



**SUNKIST SWIM TEAM REGISTRATION PACKET**

**NEW MEMBERS:**

Please complete entire registration packet and return your materials in a closed envelope to the Sunkist office. Please mark "Registration Packet" clearly on the outside of your envelope along with your name.

You may also mail or drop off completed packet and payments to: **Sunkist Swim Team  
690 Liberty Road  
Flowood, MS 39232**

PLEASE NOTE: Swimmers may be withheld from participation for any incomplete registration materials, missing forms, signatures and/or payments. It is a requirement of membership and the responsibility of each member to have complete and up-to-date registration materials on file with the team at all times.

**RETURNING MEMBERS:**

If your account information has not changed and you have previously provided the items required for membership, you do not have to fill out the entire packet.

RETURNING ACCOUNT NAME: \_\_\_\_\_

RETURNING SWIMMER(S): \_\_\_\_\_

Please provide the following:

- \_\_\_\_\_ USA Swimming Registration Form (online @ [www.usaswimming.org](http://www.usaswimming.org))
- \_\_\_\_\_ \$100 Annual Family Registration Fee (to be drafted from your account)
- \_\_\_\_\_ Any new materials now required.

Please check below which applies and provide any updated information if necessary.

- \_\_\_\_\_ Please keep account and billing information the same.
- \_\_\_\_\_ Please update my account with new information I have provided.
- \_\_\_\_\_ I would like to add a tax-deductible donation to my monthly draft.  
Amount: \$5\_\_\_\_\_ \$10\_\_\_\_\_ \$25\_\_\_\_\_ Other\_\_\_\_\_

THANK YOU for supporting Sunkist Swim Team, a 501(c)3 non-profit corporation.

## Registration Checklist:

The following completed forms are required for Sunkist Swim Team membership:

### Sunkist Forms

- \_\_\_\_\_ 1. Membership Form and Emergency Health Forms – ***SIGNATURE Required***
- \_\_\_\_\_ 2. YMCA and Sunkist Release and Waiver Forms – ***SIGNATURE Required***
- \_\_\_\_\_ 3. Sunkist Terms and Conditions for Participation – ***SIGNATURE Required***
- \_\_\_\_\_ 4. Sunkist Rules and Code of Ethics – ***SIGNATURE Required***
- \_\_\_\_\_ 5. Sunkist Team Travel Policy – ***SIGNATURE Required***
- \_\_\_\_\_ 6. Sunkist Electronic Communications Policy – ***SIGNATURE Required***
- \_\_\_\_\_ 7. Sunkist Volunteer Program Agreement – ***SIGNATURE Required***
- \_\_\_\_\_ 8. Sunkist Publicity Photos/Video Waiver – ***SIGNATURE Required***
- \_\_\_\_\_ 9. **Check payable to Sunkist Swim Team**
  - \_\_\_\_\_ \$100 Annual Family Registration Fee
  - \_\_\_\_\_ First Month Payment Per Swimmer
  - \_\_\_\_\_ Annual Bank Draft Authorization – ***SIGNATURE Required***  
(or)
  - \_\_\_\_\_ Monthly Bank Draft Authorization – ***SIGNATURE Required***

### Mississippi Swimming Forms

- \_\_\_\_\_ 1. This year you will be completing your swimmers USA Swimming registration via the USA Swimming website. This is a new USA Swimming process beginning Sept 1st. The cost of a prememum athlete membership is \$88 payable on USA Swimming website. \_\_\_\_\_
- \_\_\_\_\_ 2. ***IF TRANSFERRING FROM ANOTHER CLUB*** – MS Swimming Transfer Form (provided upon request)

For questions regarding registration, please contact Sherra Shearer: [sherra.shearer@rcsd.ms](mailto:sherra.shearer@rcsd.ms).

## SUNKIST SWIM TEAM MEMBERSHIP FORM

Please print clearly.

