



## **MEMBERSHIP PACK**

***September 1<sup>st</sup>, 2017 – August 30<sup>th</sup> 2017***

# Contents

Stingray Swim Club .....	3
About Stingray .....	3
Mission Statement .....	3
Fundraising.....	4
Key Contacts.....	5
Stingray President .....	5
Head Coach .....	5
Assistant Coach, .....	7
Key Membership Contacts.....	7
Submission of Forms / Documents.....	7
Stingray Pathway .....	8
Bronze .....	9
Silver.....	9
Gold.....	10
High School Development.....	10
Senior .....	10
High Performance .....	11
Masters .....	11
Squad Expectations.....	12
Practice Schedule.....	13
Recommended Kit.....	14
Who is CIASA?.....	15
Website; Team Unify .....	16
Team Unify Profile .....	16
Meets and Events.....	16
Social Media;.....	17
MEMBERSHIP PACKAGE.....	18



## **Stingray Swim Club**

### ***About Stingray***

Founded in 1996, with a goal to promote the sport of competitive swimming at all levels, our club is a year around competitive swim team offering high quality support and technique instruction for all ages and abilities. The aim of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

Our Club provides assurances that the time children spend in swimming will be quality time offering guidance not only in their development as athletes but also as young members of society.

The Stingray Swim Club, a not-for-profit club, is run by its elected Board of Directors which meets each month. All members are welcome to attend the AGM and encouraged to get involved in team activities and fundraisers.

At the end of this document is a series of forms which must be returned before swimmers can train and compete on behalf of Stingray Swim Club. These forms include;

- Membership Form
- Personal Details Form
- Fee – Gear Form
- CIASA Membership
- Code of Ethics Form
- Image Release Form
- Volunteer Form

We hope the following information provides you with insight into the club and answers any questions you may have.

### ***Mission Statement***

*“We are committed to providing swimmers of all abilities with the opportunity and encouragement to pursue performance excellence in an environment, built upon a team first philosophy, which relies on discipline, teamwork and sportsmanship.”*



### ***Fundraising***

Stingray is a 'not-for-profit' organization that relies on its membership to fund the Club's activities such as paying for our coaches and providing our swimmers with the best facilities and opportunities that we can afford. Although membership fees represent a considerable slice of the budget, funds raised through fund raising activities and donations also play a crucial role.

There are many ways to help our community grow and thrive. As we strive to provide equal opportunity for all swimmers and families, we expect each member to help by contributing a minimum of 15 hours of fundraising. An additional \$50 is added to your account at the start of the year, this fee is refundable when those hours are completed. Any ideas that you might have, old or new, one would be most welcome.

The club website is the hub for information and events, you can sign up to events using the job signup function to help track your hours. Hours can be logged in a variety of ways including;

- Meet Directors
- Time keeping
- Meet Set Up
- Meet Clear Up
- Team Managing trips abroad
- Club Concessions

At the back of this membership package is a volunteer's form. Please fill out the form and return it to us to indicate how you will help.

## ***Key Contacts***

Throughout your time with us you may seek advice or questions about the club. The following contacts and key people will be able to answer your questions whether it is swimming, coaching related or something else.

### ***Stingray President***

- Kathy Jackson; [Stingraypres@gmail.com](mailto:Stingraypres@gmail.com)

### ***Head Coach***

- David Pursley; [Stingrayheadcoach@gmail.com](mailto:Stingrayheadcoach@gmail.com)

David started his coaching career under former national team coach Ray Benecki, in Mclean Virginia with FISH swim team. Coach Benecki was an excellent mentor for the development of technique and most especially freestyle and famous for his development of former world record holder Kate Ziegler. David coached Benecki's son to best times at the U.S. nationals in his first year with FISH. He then went on to coach in Chapel Hill, NC with North Carolina Aquatic Club under U.S. World Championship team coach, Rich DeSelm. Here he coached the 11-14 age group with tremendous success with 100% of his swimmers attaining life time best times during his two seasons. While with NCAC all 12 of his 14 and under swimmers qualified to represent the state of NC at the ESSZ Age Group sectionals. Six of his swimmers achieved top 20 nationally ranked age group times.

Before David arrived at Stingray he spent the last two years coaching at the University of Alabama where he saw unprecedented results coaching the breaststrokers and IMers. In his second year, he achieved 100% best times at the SEC championships and qualified four freshmen for the NCAA championships. Three Breaststrokers finished with top 8 times in the nation during David's last season. One swimmer Anton Mckee, set an SEC record and 3 Icelandic records while swimming for David. Anton's long course 200br time at the LA invite ranked him 12th in the world at the time in just his first ever season swimming the 200 Breaststroke. David's swimmers contributed to 8 new team records at the University of Alabama.

Since coach David's arrival at SSC three years ago, the club has seen great success. This significant progress has resulted in more and more swimmers attending overseas meets and a competitive year around meet calendar. Coach David's passion for excellence is evident in the 2017 Carifta results. As part of team Cayman, a group which predominantly consisted of Stingray swimmers, the group returned with 50 medals in the pool, the biggest medal haul in the country's history placing the Cayman Islands 3<sup>rd</sup> in the medal table. Key performances included Ali Jackson with the highest FINA points and a national record to boot.

