

WINDSOR WATER RATS EXPRESS (WWRX)

REGISTRATION * SUMMER 2017

New Swimmers: Forms & fees are due at tryouts. **Returning Swimmers:** Forms & Fees are due by April 17, 2017

Please mail to: Minh Saldana, WWRX Treasurer, 21 Crabapple Rd., Windsor, CT 06095

Last Name			
Residence Address			
Town & Zip Code		Home Phone	
Mother's Name		Father's Name	
Mother's Cell Phone		Father's Cell Phone	
Mother's Email Address		Father's Email Address	

Note: Email will be used as a primary source of communication to reach families outside of practice.

Rec & USA Swimmers (A non-resident fee of \$30 per swimmer is included. The fee is capped at \$60 per family.)							
	Swimmer's First & Last Name	Age	Birthdate mm/dd/yy	Gender M/F	Windsor Resident	Non-Windsor Resident	Your Fees
1					\$155	\$185	
2					\$145	\$175	
3					\$115	\$115	
4					\$115	\$115	
USA Swimmers Only							
<p>USA Team Fee: \$125 per swimmer (this is an added fee in addition to regular team registration)</p> <p><i>Note for USA Swimmers: Additional fees will be collected separately from registration. These fees may include CT Swimming/USA Swimming registration, meet fees, equipment (fins, kickboards), summer long course pool rental, etc. Please speak to the Coach or USA Rep. for further details.</i></p>							
Additional Fees							
Late Registration Fee: \$25 per swimmer <u>after April 17, 2017</u> registration deadline							
Optional: end-of-season coaches gift (\$5 per family)							
<p>Total Registration Fees: (make checks payable to "WWRX")</p> <p>If you need to arrange a payment plan, email WWRX Treasurer Minh Saldana at dominh_2000@yahoo.com</p>							
<p>Separate Work Deposit Check: (\$100 per family)</p> <p>This check will be destroyed at the end of the season after you have fulfilled your volunteer commitment on deck. If you do not fulfill your mandatory work requirement your check will be cashed.</p>							\$100

There is a \$50 non-refundable administration cost with each swimmer registration. Other fees are non-refundable after June 8, 2017 unless the swimmer develops a doctor-diagnosed medical condition. In this case, fees will be refunded on a pro-rated basis as determined by the WWRX Board.

WINDSOR WATER RATS EXPRESS - WAIVER/RELEASE OF LIABILITY

*Please Read Carefully Before Signing.
This Is A Release of Liability And Waiver Of Certain Legal Rights*

I/we give permission for _____ (the participant) to participate in the Windsor Water Rats Express program (the program). I/we agree and understand that swimming is a HAZARDOUS activity. I/we recognize that there are risks inherent in the sport of swimming, including but not limited to paralyzing injuries and death. I/we acknowledge that even with the best coaching, use of the most advanced training techniques and strict observance of rules, injuries are still a possibility.

The participant hereby agrees to participate in the program and the participant and his/her parent/guardian hereby agree to indemnify and hold harmless Windsor Water Rat Express Swim Team (the swim club), its coaches, directors, agents and employees against any liability resulting from an injury that may occur to the participant while participating in the program. The participant/parent/guardian also agree to indemnify the swim club for any damages incurred arising from any claims, demand, action or cause of action by any participant.

I/we authorize any representative of the swim club to have that participant treated in any medical emergency during any activity of the swim club. Further, I/we agree to pay all costs associated with medical care and transportation for the participant.

I/we have noted in the space below any medical/health problems of which the staff should be aware.

WINDSOR WATER RATS EXPRESS - WAIVER/RELEASE OF PHOTO OR VIDEO IMAGES

_____ I/we agree to allow the use of the participant's photograph and/or video for the purpose of team publicity.

_____ I/we do not agree to allow the use of the participant's photograph and/or video for the purpose of team publicity.

I/WE HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASES AND WAIVER AND SIGN WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date: _____
(Parent/Guardian)

Signed: _____ Date: _____
(Parent/Guardian)

WWRX Team Code of Conduct

_____ as a member of the WWRX team, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of the WWRX team.

1. I promise to show respect and common courtesies at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
2. I promise to demonstrate good sportsmanship during all practices, competitions, and team activities.
3. I will be an active participant in all team practices, competitions, fundraising events and other team activities.
4. I will come to all team sponsored events in the appropriate attire. I will respect the coaches' and officials' instructions and will make every effort to be on time for workouts, competitions, and team events.
5. I will refrain from foul language, violence, behavior deemed dishonest, discourteous, disrespectful, or offensive to others.

PART I – GENERAL CONDUCT

The undersigned athlete/coach participating with/for the WWRX team agrees to abide by the guidelines outlined below in addition to those established by the staff.

1. All swimmers are expected to follow the directions of the staff.
2. All swimmers, coaches and lifeguards are required to attend all team meetings and training sessions, unless excused by the board.
3. Dishonesty, theft, and/or vandalism will not be tolerated.
4. Indiscreet or destructive behavior will not be tolerated.
5. Every effort should be made to avoid guilt by association with such activities as those listed above.

PART II – VIOLATION OF THE CODE

The coaches have the power to impose the following penalties for violation of the WWRX team Code of Conduct. The penalties include, but are not limited to, the following:

1. The swimmer will be given a verbal warning and possibly side-lined during practice.
2. The swimmer will be sent home with a written warning and the coach will contact the parent and the board.
3. The swimmer will need to have a parent in attendance at a minimum of four (4) consecutive practices.
4. If the swimmer continues his/her unacceptable behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee or refund for the missed practice time.)
5. If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach and board to discuss the problem further.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, and the board, which may include expulsion from the team. Dismissals for Code of Conduct violations are NOT eligible for refunds of any team fees.

