



**CYPRESS FAIRBANKS SWIM CLUB (CFSC)
2020-2021 REGISTRATION Packet**

Telephone: (281) 376-2372

Mailing Address: 11659 Jones Rd. PMB #351, Houston, TX 77070

Street Address: 14654 Spring Cypress Road, Cypress, TX 77429

- ____ Swimmer Information Page (page 1)*
- ____ Fleet Meet Entry Fee, Fundraising & Volunteer fees Information (pg. 2-4) – read and sign*
- ____ Medical Form & Press Release Waiver (one per swimmer) – Page 5 -read and sign*
- ____ Athlete Code of Conduct (page 6) – read and sign*
- ____ Parent Code of Conduct (page 7) – read and sign*

***These forms MUST BE FILLED OUT and turned in.**

SWIMMER INFORMATION (please print):

Last Name	First Name	MI	Birthday mm/dd/yy	Age	Sex M/F	U.S. Citizen Y/N	Cy-Fair ISD Resident? Y/N	Practice Group	Pool Location

Transfer from another USA Swim Team? (Y/N) If Yes, Which one? _____ Date of Last meet? _____

Parent's Names: _____

(Father's/Mother's First/ Parents Last

Address: _____

(Number and Street) (City and State) (Zip Code)

Home Phone: _____ Father's Work # _____ Mother's Work # _____

Father's Cell # _____ Mother's Cell # _____

Email Address*: _____

(*Address Family will receive important Fleet Information INCLUDING MONTHLY INVOICES).



2020-2021 Fees and Membership Agreement

Monthly Dues

1. **Age Group White, Age Group Red, Age Group Black, Senior Gold, Senior White, Senior Red, and Senior Black levels receive charges twelve months of the year and are considered year-round programs with the appropriate financial commitment.** Dues for the swimming year, which runs from September 1, 2020 through August 31, 2021, are set forth in the dues summary for each practice group. Members pay their dues on an eleven or twelve month payment plan (Age Group White & above). You are obligated to pay dues for each month you are enrolled with the team, regardless of whether your swimmer actually attends practice. When withdrawing from the team, you must email the office (fleetoffice@fleetswimming.com) and you will be withdrawn at the end of month in which we are notified in writing. Swimmers in Age Group Gold and below will be billed when practices start in August.

a. **Changes in Practice Groups during Course of Swimming Year.** If a swimmer changes practice groups during the year, monthly charges for the new group apply.

2. Each account will be billed for entry fee charges if your swimmer has signed up for a meet. Every members account will be debited upon a swimmers entry into a meet. Your swimmer will not be allowed to sign up for a meet if your account is more than 60 days outstanding.

CFSC Monthly Training Fees			
Training Group	Monthly Fee	Fundraising Fee	Service Hour Deposit
Bronze	\$75.00	\$50.00	\$0.00
Silver	\$85.00	\$50.00	\$0.00
Age Group Gold	\$110.00	\$75.00	\$150.00
Stroke, Turn & Fitness	\$115.00	\$125.00	\$0.00
Age Group White	\$130.00	\$200.00	\$300.00
Age Group Red	\$165.00	\$200.00	\$300.00
Age Group Black	\$200.00	\$200.00	\$300.00
Senior Gold	\$160.00	\$150.00	\$200.00
Senior White	\$220.00	\$200.00	\$300.00
Senior Red	\$235.00	\$200.00	\$300.00
Senior Black	\$250.00	\$200.00	\$300.00

Graduating Seniors are on a 9 month payment cycle



Fees

1. **ANNUAL REGISTRATION FEE** of \$200.00 that registers you as a member of FLEET annually. Any USA Swimming and Gulf Swimming fees are included in this charge as well as any FLEET related registration charges.
2. **The FLEET FUND-RAISING CONTRIBUTION.** The minimum fundraising contribution for swimmers in the Age Group White, Age Group Red, Age Group Black, Senior White, Senior Red and Senior Black programs is \$200 per family, \$150 per family for swimmers in the Senior Gold program, \$125 per family for swimmers in the Stroke, Turn and Fitness program, \$75 per family for swimmers in the Age Group Gold program and \$50 per family for swimmers in the Silver or Bronze programs only. One-half of this fee is charged in the fall and ½ is charged in the spring.
3. **HOSTED SWIM MEET SERVICE HOURS REQUIREMENT DEPOSIT.** The Fleet Hosted Swim Meet Service Hours Deposit is \$150 for all families with an Age Group Gold level swimmer only. The Fleet Hosted Swim Meet Service Hours Deposit is \$300 for all Age Group White and above groups. The Fleet Hosted Swim Meet Service Hours Deposit is \$200 for all Senior Gold swimmers.
 - a) All families with an Age Group Gold level swimmer only will pay the \$150 Meet Volunteer Deposit in September.
 - b) All families with an Age Group White or above swimmer will be billed the \$300 Meet Volunteer Deposit in September, but may pay 1/2 (\$150) in September and 1/2 (\$150) in October.
 - c) All families with a Senior Gold swimmer will be billed the \$200 Meet Volunteer Deposit in September, but may pay 1/2 (\$100) in September and 1/2 (\$100) in October.