### PRIMARY CONTACT INFORMATION:

Parent(s)/Guardian Name: \_\_\_\_\_

Relation to swimmer: \_\_\_\_\_

Home Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Primary Email: \_\_\_\_\_ Cell Provider: \_\_\_\_\_

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

Athlete Email (Senior swimmers only): \_\_\_\_\_

### PAYMENT OPTIONS (check one):

\_\_\_\_ Annual Draft (signed authorization/voided check attached)

\_\_\_\_ Monthly Draft (signed authorization/voided check attached)

BANK NAME: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

I hereby authorize the above-named Financial Institution to pay my monthly Sunkist bill (including monthly dues, meet fees, team assessments, processing fees and other authorized items) by charging each payment to my checking account and to make that deduction payable to the order of Sunkist Swim Team. I agree that each payment shall be the same as if it were an instrument personally signed by me. This authority is to remain in effect until revoked by me in writing. In addition, I have the right to stop payment of a charge by timely notification to my Financial Institution prior to charging my checking account. I understand, however, that both the Financial Institute and Sunkist Swim Team reserve the right to terminate this payment plan (or my participation therein).

Account Number: \_\_\_\_\_ (attach voided check)

Routing Number: \_\_\_\_\_

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

**SWIMMER #1**

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

*Last* *First* *Middle*

Preferred Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

School/Grade: \_\_\_\_\_ Sunkist Group: \_\_\_\_\_

Important Personal Information (Medical Conditions):

**SWIMMER #2**

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

*Last* *First* *Middle*

Preferred Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

School/Grade: \_\_\_\_\_ Sunkist Group: \_\_\_\_\_

Important Personal Information (Medical Conditions):

**SWIMMER #3**

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

*Last* *First* *Middle*

Preferred Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

School/Grade: \_\_\_\_\_ Sunkist Group: \_\_\_\_\_

Important Personal Information (Medical Conditions):

**SWIMMER #4**

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

*Last* *First* *Middle*

Preferred Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

School/Grade: \_\_\_\_\_ Sunkist Group: \_\_\_\_\_

Important Personal Information (Medical Conditions):

## EMERGENCY INFORMATION FORM

Please fill out one for each swimmer.

Swimmer: \_\_\_\_\_

Age: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone: (h) \_\_\_\_\_

(w) \_\_\_\_\_

(c) \_\_\_\_\_

Relative/Friend: \_\_\_\_\_

Phone: (h) \_\_\_\_\_

(w) \_\_\_\_\_

(c) \_\_\_\_\_

Physician: \_\_\_\_\_

Phone: \_\_\_\_\_

Is swimmer allergic to any drugs? \_\_\_\_\_ Yes \_\_\_\_\_ No

**If yes**, please list: \_\_\_\_\_

Is the swimmer allergic to any insect stings? \_\_\_\_\_ Yes \_\_\_\_\_ No

**If yes**, does the swimmer carry a sting kit? \_\_\_\_\_ Yes \_\_\_\_\_ No

Has the swimmer had a history of seizures? \_\_\_\_\_ Yes \_\_\_\_\_ No

**If yes**, please explain: \_\_\_\_\_

Please list any health problems which your swimmer's coach should be aware of (i.e. asthma):

\_\_\_\_\_

Is your swimmer on any type of medication? \_\_\_\_\_ Yes \_\_\_\_\_ No

**If yes**, please list: \_\_\_\_\_

\_\_\_\_\_

Health Insurance Company: \_\_\_\_\_

Policy No: \_\_\_\_\_ Group No: \_\_\_\_\_

In the event of a medical emergency, and I/we cannot be contacted, I/we hereby grant unto and appoint a member of the Sunkist Swim Team coaching staff, or their designated representative, the authority to sign any and all medical releases as may be required by an admitting hospital to perform emergency treatment for the welfare and health of my/our child.

Parent/Guardian Signature: \_\_\_\_\_

## TERMS AND CONDITIONS FOR PARTICIPATION

1. All fees are non-refundable.
2. Sunkist Swim Team monthly dues are drafted on the first (1st) of each month. Drafts cannot be stopped unless notice is given by the fifteenth (15th) of the month prior in writing to the head coach, team treasurer and/or president.
3. Meet fees are in addition to the monthly dues. Meet fees will be drafted after the meet sign-up deadline and prior to the meet start date. Non-payment of meet fees may result in non-participation of the meet.
4. Commitment periods:

**ANNUAL COMMITMENT** – Team membership for all SENIOR level groups and swimmers in the JUNIOR 1 group are on an annual agreement, from September through August of the following year. All membership fees and dues remain an obligation to the team should a swimmer transfer, move, be removed or quit for any reason prior to the end of the annual commitment.