Intern team Stingray has capitalized on this success 11 Stingray of the 13 swimmers went on to represent the Cayman Islands at UANA, Pan American Open water swimming championships. In addition, 3 Swimmers followed suit to represent their country at the Youth Commonwealth games

Coach David is more than a swimmer's coach he has laid down the foundations to provide swimmers with the opportunity to graduate and leave Stingray with scholarships to higher education program's in the US and further afield. This innovation to create more than just an athlete is what will propel Stingray into the spotlight as one of the best clubs in the Caribbean.

### ***Assistant Coach,***

- Neil Hamp: [Stingrayswimcoach@gmail.com](mailto:Stingrayswimcoach@gmail.com)

Whilst at university Neil still swam competitively and began his coaching career both with the university squad and a local club. His interest in sport led him to take up a temporary post in the US, working on a sports camp for one summer. Unfortunately, whilst coaching basketball he tore multiple ligaments in his knee and was forced to return home on crutches; one ACL operation later his knee is better than new!

Approached by former Olympian and friend Seth Chappels in 2013, Neil was employed to head up a programme of 300 swimmers in Dubai, working across a school network delivering learn to swim lessons and fostering age group talent from around the Middle East. Most notably, he coached a Hungarian brother and sister duo who became national qualifiers and went on to achieve top 5 rankings in their respective age groups across multiple events. Working with multiple nationalities in the fields of masters swimming and triathlon, Neil has coached several retired Olympians and Great Britain Veterans. Not averse to a little competition himself, Neil, as part of a team consisting of a GB veteran cyclist and a former marathon runner, came first at the Dubai International Triathlon. His time in Dubai was capped off with his mentoring of a Pakistani International and Olympian. Under his guidance, she now holds 7 national records across multiple events. She was a gold and silver medalist in both the 200 and 100m breaststroke at the 'South Asian Games' and competitor at FINA world championships in Kazan, Russia where she proceeded to break the national record for 50m freestyle; she has since gone on to compete at the 2016 Rio games.

### ***Key Membership Contacts***

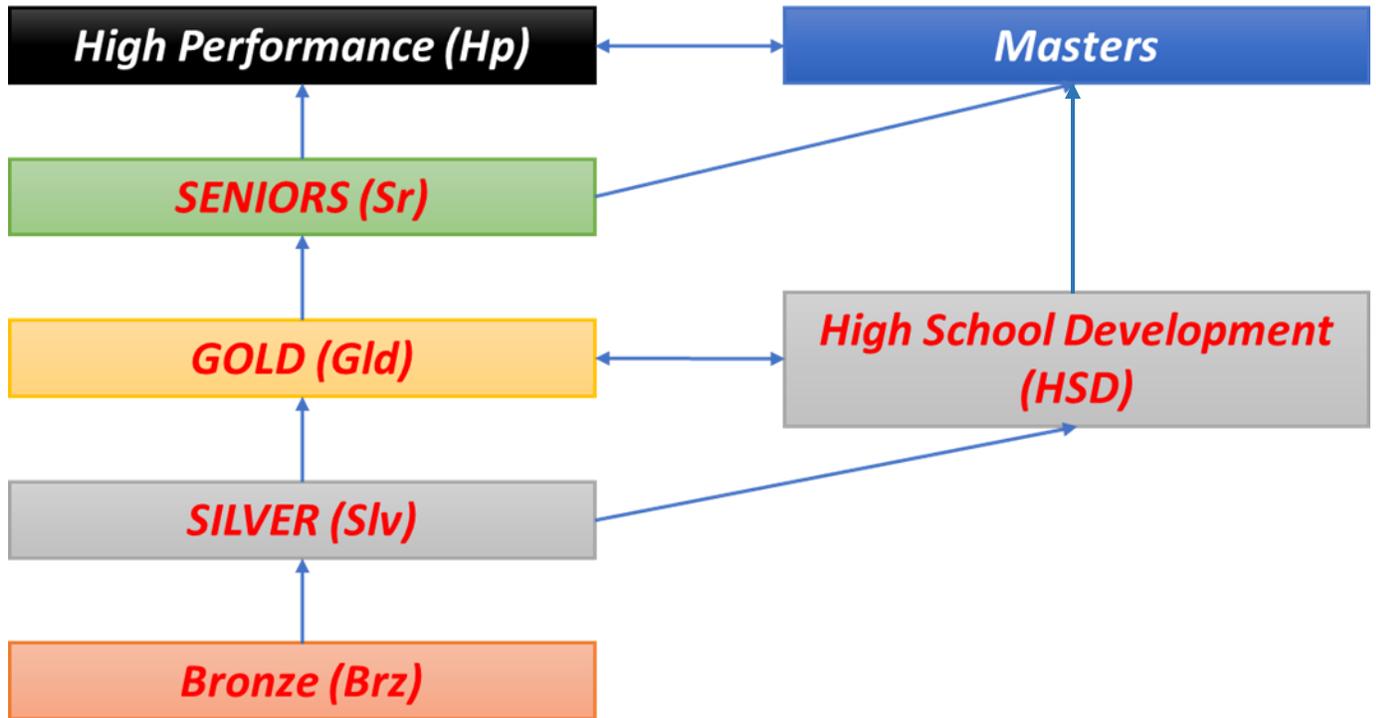
- Membership Criteria, Marlene West: [stingraysecretary@gmail.com](mailto:stingraysecretary@gmail.com)
- Dues and Fees, Victoria Hollingsworth-Havlin: [stingraytreasurer@gmail.com](mailto:stingraytreasurer@gmail.com)
- Team Gear and Orders, Lynne Walton: [lynne@rainbow.ky](mailto:lynne@rainbow.ky)

### ***Submission of Forms / Documents***

All Forms/documents should be provided to either of the coaches, the club Secretary or Club Treasurer or may be placed in the locked drop box on the Stingray office door. The drop box is emptied daily.