This deposit will be credited back to each families account upon completion of your required Fleet Hosted Meet Service Hour if you are leaving the team or graduating. Otherwise the deposit will be carried forward each year that your required hours have been met. If your required hours have been met, you will not owe a Meet Volunteer Deposit the following year unless the amount of your Meet Volunteer Deposit has increased (i.e. moving from Age Group Gold to Age Group White or moving from Senior Gold to one of the other Senior programs). Members are required to work either 24 or 35 hours at our Fleet hosted meets throughout the year, depending upon the group that your swimmer is enrolled in.

- a) Families with Age Group Gold level swimmers only will be required to volunteer 24 hours at Fleet hosted meets.
- b) Families with Age Group White level swimmers and above, including Senior Gold level swimmers will be required to volunteer 35 hours at Fleet hosted meets, 10 of those required 35 hours are required to be worked at either the Red, White and Blue meet or the Fleet hosted Summer Champs meets held in July.

Failure to work all of the hour requirement will penalize the member. For every hour not worked by an Age Group Gold family, there will be a \$25 per hour penalty charged for any hours not completed. For all groups with a 35 –hour volunteer requirement \$50 per hour will be charged for any hours not completed from your 10 hour Red, White and Blue or July champs meet requirement, while \$25 per hour will be charged for any hours not completed from your remaining 25 required hours. This penalty must be paid in full prior to your registration being accepted for the following year.



Lane-Timing Penalty Fee

Failure to time at all meets will penalize the member financially. Lane Timing Assignments will be posted online on the FLEET website the Wednesday prior to the meet. At that point, those that are participating in the meet may sign up for a lane assignment shift online. On Thursday evening, the Lane Timing Coordinator will pre-assign the empty slots (those jobs that members have not volunteered to work) to families that are participating in that meet. During the meet, if there is an empty chair during any of the shifts that are FLEET's, **the family that is assigned for that time shift will be fined \$50.00. No one is excluded from being assigned a chair. You will have to make arrangements on your own if you are assigned a time that is a conflict for you,**

CFSC Fee Structure and Refund Policy

The Cypress Fairbanks Swim Club does not issue refunds for registration fees. Members register for a program that lasts an entire swim year. The club divides the program fees into monthly payments for the convenience of our members, much like balanced billing. The swim season runs from September through the following August each year and is divided into a Short Course season, which runs from September through March and a Long Course season that generally lasts from April through August. To withdraw from a program, an email must be sent to: fleetoffice@fleetswimming.com no later than the end of the prior month. All withdrawals are effective on the first of the month following the month in which we have received written notification.

Late-Payment Fee

It is each member's responsibility to ensure that payments are made on time and in full each month, including monthly dues, meet charges, private lessons and any other charges. A reminder notice is electronically mailed to all club members at the beginning of each month. Statements close on the 1st of each month. Payments are due by the 5th of the month. Member families who have not paid their monthly bill by the 15th of the month will be assessed a \$35 late payment fee. *Members with past due balances will be required to pay their past due charges as well as all current charges to return their accounts to good standing and return to practice and/or competition.*

_____ I have read and I understand the Fee Explanation Pages. Date: _____

CREDIT CARD BILLING

I understand that the credit card listed below will be charged monthly for the balance on my account on the 1st of each month, including all dues, meet entry fees, logo-wear, and any other charges. I understand that I will be charged a 3% credit card handling fee in conjunction with the use of this card. This card will continue to be charged each month, until Cypress-Fairbanks Swim Club is notified in writing to discontinue the use of the credit card. We accept Visa, MasterCard and Discover card.
Credit Card Information: Please circle the type of card you are using: Visa / MasterCard / Discover card

Name on Card: _____

Credit Card Number: _____

Expiration Date on card: _____ 3 Digit number on back of card: _____

I hereby authorize Cypress-Fairbanks Swim Club to charge the above card for the balance on my account, plus the 3% credit card handling fee.