I have read and understand WWRX team Code of Conduct and have reviewed it with my parent(s) or guardian before I signed this document.

Swimmer's Signature

Date

Parent's Signature

Date

IMPORTANT INFORMATION REGARDING VOLUNTEERING

Our swim team cannot function without the support of our parent volunteers. We welcome you to volunteer often! At each swim meet, there are many roles that must be filled by our parents on deck.

Each family must commit to **at least** five (5) volunteer shifts (1 shift = 1/2 a meet) per season. If you are unable to fulfill this minimal commitment, your \$100 volunteer deposit check will be cashed at the end of the season. These roles include:

Timers, Scorers, Runners, Place Judges, Concessions (at home meets)
Officials - Stroke & Turn Judge, Starter, Referee

OFFICIALS: Officials play an important part in guaranteeing the fairness and fun of swimming. For those who accept these key roles, the experience is enjoyable and personally rewarding. Trained officials have a deeper understanding of competition rules and the technical aspects of the sport. The view of the competition could not be better and team perks include: No requirement to provide a volunteer deposit check, free training, WWRX pays all necessary fees and provides one (1) official's shirt. **Please contact the Board President for more perks and the requirements to get started!**

Additional opportunities where our team needs your assistance beyond the basic volunteer requirement include team management functions such as **fundraising, publicity, website, banquet and the Board of Directors.** We also need parents that can assist with the ongoing task of labeling our swimmers' **ribbon awards**, a task that can be done poolside. Please contact the Board via email: theboard@windsorwaterrats.org.

Our team committees and roles:

Executive Board - Establish team policy; Coach interface; Town of Windsor interface; Committees, Officials recruitment and coordination. Meets once a month.

Officials - Attend training (3-4 hours), take online test, and become certified to officiate at Rec and USA meets. WWRX does a "get your feet wet" informal training also.

Banquet - Assist with making sure we celebrate our swimmers and families at the end of the season.

Concessions - Purchase and set up food for concessions; Solicit parent donations; Assist volunteers for each home meet.

Ribbons - Purchase ribbons; Prepare them after each meet making them available to swimmers.

Spirit - Team building activities/events; ex. slideshow for banquet; organize team dinners after home meets at local restaurant; team outings at the "Concerts on the Green," etc.

Fundraising - Regular efforts to raise funds to supplement registration costs.

Website - Webmaster(s) and people to check content (proofread; assess usability; make suggestions for additional content; advertise the website).

Publicity - Periodically write articles about team accomplishments, meet results, swimmers or coaches and submit to local papers.

WWRX Action Plan to Address Bullying

Bullying of any kind is unacceptable and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The WWRX is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member or athlete/mentor.

Objectives of WWRX's Bullying Policy and Action Plan:

1. To make it clear that the WWRX will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what is bullying.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make how to report bullying clear and understandable.
5. To spread the word that WWRX takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

WHAT IS BULLYING?

WWRX is adopting the USA Swimming definition of bullying on behalf of our entire team. The USA Swimming and WWRX Codes of Conduct prohibit bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person. Bullying results in pain and distress.

The USA Swimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more team members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

- i. Causing physical or emotional harm to the other member or damage to the other member's property;
- ii. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property;
- iii. Creating a hostile environment for the other member at any (USA) Swimming activity;
- iv. Infringing on the rights of the other member at any (USA) Swimming activity; or
- v. Materially and substantially disrupting the training process or the orderly operation of any (USA) Swimming activity.

REPORTING PROCEDURE

An athlete who feels that he or she has been bullied is asked to do one or more of the following things:

1. Talk to your parents;
2. Talk to a Club Coach, Board Member, or other designated individual;
3. Write a letter or email to the Club Coach, Board Member, or other designated individual.

There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

HOW WE HANDLE BULLYING

If bullying is occurring during team-related activities, we **STOP BULLYING ON THE SPOT** using the following steps:

1. Intervene immediately. It is ok to get another adult to help.
2. Separate the kids involved.
3. Make sure everyone is safe.
4. Meet any immediate medical or mental health needs.
5. Discuss the situation with the swimmers involved.
6. If the situation warrants, additional action may include sitting out of a practice or meet, meeting with parents and the WWRX Board, and in extreme situations, suspension from the WWRX team.

Concussion Information Sheet

Dear Parent/Guardian and Swimmers,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every child is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your child return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Children do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

Signs Observed by Coaches, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location or name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes - irritability, sadness, nervousness, emotional
- Can't recall events before or after incident

Symptoms Reported by Swimmer

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep
- Sleeping more or less than usual

Be Honest

Encourage your child to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young children get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No swimmer should return to activity on the same day he/she gets a concussion
- No swimmer may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case a swimmer returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any swimmer to return to play

The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before a child has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no swimmer should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the child's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night - no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your child may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your swimmer should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

Resources:

Centers for Disease Control and Prevention - www.cdc.gov/Concussion

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. <http://bjsm.bmj.com/content/47/5/250.full>

ODH Violence and Injury Prevention Program - www.healthyohiprogram.org/concussion

National Federation of State High School Associations - www.nfhs.org - Index concussions and see "A parent's guide to concussion in sports".