### Stingray Pathway



Stingray's coaches have developed this continuum and squad progression by adopting an 'American styled' approach; this enables Stingray coaches to provide the necessary training and technical support so that each swimmer can develop in a progressive structured manner.

## **Bronze**

The club's ethos is one of team work and self-improvement. The Bronze group is Stingray's fundamentals group. All four stroke disciplines are introduced and taught in such a way that enables each swimmer to swim legally in competition. The coaches establish these key swimming skills by teaching basic stroke mechanics early on and developing the initial body position and kicking fundamentals needed.

Bronze group swimmers are introduced to starts and turns early on to ensure they meet the FINA standards, because we encourage Bronze members to compete in all our home hosted meets. It is necessary to achieve these standards before competing to avoid disqualification when racing. We emphasize the importance of fun, whilst creating an energetic and exciting competitive environment.

The group meets 3 times per week for 55 minutes. To join the group prior swimming instruction is needed as it is not a learn-to-swim programme.

**Required Kit:** kick board and short blade fins

*Please see page 14 for further advice about buying the right kit.*

## **Silver**

The Silver group is intended for swimmers who have developed the necessary skills to compete in all four stroke disciplines. The foundations learnt in Bronze are vital and must be reinforced whilst maintaining a fun and exciting environment. Additional team building activities, racing, and games are often used to further develop a team spirit and philosophy.

Basic swimming sets are used to highlight the importance of hard work, as swimmers progress both in skill and swimming vernacular they are then introduced to basic training concepts such as track starts, competitive flip turns, underwater techniques, race skills such as pacing and reading the clock.

All these important skills are developed progressively. The group meets 4 times per week for 60 minutes to capitalize on what is being learnt. Engaging swimmers on a regular basis will engrain these newly learnt motor skills so that swimmers can apply them when racing. Silver swimmers are required to participate in all Stingray hosted meets and encouraged to participate in select away meets.

**Required Kit:** kick board, short blade fins, competitive swimming snorkel

*Please see page 14 for further advice about buying the right kit.*

## **Gold**

Gold squad meets 6 times per week for 120 minutes (2Hrs) in the water and 15-30 minutes of dryland training. During this phase gold swimmers are introduced to advanced training methods and have the opportunity to swim some practices with our senior swimmers to help foster a fun and competitive environment.

The main emphasis is on the retention of the fundamentals learnt in the bronze and silver squads. Swimmers should capitalize on what they have learnt as they are introduced to the latest and most advanced skills and drills as race strategy is refined before competition preparedness is introduced.

The gold group is required to participate in all hosted meets and one end of season (championship) meet per year. Coaches aim to continue the spirit of a team environment and strive to create a fun and passionate group.

**Require Kit:** kick board, short blade fins, competitive swimming snorkel, pull buoy, paddles, yoga mat

*Please see page 14 for further advice about buying the right kit.*

## **High School Development**

The high school development programme is designed for swimmers who are 13 years or older and still love the water. These individuals are looking to swim for fitness whilst exploring the sport of swimming without diving head first into an all-out commitment. The programme provides a platform for late starters to develop with people of similar age and mind set.

Key themes of these practices are technique and fitness; the sessions are formatted to best help the individual members of the group. Swimmers from the high school development group can progress on to the senior squad without working their way through the entirety of the programme. Attendance is encouraged but will not be clocked; we look forward to introducing and sharing our sport with high school aged kids without the intimidation of those who have been swimming for years.

## **Senior**

Stingray's Senior group is an advanced competitive training group where swimmers are pushed to find their physical thresholds in all modalities of training. They are introduced to the latest and most advanced training concepts, goal setting and educated to understand the commitment and intricacies of elite swimming. This group has mandatory practices 6 times per week for 2 hours in the water and 15 – 30 minutes of dryland training.

Senior swimmers are invited to participate in the morning practices and gym sessions with the high-performance group. Coaches of this group strive to inspire their swimmers to push themselves beyond their limits to help build confidence and promote an exciting training environment. We require the Senior swimmers to participate in all hosted meets and one end of season (championship) meet per season (2 per year). **Required Kit:** kick board, short blade fins, competitive swimming snorkel, pull buoy, paddles, drag belt, yoga mat

*Please see page 14 for further advice about buying the right kit.*

## **High Performance**

Our most advanced training group is our High-Performance group (HP). This group has access to swim analysis breaking down training into volumes (yards/meters), energy systems, training and competitive pacing, rates and stroke counts. Our HP group is designed to give our swimmers exposure to the most advanced training concepts in the world.