**MONTHLY FLEX COMMITMENT** – Team membership for swimmers in all novice groups below Junior 1 are on a flexible monthly agreement, requiring 15-day written withdrawal request for membership to be put on hiatus or account closed. Should a monthly swimmer need to withdraw from participation for a month or longer, notice of such withdrawal and return date must be made in writing to the head coach, team treasurer and/or president by the fifteenth (15th) of the month prior to the time of departure.

**CURRENT STATUS** – As a swimmer is moved from one group to another, the commitment period for the highest group in which they currently participate is in effect.

**EARLY JOIN DATE** – Joining in June/July/August is an early commitment start to the upcoming swim year.

5. Should a swimmer be absent, transfer, move, be removed or quit for any reason prior to the end of the swim year on August 31, monthly dues and any other outstanding fees are considered an obligation to Sunkist Swim Team and due upon termination of participation.
6. All Sunkist swimmers above our pre-competitive Sunfish program are expected to regularly participate in swim meets and to adhere to the training and attendance requirements of their current training group.
7. All Sunkist swimmers are required to participate in their highest level of qualified championship meets such as State Meet and other higher-level meets deemed important by the head coach on a seasonal basis (Sectionals, Zones, NCSAs, Futures, JR & SR nationals, etc). Failure to participate may result in termination of membership.
8. Each family is responsible for fundraising for Sunkist Swim Team and participating in Swim-A-Thon.
9. Each family is responsible for volunteering, as outlined in the Volunteer Program Guidelines.
10. Any payment returned for Non-Sufficient Funds will be subject to a \$25.00 additional handling charge.

I understand and agree to the above terms and conditions in exchange for the privilege of my child(ren), registered with this form, to participate in the activities and swimming program of Sunkist Swim Team.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Parent or Guardian

## BILLING AND PAYMENT POLICIES

**Registration Fee:**

Sunkist annual registration fee is \$100.00 per family. If joining the team after March 1st, registration fee is \$50.00 per family for the rest of the swim year (thru August 31). If joining in June/July/August, the registration fee is \$100.00 per family and is considered a pre-payment of the registration fee for the following year.

**USA Swimming Membership:**

All Sunkist swimmers are required to join USA Swimming which provides provisional insurance coverage and allows swimmers to participate in sanctioned USA Swimming activities. All swimmers must pay the annual USA Swimming registration fee upon registering for the team to cover the swimmer through the swim year ending the following August 31. Swimmers who have not paid will not be allowed to swim or participate in Sunkist activities.

The annual non-refundable fee is \$88 per swimmer payable to USA Swimming on their website.

It is the responsibility of the swimmer to make sure their USA Swimming registration is current and in good standing when participating in USA Swimming sanctioned activities and meets. Any fines assessed for not being registered (such as entering a meet unregistered) will be assessed to the swimmer and drafted upon notice of fine.

**Swimming Dues:**

The membership dues requirement for ONE SWIMMER is \$100.00 per month.

Sunkist offers each family two payment schedules for membership dues.

Option 1: **ANNUAL PAYMENT**, includes a five percent (5%) discount for full payment of annual dues (12 months) to be drafted in one payment. All swimmers paying ANNUAL PAYMENT are on an annual commitment agreement regardless of the swimmer’s group. Annual payment is non -refundable. Should a swimmer leave the team prior to the end of the annual commitment, the annual payment will NOT be refunded.

Option 2: **MONTHLY BANK DRAFT**, 12 monthly payments of \$100.00 for the first swimmer.

For families with more than one registered swimmer, Sunkist offers the following discounts:

2nd swimmer’s dues \$80  
3rd swimmer’s dues are \$60  
\$10 for 4th or more swimmers.

	Monthly Dues Draft	Annual Dues Drafted (discounted 5%)
First Swimmer	\$100	\$1,140
2nd Swimmer	\$80	\$912
3rd Swimmer	\$60	\$684
4th or more swimmers	\$10	\$114

**\*\*\*ANNUAL AND MONTHLY DUES ARE NON-REFUNDABLE.\*\*\***

**Billing:**

Sunkist Swim Team monthly dues are drafted on the first (1st) of each month. Drafts cannot be stopped unless notice is given by the fifteenth (15th) of the month prior in writing to the head coach, team treasurer and/or president.

