment or bullying of any kind will be tolerated including sexual harassment. Sexual harassment includes but is not limited to unwelcome advances, requests for sexual favors, verbal or physical conduct or communication that is intimidating, hostile or offensive. Bullying may include negative talk or jokes about another person, including the use of social media.

Club rosters, contact information or other sensitive information is to be kept confidential and should not be used for promotion or financial gain of other businesses or personal interests.

In the event of an issue regarding the code of conduct the following steps should be taken.

- 1) Coach investigation, gathering facts from all parties involved. This may include athletes, parents, witnesses and other coaches.
- 2) Coach will inform the owners of all incidences and make a recommendation before closing with the involved parties.
- 3) Depending on the circumstances and seriousness of the infraction, action may take the form of education such as verbal coaching or documented coaching but could include suspension or removal from the team in the most serious situations.
- 4) Infractions regarding law, harassment, personal safety and preservation of property will be taken most seriously.
- 5) Decisions of the ownership are final and should be appealed to John and Michelle Hojnacki directly.

I agree to follow the code of conduct of the Arizona Aquatic Club Inc. as well as follow USA Swimming code of conduct and regulations as a member.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

Arizona Aquatic Club - Travel Policy

The following policy has been created in compliance with USA Swimming expectations in order to protect the best interests of our athletes, parents and coaches at all times while traveling with the club. Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by the club or LSC. Club and LSC travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check

Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.

During team travel, when doing room checks, attending team meetings and/or other activities, two-deep leadership and open and observable environments should be maintained if at all possible.

Athletes should not ride alone in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.

During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 & Over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 & Under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).

To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).

Curfews shall be established by the team or LSC staff each day of the trip.

Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the coach or designee.

Swimmers are expected to remain with the team at all times during the trip unless traveling with their parents or designated parent with written permission. Swimmers are not to leave the competition venue, hotel, restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.

The Head Coach or his/her designee shall make a written report of travel policy or code of conduct violations to the appropriate club (LSC) leadership and the parent or legal guardian of any affected minor athlete. The team code of conduct will also be signed by all athletes and parents.

I agree to the travel policy of the Arizona Aquatic Club

Parent Signature _____

Athlete Signature _____

Coach Signature _____

Coaches Travel Reimbursement Policy

Coaches Travel reimbursements will follow the IRS guidelines where applicable for business reimbursements and will follow USA Swimming guidelines for coaching traveling with swimmers.

Coaches may be reimbursed for mileage, hotel, airfare, auto rental, meals or other standard expenses that are directly related to swim team business travel.

Coaches will be reimbursed for mileage, hotel, airfare, auto rental and per diem for travel meets

These reimbursements are divided by the number of swimmers entered in the competition and the expense per swimmer is added to the following month's invoice for that swimmer.

Meets within the Phoenix Metro area will not exceed \$15/swimmer for coaches travel reimbursement.

Consent to Release Photo's and Images

The Arizona Aquatic Club may use pictures and video of our swimmers on our web site, in publications, with sponsorships, newsletters, emails, bio's or for other team related business.

Public web pages will not include names, addresses or phone numbers associated with team or individual pictures.

No monetary compensation will be provided for the use of team related pictures or video.

I grant permission for the Arizona Aquatic Club to release my child's photo's or video as part of team related activities as stated above.

I understand that I may revoke this permission at anytime through written notification to the Arizona Aquatic Club.

Parent / Guardian (Please Print Clearly) _____

Parent / Guardian Signature _____

Emergency Contact / Medical History

Swimmer's Name _____

In case of an emergency, I understand that every reasonable effort will be made to contact the person(s) listed below as emergency contacts. In the event that this person(s) can not be reached, I am granting permission to the medical provider selected by the adult leader to secure proper treatment, including hospitalization or any other medical treatment required for the child's safe and well being. Medical providers are authorized to disclose to the adult in charge any protected health or other confidential information for the purposes or medical treatment. I also understand that I am financially responsible for all medical treatment rendered.

Medical History

Please list all medical history and medical conditions that the Arizona Aquatic Club should be aware of.

Parent / Guardian (Please Print Clearly) _____

Parent / Guardian Signature _____

Date _____

- Please provide a copy of your health insurance card

Sign Up Fees and Steps:

USA Swimming \$76 Annual Membership (USA Swimming will not pro-rate)

Swimmers already registered with USA Swimming may pay a \$15 transfer fee on-line. Please ask for separate instructions

First month of Dues based on group assigned due in the first month

Make Checks payable to "Arizona Aquatic Club"

Include copy of birth certificate with this registration package

Return membership package to coach or email to azaquaticclub@gmail.com

Additional Notes:

Annual Family Membership \$100 after you have been with the team for 1 year

30 Day Cancellation Policy if you wish to leave the team

\$25 Referral Program

If you were referred to AZAC by a current member, they will receive \$25 off of their next month invoice.

Please provide the AZAC member name _____

Call or Text Coach John at 480-444-8431 with any questions