Scientific methods are used to both individualise and maximise each swimmer's potential in both training and competition, swimmers in this group are be taught advanced biomechanics through film study, strength training concepts, nutrition, and time management skills. The goal of this group is to prepare our swimmers for international competition and ready them to join elite University teams.

Swimmers are expected to have a 100% practice attendance and participation in all scheduled competitions is expected. The group meets in the water for 120 minutes (2Hrs), 8 to 10 times per week depending on the time of season, in the gym 2 times per week and dry land for 15-30 minutes before each water session. Swimmers in this group will exit prepared for a University training environment understanding the coach philosophies of commitment, character and attitude, competitive spirit, hard work, dedication, and a team first attitude that will help to create a fun and inspiring environment.

**Required Kit:** kick board, fins, competitive swimming snorkel, pull buoy, paddles, drag belt, yoga mat

*Please see page 14 for further advice about buying the right kit.*

## **Masters**

For those who are working towards individual or competitive goals outside the realms of competitive meets we run a structured Masters programme. This group practices three times per week for 1 hour and open to all ages and abilities with a qualified experienced coach poolside to guide you as you go. The group is diverse including; novice learners, former club swimmers, open water competitors, triathletes and those who train for fitness. With the wealth of knowledge our coaches possess they can help develop your strokes, skills and fitness.

If you wish to join please contact our coaches and they will be able to help you forge a path to realise your swimming goals.



## Squad Expectations

<b>Squad Criteria</b>						
Group	Age Ranges	Performance Expectations		Weekly Outlook		
		Training	Competitions	Practices Per week	Session Length (Minutes)	Attendance expectation
Bronze	6 to 12	Able to complete 25m legally in 3 of 4 strokes	Optional	3	45	
Silver	8 to 12	4x 100 free @2:30 4x100 kick @ 3:00	Participate in all hosted meets	4	60	75%
Gold	Girls: 10 to 18	5x 100 free @2:00 5x100 kick @ 2:30	Participate in all hosted meets and one championship meet	6	120	80%
	Boys: 12 to 18					
HSD High School Development	13 & Up	Able to complete 100m legally in 3 of 4 strokes	Optional	3	60	
Senior	Girls: 12 & Up	10 x 100fr @1:45 2,000 IM set @2:00 base	Participate in all hosted meets and two championship meets	8	120	80%
	Boys: 13 & Up					
HP High Performance	Girls: 12 & Up	10 x 100fr @1:35 2,000 IM set @1:45 base	Participate in all scheduled meets	8 to 10	120	100%
	Boys: 13 & Up					

\*Transition swimmers will be left to the sole discretion of the coaching staff. At least one training expectation of the next group will need to be met before transition will be considered. Silver transition swimmers will practice with Gold up to 3 times per week during off days. Transition swimmers from Gold and Senior to High Performance will be required to attend morning practices.



## Practice Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
<b>Bronze</b>		Rest		5 - 5.45pm		Rest		5 - 5.45pm		Rest	9 - 10am	
<i>Dryland</i>												
<b>Silver</b>		4 - 5 pm				4 - 5 pm				4 - 5 pm	9 - 10am	
<i>Dryland</i>												
<b>Gold</b>		5.00 - 7.00pm		5 - 7pm		5 - 7pm		5 - 7pm		5 - 7pm	6.30 - 9am	
<i>Dryland</i>				5 - 5.30pm				5 - 5.30pm			6.30 - 7am	
<b>Senior</b>	5.15 - 7.15am	5 - 8pm		5 - 8pm	5.15 - 7.15am	5 - 8pm		5 - 8pm	5.15 - 7.15am	5 - 8pm	6.30 - 9am	
<i>Dryland</i>		5 - 8pm	5.50 - 7.15am	5 - 8pm		5 - 8pm	5.50 - 7.15am	5 - 8pm		5 - 8pm	6.30 - 7am	
<b>HP</b>	5.15 - 7.15am	5 - 8pm	5.15 - 7.15am	5 - 8pm	5.15 - 7.15am	5 - 8pm	5.15 - 7.15am	5 - 8pm	5.15 - 7.15am	5 - 8pm	6.30 - 9am	
<i>Dryland</i>		5 - 8pm		5 - 8pm		5 - 8pm		5 - 8pm		5 - 8pm	6.30 - 7am	
<b>HSD</b>		5 - 6pm				5 - 6pm				5 - 6pm		
<i>Dryland</i>												
<b>Masters</b>	12.30 - 1.30pm				8 - 9am				12.30 - 1.30pm			

**Note:** Swimmers are expected to arrive 15 minute prior to practice starting to complete activation and or other routines



## Recommended Kit

Equipment is necessary and required when training, kick boards and pull buoys have no particular requirement but we would suggest the following recommended brands for snorkels, fins, paddles and goggles:

- Snorkel: A3 or Ylon-A
  - [A3 Link](#)
  - [Ylon-A Link](#)
- Short Blade Fins: Arena Power Fin; Speedo for Silver and Bronze
  - [Arena Power Fin Link](#)
  - [Speedo Fin Link](#)
- Paddles: 'Stroke Maker' paddles appropriate size, with removable wrist strap
  - [Stroke Maker Link](#)
- Goggles: Speedo vanquisher 2.0 goggles
  - [Vanquisher Series Link](#)

Goggles can be chosen based on the preference of the use but please bear in the mind the following when choosing the best goggle. Please do not purchase the cheapest pair, they will fall apart.