Meet fees and other payable fees will be drafted as due.

For questions about billing or any fees, contact the team treasurer.

**Meets:**

Meet fees are calculated as follows per swimmer: Sunkist Meet Fee of \$20 plus the entry fees designated by the host for the meet for each swimmer. The full Sunkist Meet Fee is required no matter how many days a swimmer will be participating in the meet. The remaining amount due is designated by the meet host and based on the number of individual and relay events entered, along with any event surcharges. Typically, individual events cost anywhere from \$3 to \$5 per event. Team relay cost will be divided by all swimmers entered in the meet, costing anywhere from \$1.50 to \$3.00 per swimmer per relay.

Commitments to meets on the team schedule must be made online through the Sunkist website under the event sign-up page by the designated deadline date . Swimmers can only un-commit prior to the deadline by selected to do so online. Sunkist meet fees are non-refundable past the sign-up deadline date. Swimmers are responsible for all fees associated with a swim meet even if having to cancel participation in the meet for any reason.

Sunkist swimmers are only allowed to participate in meets that are approved by the head coach . Head coach has final decision as to what events a swimmer will swim at all meets, including approved meets in which a Sunkist coach will not be attending. Once entries have been approved by head coach, a meet fee report will be emailed to the team listing meet fees to be drafted for the meet.

All meet fees will be drafted prior to the meet. Meet fees that fail to process may result in the swimmer not being allowed to swim in the meet.

**Dryland, Yoga and Other Additional Training/Activities:**

Other fees may be required for dryland, yoga, and other additional training and/or activities as deemed necessary by the head coach.

**Fundraising and Sponsorships:**

Fundraising events, such as annual Swim-A-Thon and hosted home meets, are a major part of the team's annual budget. The team also counts on annual sponsorships to help keep costs down for members. All members are expected to participate in all Sunkist hosted events and to do their best to help with fundraising/sponsorships. Sunkist may establish minimum commitment levels for each event and assess swimmers that fail to participate.

**Consequence of Non-Payment:**

In accordance with USA Swimming rules, Sunkist Swim Team may secure a court judgment against any member for non-payment of club membership dues and fees. Any swimmers involved will be ineligible to join or represent any USA Swimming member club until all outstanding fees have been paid.



## SUNKIST SWIM TEAM RULES AND CODE OF ETHICS

All members of Sunkist are expected to act responsibly and exhibit appropriate behavior at all times, understanding our individual actions reflects upon the entire club. Sunkist members must abide by the following Rules and Code of Ethics, which are in effect at all times:

1. Swimmers are expected to follow coach instructions at all times without being disruptive.
2. Swimmers are expected to maintain a positive attitude.
3. Swimmers are expected to come to practice regularly and focus on improving their abilities.
4. Swimmers are expected to take great care of their bodies, eating properly, staying hydrated and sufficiently resting as needed to aid in recovery.
5. Swimmers must ask coaches for permission before leaving practice or swim meets early.
6. Swimmers will swim all the events coaches enter them in at each meet to the best of their abilities.
7. Swimmers shall commit to teamwork and support the values of discipline, loyalty and hard work.
8. No swimmer or parent shall interfere with or undermine the seasonal goals of the team.
9. No swimmer or parent shall interrupt practice. Parents/relatives/guardians/visitors shall remain "off deck" during all instructional, training and competition times.
10. Any swimmer who is in possession or known to use alcohol (under the age of 21), illegal drugs or tobacco in any manner is subject to disciplinary action and possible suspension from the team.
11. Any swimmer that willingly takes a banned supplement, whether it be a dietary, steroid and/or other illegal substance, or willingly uses a banned piece of equipment, including illegal swimsuits, is subject to disciplinary action and possible suspension from the team.
12. Any swimmer involved in stealing or vandalism of any kind is subject to suspension from the team.
13. Bullying of any kind is unacceptable and will not be tolerated.
14. No swimmer shall participate in any activity that is considered hazing, initiation or shaming.
15. No swimmer shall interfere with the progress of another swimmer, during practice or otherwise.
16. Taunting, splashing, name-calling and any other behavior considered detrimental to the team will result in serious disciplinary action.
17. Swimmers shall not display inappropriate affection toward each other during team activities.
18. Swimmers must be punctual to all practices, warm-up times and team meetings.
19. Swimmers must wear designated team suits and caps at all competitions and shall sit in the areas designated for the team. Deck changing is not allowed at any venue during practice or at meets.
20. Swimmers shall demonstrate good sportsmanship, humility, grace and dignity at all times whether at practice or at meets, regardless of the outcome of a race or competition.
21. Unsportsmanlike behavior will not be tolerated at any time, even in jest. This includes inappropriate use of technology/media, language, gestures and physical behavior.
22. The head coach holds the final word on any rules, regulations or disciplinary actions.