_____ I understand the FLEET credit card policy (if applicable) Date: _____



Medical Release Waiver

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 **Cypress Fairbanks Swim Club** to seek and give appropriate medical attention for my child(ren) in the event of an accident, injury, or illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

Furthermore, IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN ANY WAY IN THE CYPRESS FAIRBANKS SWIM CLUB COMPETITIVE PROGRAM, I hereby:

1. ACKNOWLEDGE AND FULLY UNDERSTAND THAT EACH PARTICIPANT WILL BE ENGAGING IN ACTIVITIES THAT INVOLVE RISK OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY AND DEATH, AND SOCIAL AND ECONOMIC LOSSES WHICH MIGHT RESULT NOT ONLY FROM THEIR OWN ACTIONS, BUT ACTIONS OR NEGLIGENCE OF OTHERS.
2. ASSUME ALL THE FOREGOING RISKS AND ACCEPT PERSONAL RESPONSIBILITY FOR THE DAMAGES FOLLOWING SUCH INJURY, PERMANENT DISABILITY OR DEATH.
3. RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE CYPRESS FAIRBANKS SWIM CLUB, THEIR RESPECTIVE ADMINISTRATORS, DIRECTORS, AND LEASERS OF PREMISES USED TO CONDUCT THE EVENT, ALL OF WHICH ARE HEREIN AFTER REFERRED TO AS "RELEASES", FROM DEMANDS, LOSSES, OR DAMAGES ON ACCOUNT OF INJURY, INCLUDING DEATH OR DAMAGES TO PROPERTY, CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASE OR OTHER WISE.

_____ **I have read, understand and agree to the Medical Release Waiver. Date: _____**

Press Release Waiver

I GRANT TO CFSC, THE RIGHT TO USE MY NAME, LIKENESS, AND IMAGE, IN PRINT, VIDEO OR ELECTRONIC MEDIA FORM, IN PROMOTIONAL MATERIALS OR ANY ACCOUNT OR RECORD OF MY PARTICIPATION IN ACTIVITIES SPONSORED OR PROMOTED BY CFSC.

_____ **I have read, understand and agree to the Press Release Waiver. Date: _____**



Athlete Conduct Policy

As a member of the Cypress Fairbanks Swim Club (CFSC), otherwise known as "FLEET", by checking "I Agree" below, I understand and will comply with the following guidelines as set forth by CFSC. The intent of these guidelines is to insure that the behavior of each athlete and PARENT is consistent with the FLEET policies and objectives as stated in the FLEET handbook. Team members shall be construed to mean any swimmer athlete who is representing the "FLEET".

1. Team members will refrain from any illegal or inappropriate behavior that would detract from a positive image of the Cypress Fairbanks Swim Club or be detrimental to its performance objectives.
2. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow athletes, competitors and the public.
3. Team members will attend all team functions including meetings, warm-ups, competitions, practices, exhibitions and press conferences unless otherwise excused by the Head Coach.
4. Curfews established by the Head Coach will be strictly adhered to each day. Team members accept responsibility for any loss or damages to accommodations, facilities, or property for the duration of the meet. Financial responsibility for loss or damages belongs to team members and or parents or guardian.
5. The possession or use of alcohol, tobacco products or controlled substances by any team member of the Cypress Fairbanks Swim Club is prohibited.
6. To insure the propriety of team members and to protect coaches and staff, there will be no male team members in female team member's room and no female team member's in male team member's room during trips when swimmers are unaccompanied by parent or guardian unless the door is open.
7. Any form of sexual misconduct or sexual harassment is strictly prohibited by the Cypress Fairbanks Swim Club.
8. Team members shall adhere to any additional guidelines established by the Head Coach, Head Age-Group Coach, Meet Director, or Safety Marshal for a particular meet.
9. All athletes will not speak disrespectfully to other athletes or use profanity during practice, at the Fleet Facility or during swim meets.

IMPLEMENTATION OF THE CODE OF CONDUCT

All team members and staff are apprised in writing of this policy. Annual signature of the document constitutes unconditional agreement to comply with the Code of Conduct as set forth by the CFSC. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary actions, which may include but are not limited to:

- I. Dismissal from the team and immediate return home at the expense of parent or guardian.
- II. Disqualification from one or more events, or all events of competitions.
- III. Suspension from further team activities for a specified duration.
- IV. Disqualification from future meets.