*"Racing goggles need to be hydrodynamic, with a lens that fits cleanly into the socket, and without any protruding pieces that will catch water. Most goggles these days are very hydrodynamic, and there isn't much difference between practice goggles and racing goggles in this area. Small and curved lenses generate the least drag in the water."*

Most basic equipment can be found at most sports suppliers on island however when purchasing club costumes by AGON and team clothing please speak to [Adrien Royston](#). If you cannot find the equipment you are looking for or correct sizes, we suggest using [Swimoutlet.com](#).

## Who is CIASA?

Each sport is governed and supported by an organisation dedicated to the development of that sport. In that respect the national governing body for swimming in the Cayman Islands is CIASA.

*“The Cayman Islands Aquatic Sports Association (CIASA) is a not for profit association comprised of volunteers dedicated to the promotion and development of all aquatic sports in the Cayman Islands.*

*CIASA is the recognized national governing body of aquatic sports in the Cayman Islands and is an affiliated member of FINA, UANA, CCCAN, CIGA and the CIOC.”*

To compete in meets here or overseas it is necessary to be a member of CIASA. CIASA regulates swimming and sets standards and expectations for swimming across the islands, registering members ensures swimmers are of a certain standard. For further details about CIASA and to support our governing body please find their website below.

Website: [www.ciasa.ky/](http://www.ciasa.ky/)

Registration forms can be found at the rear of this membership package.

Shooting stars - programmer

- Development Squads
- Junior Team

## Website; Team Unify

Team Unify is a universally adopted software used throughout the US and abroad to help clubs manage their members, finances and events.

### ***Team Unify Profile***

Once your membership has been authorised approved you will be provided with appropriate details to log into your account, from here you will be able to see what is happening within the club. Your family profile is linked to your swimmer's roster or squad and an events page.

The club's website is as follows; Caymanswimming.com

### ***Meets and Events***

Meets and events will be posted on the website. The process is simple: click the following link and once you have signed in, you will be brought to a webpage on our team website; here you can commit or not commit your child to the meet. If you have more than one child swimming you will see them listed on this page.

[http://www.teamunify.com/EvSignup.jsp?event\\_id=730416&team=iscisssc](http://www.teamunify.com/EvSignup.jsp?event_id=730416&team=iscisssc)

Here are the steps if you ARE **NOT GOING**:

1. Click on the Member Names [they default to Not Committed]
2. Then click on the Signup Record pull-down at the bottom and select **No**
3. If No, just click on the [Save Changes] button to save the changes
4. If you have more than one child, repeat the same task as listed above

Instructions for attending overleaf.

Here are the steps if you **ARE GOING**:

Click on the Signup Record pull-down and **select Yes**

1. Once yes is selected, you will see the events your child **MAY** be eligible to swim
2. You will also see the best times inserted into the Entry Time field and highlighted in yellow
3. Check the Checkbox to the left of the name for those events you would like to swim
4. Please take careful notice of the time standards that must be met in the right-side columns
5. Once you have finished, click on the Save Changes Button in the lower right
6. Repeat the process for additional swimmers
7. You will notice that Coach Approval column will indicate Pending after you submit.
8. **Please pay careful attention to:**
  - **Maximum Event Entry Limitations IF PRESENT. Click on the >>View if present.**
  - **Add any notes that you want the Coach or Administrator to see**
9. Your coach will review your declaration and APPROVE or REJECT your request and once they submit the final choices you will be able to review by signing in and clicking on the Attend This Event button for any events listed on our team website. **Look at the Coach Approval column for the events that you have been confirmed to swim.**
10. Meet Fees are calculated and posted to your account.

### ***Social Media;***

For updates on the club's activities we post images, videos and advertisements on all our social media platforms. Part of our communication strategy inclusive of the Team Unify website is social media, this platform enables Stingray to send out messages to those who may not be able to read emails on the go.

### ***FB Group Page***

Please find us on Facebook, like and follow the Stingray group page by searching; [CaymanStingraySwimClub](#) in the search bar.

### ***Instagram***

To find us on Instagram please search for [StingrayCayman](#) and follow.



## MEMBERSHIP PACKAGE

Name of Applicant: \_\_\_\_\_

Please return this checklist along with the completed forms to the SSC Treasurer with your payment by posting the documents in the post box attached to the office door on poolside. **There will usually be two time slots at the pool for collection of forms and payment during September/at the start of the swim season.**

- Membership Form
- Personal Details Form
- Fee - Gear Form
- CIASA Membership Form
- Code of Ethics Form
- Image Release Form
- Volunteer Form

Travel permission forms will be required for each overseas meet and will be provided for completion prior to travel.

Swimmers who transition from one swim group to another during the year will be charged the pro-rated coaching fees for their new group for the remainder of the membership year.

Please note that membership and coaching fees do not include meet fees, which are charged based on swimmers' participation in meets and will be invoiced monthly.