All members must abide by these rules and Code of Conduct for USA Swimming. It is our duty to be supportive teammates and outstanding citizens of the swim community.

I recognize my responsibility to abide by the rules and requirements of Sunkist. I represent, and I acknowledge that I have received and read such.

Swimmer(s): \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date \_\_\_\_\_

**SUNKIST SWIM TEAM  
TEAM TRAVEL POLICY**

Team Travel is defined as overnight travel to a swim meet or other team activity where the coaching staff and designated team chaperones transport and supervise swimmers for the duration of the trip. This policy does not apply to swim meets and team activities in which parents/guardians are responsible for travel plans, transportation and lodging; however, safety, proper judgment and responsible behavior is expected at all times as covered under team rules and code of ethics. Additional rules and policies may be established for designated team travel events.

Being a member of any team travel trip is both a privilege and a responsibility, failure to comply with rules and policies may result in disciplinary action.

**With regard to TEAM TRAVEL, USA Swimming Required Policies (305.6):**

- .1 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.
- .2 Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.
- .3 When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.
- .4 Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.

**Additional TEAM TRAVEL Policies:**

- a. Team travel participants will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- b. Team travel participants will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to our performance objectives.
- c. Team travel participants will follow team travel schedule, including abiding to curfews, room checks and lights out times.
- d. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender. Athletes 13&over may stay in rooms without chaperones provided chaperones or coaches are staying in nearby rooms. Athletes ages 12&under will stay with chaperones and consent shall be given by athlete's parents or legal guardians.
- e. Swimmers are expected to travel and remain with the team at all times during the trip.
- f. The usage of cell phones, laptops and other electronic devices may be restricted by travel staff.

I fully understand and agree to comply with Sunkist Team Travel Policy.

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

Print Name: \_\_\_\_\_

## **SUNKIST SWIM TEAM ELECTRONIC COMMUNICATIONS POLICY**

Sunkist recognizes the benefits of electronic communication and the prevalence of social media in today's world. Sunkist regards social networking platforms as important tools for information sharing, member engagement, retention, recruitment, transparency, news releasing and the amplification of all that Sunkist has to offer. This electronic communication policy is meant to protect our athletes and coaches while applying as few restrictions as possible.

The content and intent of all electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection as well as adhering to team rules and code of ethics. Sunkist holds all members who participate in social networking to the same standards we hold athletes and coaches with broad understanding that no matter the digital forum you are always representing the team. At all times, exercise discretion, thoughtfulness and respect for all swimmers and teams.

Parents, coaches and athletes must follow common sense guidelines regarding the volume and time of day of any allowed electronic communication.

### **Website/Email:**

The primary form of team communication occurs through team website and via email communications. Coaches are best reached via email and they will do their best to respond in a timely manner.

### **Texting:**

Texting is permitted between parents, coaches and athletes. Please keep text messages concise and cordial. In general, it is best not to text a coach during practice or while on deck at a meet. Please do not text a coach after the hours of 10:00pm or before 7:00am, unless a matter of the utmost importance and urgency. Please understand coaches may be unreachable at times and unable to reply.

### **Facebook and other social networking sites:**

Friending/following is permitted between parents, coaches and athletes. Posts and messages between coaches and athletes should be non-personal in nature. Sunkist maintains a private group page on Facebook and encourages all members to join. Posts within the group should be non-personal and non-political and, above all, relevant to the team. Posts within the group are considered internal discussions and viewed as proprietary. Group administrators oversee and govern all group posts and admittances. Members and posts may be removed from the group page as deemed necessary.

### **Twitter:**

Following is permitted between parents, coaches and athletes. Sunkist values Twitter as an immediate news information platform and encourages members to follow all major swimming entities to keep current with the swimming world. Coach Mixon can be followed @SunkistSwimTeam

I fully understand and agree to comply with Sunkist Electronic Communications Policy.