The Cypress Fairbanks Swim Club establishes a zero-tolerance policy for the following team member infractions, which result in dismissal from the team and immediate return home at the expense of parent or guardian. The infractions include but are not limited to: the possession or use of alcohol, tobacco products, controlled substances, and any form of sexual misconduct. If a team member is involved in a disciplinary action that constitutes dismissal from the team and /or immediate return home, the following sequence of event will occur:

1. It is the responsibility of the coach to contact the Board President immediately or next in line to inform the board of this action.
2. The team member will be required to attend a meeting that will occur within seven days of the incident and will include the following: team member, parent or guardian, coach or staff member, available board members.
3. The team member will be allowed to present any information or evidence at that time and a decision will be rendered as to any further course of disciplinary action.

_____ I have read, understand and agree to the Athlete Conduct Policy. Date: _____



Parent Conduct Policy

As a parent of a swimmer and member of Cy-Fair Swim Club, I will abide by the following guidelines:

- 1) Practice teamwork with all parents, swimmers and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
- 2) As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
- 3) Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- 4) Maintain self-control at all times. Know my role.
 - a) Swimmers – Swim
 - b) Coaches – Coach
 - c) Officials – Officiate
 - d) Parents – Parent
- 5) As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
- 6) Enjoy involvement with Fleet by supporting the swimmers, coaches and other parents with positive communication and actions.
- 7) During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.

Sanctions. Should I conduct myself in such a way that brings discredit or discord to Cypress Fairbanks Swim Club, or USA Swimming, I voluntarily subject myself to disciplinary action. Fleet maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

_____ I have read, understand and agree to the Parent Conduct Policy. Date _____



THIS POLICY APPLIES TO:

- All USA Swimming non-athlete members and adult athlete members;
- Participating non-members (e.g., meet marshals, meet computer operators, timers, etc.);
- LSC and club adult staff and board members; and
- Any other adult authorized to have regular contact with or authority over minor athletes.

Collectively “Applicable Adult(s)”

GENERAL REQUIREMENT

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

ONE-ON-ONE INTERACTIONS

I. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor’s legal guardian) must occur at an observable and interruptible distance from another adult unless meeting with a Mental Health Care Professional and/or Health Care Provider (see below) or under emergency circumstances.

II. Meetings

- a. Meetings between a minor athlete and an Applicable Adult may only occur if another adult is present and where interactions can be easily observed and at an interruptible distance from another adult, except under emergency circumstances.
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Applicable Adult or athlete’s hotel room or other overnight lodging location during team travel.

III. Meetings with Mental Health Care Professionals and/or Health Care Providers

If a Mental Health Care Professional and/or Health Care Provider meets with a minor athlete in conjunction with participation, including at practice or competition sites, a closed-door meeting may be permitted to protect patient privacy provided that:

- a. The door remains unlocked;
- b. Another adult is present at the facility;
- c. The other adult is advised that a closed-door meeting is occurring; and
- d. Written legal guardian consent is obtained in advance by the Mental Health Care Professional and/or Health Care Provider, with a copy provided to the club.

IV. Individual Training Sessions [Recommended]

Individual training sessions outside of the regular course of training and practice between Applicable Adults and minor athletes are permitted if the training session is observable and interruptible by another adult. Legal guardians must be allowed to observe the training session.

SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS

I. Content

All electronic communication from Applicable Adults to minor athletes must be professional in nature.

II. Open and Transparent

Absent emergency circumstances, if an Applicable Adult with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete's legal guardian must be copied. If a minor athlete communicates to the Applicable Adult (with authority over the minor athlete) privately first, said Applicable Adult must

copy the minor athlete's legal guardian on any electronic communication response to the minor athlete.

When an Applicable Adult with authority over minor athletes communicates electronically to the entire team, said Applicable Adult must copy another adult.

III. Requests to Discontinue

Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Applicable Adult subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours

Electronic communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication

Applicable Adults with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Applicable Adults are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Applicable Adult has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may "friend" the club and/or LSC's official page.

Applicable Adults with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms.

TRAVEL

I. Local Travel

Local travel consists of travel to training, practice and competition that occurs locally and does not include coordinated overnight stay(s).

Applicable Adults must not ride in a vehicle alone with an unrelated minor athlete, absent emergency circumstances, and must always have at least two minor athletes or another adult in the vehicle, unless otherwise agreed to in writing by the minor athlete's legal guardian.

[Recommended]

Legal guardians must pick up their minor athlete first and drop off their minor athlete last in any shared or carpool travel arrangement.