**Please note that membership and coaching fees do not include meet fees, which are charged based on swimmers' participation in meets and will be invoiced monthly.**

**Reminder: SSC is a Nut – Free Club. Please make the environment safe for our swimmers by not bringing nut products to the Lions Pool or SSC events**



## MEMBERSHIP FORM 2017 - 2018

Please PRINT clearly and complete ALL details for Board approval. Incomplete forms will not be approved. Please complete one form per family.

**SSC Website Account holder (parent/guardian) details:**

First name: \_\_\_\_\_

Surname: \_\_\_\_\_

Log-in email address: \_\_\_\_\_

Additional email #1: \_\_\_\_\_

Additional email #2: \_\_\_\_\_

Additional email #3: \_\_\_\_\_

Address:

\_\_\_\_\_  
(P.O. Box)                      (Number / Street Name)                      (City & Zip code)

Home phone #: \_\_\_\_\_

Mobile/Work #: \_\_\_\_\_

\*\*\*\*\*

**Contact Persons**

Mother/Guardian: \_\_\_\_\_

Father/Guardian: \_\_\_\_\_

D.O.B.: \_\_\_\_\_ Occupation: \_\_\_\_\_  
(DD/Month/YYYY)

D.O.B.: \_\_\_\_\_ Occupation: \_\_\_\_\_  
(DD/Month/YYYY)

Place of Business: \_\_\_\_\_

Place of Business: \_\_\_\_\_

Address (if different from above):

Address (if different from above):

\_\_\_\_\_  
(P.O. Box and Postcode)

\_\_\_\_\_  
(P.O. Box and Postcode)

\_\_\_\_\_  
(City & Country)

\_\_\_\_\_  
(City & Country)

Home #: \_\_\_\_\_

Home #: \_\_\_\_\_

Mobile #: \_\_\_\_\_

Mobile #: \_\_\_\_\_

Work #: \_\_\_\_\_

Work #: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

\*\*\*\*\*

**Swimmers details**

**Swimmer #1**

First Name: \_\_\_\_\_

Middle name: \_\_\_\_\_

Surname: \_\_\_\_\_

Preferred first name: \_\_\_\_\_

Male / Female    Date of Birth: \_\_\_\_\_  
(DD/Month/YYYY)

Mobile #: \_\_\_\_\_    Email: \_\_\_\_\_

Prior Member of SSC?    Yes    /    No

Swim Group: \_\_\_\_\_

Club Transfer?    Yes    /    No

Previous Club: \_\_\_\_\_

**Swimmer #2**

First Name: \_\_\_\_\_

Middle name: \_\_\_\_\_

Surname: \_\_\_\_\_

Preferred first name: \_\_\_\_\_

Male / Female    Date of Birth: \_\_\_\_\_  
(DD/Month/YYYY)

Mobile #: \_\_\_\_\_    Email: \_\_\_\_\_

Prior Member of SSC?    Yes    /    No

Swim Group: \_\_\_\_\_

Club Transfer?    Yes    /    No

Previous Club: \_\_\_\_\_

**Swimmer #3**

First Name: \_\_\_\_\_

Middle name: \_\_\_\_\_

Surname: \_\_\_\_\_

Preferred first name: \_\_\_\_\_

Male / Female    Date of Birth: \_\_\_\_\_  
(DD/Month/YYYY)

Mobile #: \_\_\_\_\_    Email: \_\_\_\_\_

Prior Member of SSC?    Yes    /    No

Swim Group: \_\_\_\_\_

Club Transfer?    Yes    /    No

Previous Club: \_\_\_\_\_

\*\*\*\*\*

**Waiver**

I/We, the undersigned, hereby apply to the Board of Directors of Stingray Swim Club (the "Club") for admission and registration of the above named swimmer(s) and parents as a registered swimmer and members of the Club.

I/We agree that we will all abide by the Club's Memorandum and Articles of Association, Rules, By-Laws, and the Regulations governing swimming as set by the Club and as amended from time to time.

I accept that there are risks of personal accident and injury and loss involved with swimming, and in joining the Club I shall voluntarily submit the above named swimmer(s) to such risks when participating in training, races and/or other events promoted, organised or administered by the Club, and I agree that the Club shall not be held responsible for any loss, damage, injury or death that the above named swimmer(s) or I may suffer when participating in any such events.

Signed: \_\_\_\_\_  
(Mother /guardian)

Signed: \_\_\_\_\_  
(Father / guardian)

Date: \_\_\_\_\_

Date: \_\_\_\_\_

## PERSONAL DETAILS – TRAVEL FORM 2017 – 2018

The following information is always required for swimmers travelling with SSC to overseas swim meets. By including this information in the membership registration process, you will not be requested to submit it again as a part of the Travel Documentation. Please complete one form per travelling swimmer.

*If your swimmer will be participating in an overseas meet, please advise the Secretary of any changes to the information below.*

### Health Insurance Details

Company: \_\_\_\_\_ Group #: \_\_\_\_\_  
Tel #: \_\_\_\_\_ Certificate #: \_\_\_\_\_  
Name of Insured: \_\_\_\_\_ Effective Date: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Emergency phone: \_\_\_\_\_  
Medical History: (List Allergies etc.) \_\_\_\_\_  
\_\_\_\_\_

### Child Passport Information (Please complete Passport 2 information if the swimmer travels with 2 passports)

<u>Passport 1</u>	<u>Passport 2</u>
Name on Passport: _____	Name on Passport: _____
Nationality: _____	Nationality: _____
Passport #: _____	Passport #: _____
Place of Issue: _____	Place of issue: _____
Issue Date: Birth _____	Issue Date: _____
Expiry Date: _____	Expiry Date: _____
Date of: _____	

If a Visa Control # / ESTA is required, state # and expiry date: \_\_\_\_\_

Additionally, please provide the following:

Colour copy of details page of passport(s)  Colour copy of front and back of insurance card

Parent Signature: \_\_\_\_\_

(PRINT)

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

# FEE / GEAR FORM 2017 - 2018

Name of Swimmer: \_\_\_\_\_

Complete One Form per Swimmer

\$CI	
<b>Annual MEMBERSHIP Fee (payable in full upon joining)</b>	
Membership fee (Includes CIASA Family membership)	300
Overseas membership fee (Includes CIASA Family membership)	150

Circle Required Selection

COACHING FEES (notes 1-4)	Payment in full	Payment #1	Payment #2	Initial payment	Please indicate payment preference for payment of coaching fees (all levels)
High Performance	700	350	375		<input type="checkbox"/> in full, or <input type="checkbox"/> in 2 instalments
Senior	600	300	325		
Gold	400	200	225		
Silver	250	125	150		
Bronze	150	75	100		
High School Development	150	75	100		
Overseas fees - weekly fee when on island	25				* Payable per week or part thereof

MANDATORY MINIMUM GEAR REQUIREMENT (notes 5 & 6)	\$	Qty	Total	Please indicate order size
T-shirt - Red	15			Youth: S M L / Adult: S M L XL
T-shirt - White	15			Youth: S M L / Adult: S M L XL
GIRLS Swim Suit	75			*
BOYS Swim Jammers	50			*
BOYS Swim Briefs	45			*

OPTIONAL / Additional GEAR (note 7)				
Travel Polo/Supporter Shirt - Red	30			Youth: S M L XL / Adult Men: XS S M L XL / Adult Women: S M L XL
Track suit jacket (travel team)	60			Youth: S M L / Adult: S M L XL
Track suit pants (travel team)	50			Youth: S M L / Adult: S M L XL
Swim back pack (travel team)	35			
Swim cap (One cap is included with membership)	15			
SSC Towel	40			
SSC Wet Bag	35			
Discount for 2 or more swimmers of CI\$50 in the same family			-50	

TOTAL INITIAL PAYMENT DUE

Payments can be made via cash/cheque or Online (CNB KYD A/c #011-08031) or (Butterfield KYD A/c#1361415940019) in the name of Stingray Swim Club.

\*Sizing charts for suit styles can be found online at [www.agon.com](http://www.agon.com). Please measure carefully and note the size required.

**Additional notes:**

1. Membership fees are payable in full at the start of the season (or upon joining). Coaching fees may be paid in full in September or in 2 instalments in September and January - please indicate which option you wish to pay by.
2. Coaching and Membership fees will be pro-rated for part years for new joiners after 1 October.
3. Membership and coaching fees do not include meet fees, which are charged based on swimmers' participation in meets and will be invoiced on a monthly basis.
4. Swimmers transitioning between groups will pay the difference in coaching fees between groups.
5. Mandatory gear requirement is one red and one white T-shirt, and one swimsuit. Last year's gear may be used provided it is in good condition.
6. HSD group swimmers will only require mandatory gear should they participate in swim meets.
7. Travel polos, track suit jacket and back pack are mandatory if swimmer is in a travel team at any time during the year.
8. A limited number of discretionary memberships are available each year for eligible swimmers, subject to certain requirements. Please contact the Secretary at [stingraysecretary@gmail.com](mailto:stingraysecretary@gmail.com) for an application form if you would like to apply.



**APPLICATION/RENEWAL FORM FOR MEMBERSHIP OF CAYMAN ISLANDS AQUATIC SPORTS ASSOCIATION**

<b>Surname:</b>				
<b>Given Names:</b>				
<b>Address:</b>				
<b>Date of Birth:</b>				
<b>Gender:</b>				
<b>Email(s):</b>				
<b>Telephone (Home/Work/Mobile):</b>				
<b>Name of Club/Swim School:</b>				
<b>Place of Work:</b>				
<b>Profession:</b>				
<b>Membership Category:</b>	<b>Adult (Age 15+)</b> <input type="checkbox"/> CI\$25	<b>Coach</b> <input type="checkbox"/> CI\$25	<b>Family</b> <input type="checkbox"/> CI\$50	<b>Child (Age 14-)</b> <input type="checkbox"/> CI\$15

**FAMILY MEMBERS (if applicable):** The appropriate subscription must accompany this application form, please attach an application form for each family member. Family Membership carries two votes at any general meeting of the Association. Members 15 and older may vote.