II. Team Travel

Team travel is travel to a competition or other team activity that the organization plans and supervises.

- a. During team travel, when doing room checks two-deep leadership (two Applicable Adults should be present) and observable and interruptible environments must be maintained.

When only one Applicable Adult and one minor athlete travel to a competition, the minor athlete's legal guardian must provide written permission in advance and for each competition for the minor athlete to travel alone with said Applicable Adult.

Team Managers and Chaperones who travel with the club or LSC must be USA Swimming members in good standing.

- b. Unrelated non-athlete Applicable Adults must not share a hotel room, other sleeping arrangement or overnight lodging location with an athlete.

Minor athletes should be paired to share hotel rooms or other sleeping arrangements with other minor athletes of the same gender and of similar age. When a minor athlete and an adult athlete share a hotel room or other sleeping arrangement, the minor athlete's legal guardian must provide written permission in advance and for each instance for the minor to share a hotel room or other sleeping arrangement with said adult athlete.

- c. Meetings during team travel must be conducted consistent with the One-on-One Interactions section of this Policy (i.e., any such meeting must be observable and interruptible). Meetings must

not be conducted in an individual's hotel room or other overnight sleeping location.

LOCKER ROOMS AND CHANGING AREAS

- I. Requirement to Use Locker Room or Changing Area
The designated locker room or changing area must be used when an athlete or Applicable Adult changes, in whole or in part, into or out of a swimsuit when wearing just one suit (e.g., deck changing is prohibited).
- II. Use of Recording Devices
Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces by a minor athlete or an Applicable Adult is prohibited.
- III. Undress
An unrelated Applicable Adult must not expose his or her breasts, buttocks, groin or genitals to a minor athlete under any circumstance. An unrelated Applicable Adult must not request an unrelated minor athlete to expose the minor athlete's breasts, buttocks, groin or genitals to the unrelated Applicable Adult under any circumstance.
- IV. One-on-One Interactions
Except for athletes on the same team or athletes attending the same competition, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area, except under emergency circumstances. If the organization is using a facility that only has a single locker room or changing area, separate times for use by Applicable Adults must be designated.
- V. Monitoring
The club must regularly and randomly monitor the use of locker rooms and changing areas to ensure compliance with this Policy. Locker rooms and changing areas may be monitored by use of the following methods:
 - a. Conducting a sweep of the locker room or changing area before athletes arrive;
 - b. Posting staff directly outside the locker room or changing area during periods of use;
 - c. Leaving the doors open when adequate privacy is still possible; and/or
 - d. Making occasional sweeps of the locker rooms or changing areas with women checking on female locker rooms and men checking on male locker rooms.

Every effort must be made to recognize when a minor athlete goes to the locker room or changing area during practice and competition, and, if the minor athlete does not return in a timely fashion, to check on the minor athlete's whereabouts.
- VI. Legal Guardians in Locker Rooms or Changing Areas
Legal guardians are discouraged from entering locker rooms and changing areas. If a legal guardian does enter a locker room or changing area, it must only be a same-sex legal guardian and the legal guardian should notify a coach or administrator in advance.

MESSAGES AND RUBDOWNS/ATHLETE TRAINING MODALITIES

- I. Definition: In this section, the term “Massage” refers to any massage, rubdown, athletic training modality including physical modalities (e.g., stretching, physical manipulation, injury rehabilitation, etc.) and electronic or instrument assisted modalities (e.g., stim treatment, dry needling, cupping, etc.).
- II. General Requirement
Any Massage performed on an athlete must be conducted in an open and interruptible location and must be performed by a licensed massage therapist or other certified professional. However, even if a coach is a licensed massage therapist, the coach must not perform a rubdown or massage of an athlete under any circumstance.
- III. Additional Minor Athlete Requirements
 - a. Written consent by a legal guardian must be obtained in advance by the licensed massage therapist or other certified professional, with a copy provided to the club.
 - b. Legal guardians must be allowed to observe the Massage.
 - c. Any Massage of a minor athlete must be done with at least one other adult present and must never be done with only the minor athlete and the person performing the Massage in the room.
 - d. [Recommended] Any Massage of a minor athlete must only occur after a proper diagnosis from a treating physician and be done in the course of care according to the physician’s treatment plan.



Acknowledge of Policy Agreement

I acknowledge that I have received, read and understood the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Cypress Fairbanks Swim Club (USA Swimming member club).

Name: _____

Signature: _____

Date: _____