By submitting this form:

- I, above named, hereby apply to the Board of Directors of the Cayman Islands Aquatic Sports Association for admission/renewal as a member of the Association and for registration in the Register of Swimmers.
- I declare that I: (a) have attained the age of eighteen (if not applying as child); (b) am an amateur swimmer and have not participated in swimming on any professional basis; and (c) am not aware that I have any physical or other illness or impediment which might tend to endanger my own safety or that of others when I am swimming.
- I agree that I will abide by the rules and regulations of the Association governing aquatic sports as set by the Association from time to time.
- I accept that there are risks of personal accident and injury or loss involved in swimming, and in joining the Association I shall voluntarily submit to such risks when participating in training races or other events inspired, organised or administered by the Association and I agree that the Association shall not be responsible for any loss, damage, injury or death that I may suffer when swimming.

<b>Date of Electronic Submission:</b>	
---------------------------------------	--

**TO BE SUBMITTED VIA ELECTRONICALLY TO [CIASABOARD@GMAIL.COM](mailto:CIASABOARD@GMAIL.COM) OR THROUGH YOUR REGISTERED CLUB/SWIM SCHOOL - DO NOT PRINT**

**CASH/CHEQUE/ELECTRONIC TRANSFER TO BUTTERFIELD BANK**



## STINGRAY SWIM CLUB CODE OF ETHICS

Stingray Swim Club (SSC) has been dedicated to promoting competitive swimming in the Cayman Islands for over 20 years. The success of SSC is not measured only by wins and losses, but more importantly, by the personal growth and the enjoyment provided to the entire family. SSC strives to provide an environment in which each swimmer can improve his/her performance and learn the importance of good sportsmanship. SSC prohibits bullying of any kind and demands a sports environment that is free from drugs and alcohol. To help achieve these goals, we ask that parents, guardians and swimmers understand and agree to the following Code of Ethics.

Swimmers – I will:

- Treat the Coaches and their assistants with respect and follow their directions.
- Conduct myself in a safe and friendly manner especially in and around the pool deck area and shower facilities.
- Treat swim meet officials and volunteers with respect at all times both at home and away meets.
- Treat other team swimmers and families with respect, regardless of race, gender, or ability.
- Treat the pool facilities with care by keeping the area around me clean and tidy.
- Treat competitors with respect and congratulate them after each race, win or lose.
- Respect the property of other swimmers and only borrow when given permission.

Parents – I will:

- Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials during practices and swim meets.
- Place the emotional and physical well-being of my child ahead of my personal desire to win.
- Remember that the sport is for the youth and not the adults.
- Encourage my child to attend all practices and swim meets (where possible).
- Encourage my child by getting him/her to swim sessions on time and by being timely for pick-ups.
- Bring my concerns in a calm and pleasant manner directly to the coaches (preferably in writing).

\_\_\_\_\_  
SWIMMER NAME (Please Print)

\_\_\_\_\_  
PARENT/GUARDIAN (Please Print)

\_\_\_\_\_  
Signature of Swimmer (Age 12 or older)

\_\_\_\_\_  
Signature of Parent/Guardian

Date: \_\_\_\_\_



## IMAGE RELEASE FORM

The following is an agreement between \_\_\_\_\_ and Stingray Swim  
(Parent's Name)

Club of Cayman on behalf of their minor child/children:

Child One \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Child Two \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Child Three \_\_\_\_\_ Date of Birth: \_\_\_\_\_

This agreement is made on this \_\_\_\_\_ day of \_\_\_\_\_ .  
(Date) (Month / Year)

### **Images**

Images may be taken of Stingray Swim Club members before, during and after swim meets; when travelling for away meets; at Club Socials and potentially at other Stingray Swim Club or swimming events.

### **Terms of Image Use**

1. Available to Stingray Swim Club for use on the SSC website, facebook page, promotional materials.
2. Images available for use of CIASA if they are requested through the club.

I accept these terms and give Stingray Swim Club permission to use images of my children.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date (dd/mm/yyyy)



## VOLUNTEER FORM 2017 - 2018

Please complete one form per volunteer

**Volunteer Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

Swimming is a time intensive sport and our Swim Club is dependent on parental participation for its continued success. There is an expectation that each family provides at least 20 hours of volunteer time each season. There are a number of ways as a parent / guardian you can help the club during the upcoming year.

Please take a few minutes to indicate three or more options where you are able to participate. We will contact you to discuss how you can help.

---

### **GENERAL:**

- Fundraising
- Club Sponsorship
- Swim Group Parent: Bronze, Silver, Gold, High School Development, Senior, High Performance, including parent communications and organising group socials
- Assisting with Special Events
- Facilities

---

**SWIM MEETS:** Please note that some of these positions will require training.

### **Officials** (requires training)

Training sessions are held during the year. Please indicate if you are interested below.

- Referee
- Starter
- Stroke / Turn Judge
- Chief Timer
- Timers
- Shed Officials
- I am interested in training to be an Official.

### **Swim Meet Administration** (training will be provided if required)

- Meet Director
- Concessions
- Music
- Printing Heat Sheets
- Team Manager / Chaperone (Overseas Swim Meets)
- Meet Sponsorship and sponsor liaison
- Set up of equipment
- Photography
- Designing Heat Sheets Cover
- Marshalling
- Awards

**We understand that sometimes there may be circumstances that such volunteer commitment is not able to be made. The club will debit members accounts for \$50 in lieu of time at the beginning of the swim year. If volunteer hours are noted throughout the year the \$50 will be credited back at the end of the swim year.**

**\*Please note volunteer hours must be put on website sign up to be counted.**