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

Print Name: \_\_\_\_\_

**SUNKIST SWIM TEAM  
VOLUNTEER PROGRAM GUIDELINES**

Sunkist relies on a strong support system of parent volunteers to help run all our meets, events and team activities. Volunteers are the life-blood of USA Swimming and the backbone of our sport. Your role as a volunteer is vital to the team and will have a great impact on your child's athletic environment.

All Sunkist families are required to volunteer over the course of the year at swim meets and other various team activities.

For team hosted events (home meets), volunteering for a job is simple and automated through the job sign-up function on the Sunkist website. You can choose a job assignment online from the various jobs posted for the event or you can simply offer to help out while at the event.

You are required to work the entire session for which you volunteer for. Please do not leave after your child's last race if you have not finished volunteering the entire session. Also, for our home meets, it is important to have parents helping out for sessions in which they do not have a child swimming, so all sessions are properly staffed to provide visiting teams and swimmers a terrific meet experience.

At events hosted by other teams (away meets), Sunkist may be asked to provide volunteers such as TIMERS or OFFICIALS. It is important that Sunkist graciously step up when called upon to help out by a host and we appreciate everyone taking a turn to help at some point throughout the meet.

**TIMERS:** volunteering to be a timer is one of the easiest and most important jobs at a swim meet. Swim meets typically require two timers per lane and the meet director typically assigns timer lanes to each team participating in the meet, so that all lanes are covered. It is very important we cover our assigned timer lanes throughout the meet and to provide relief to our timers by taking turns so no parent is stuck timing a whole session. No experience is necessary, and timers have the best seat in the house!

**OFFICIALS:** parents are highly encouraged to become certified USA Swimming officials to help provide outstanding volunteer leadership in our sport. USA Swimming volunteers ensure that our sport is governed effectively, that our athletes perform according to our competitive standards and that our swimming events are operated fairly, safely and efficiently for all our athletes. Sunkist is proud to have a strong crew of officials and welcomes parents to join us on deck!

Sunkist Swim Team Volunteer program is an HONOR SYSTEM program. Sunkist leadership reserves the right to review and adjust the volunteer system as necessary. A family's volunteer commitment may be fulfilled by any member of the family or even a family friend. Some positions may have minimum age requirements and/or training requirements.

Sunkist is thankful and appreciative of the support of our great families.

I fully understand and agree to serve as a volunteer of Sunkist Swim Team as required.

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

Print Name: \_\_\_\_\_

## **Sunkist Deck Policy for Parents During Sunkist Practices**

Sunkist parents/guardians will not be allowed on the deck during scheduled Sunkist practice hours. Parents can view practice from the grandstand area of the facility only. Parents/guardians will refrain from coaching or interfering with practice while in the designated viewing area. Failure to comply will result in removal of the swimmer from their practice.

## PARENT CODE OF CONDUCT

Swimming for Sunkist Swim Team is a privilege that comes with responsibilities. Swim parents are expected not only to abide by this code of conduct themselves, but to be always mindful that they are an example to others, especially their children. The goal of the code of conduct is to protect team members and ensure a healthy, successful swim experience.

1. Assure that swimmers arrive at practice on time and rested.
2. Provide health nutrition and fluids.
3. Provide required equipment and uniform. Assure that my swimmer understands the importance of proper maintenance of his or her property.
4. Show respect for practice and meet facilities, including regard for rules and policies in effect at pools, meets, hotels, restaurants and anywhere else the team may have a presence.
5. Avoid lingering around the pool during practice to avoid distracting the swimmers or coaches.
6. Attend team events; build strong and positive relationships with team members; maintain an open line of communication with the team.
7. Respect the relationship between my swimmer and his or her coach, showing support and respect for team policies and rules. Support the coach if he or she must use appropriate discipline with my child.
8. Practice good sportsmanship while conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
9. Remember my role on the team:
  - Swimmers – **Swim**
  - Coaches – **Coach**
  - Officials – **Officiate**
  - Parents – **Parent**
10. Specifically, I will avoid “coaching” my own child during practice and/or at meets or interfere in any way at the pool, recognizing and respecting the role of the coach and my responsibilities as a parent.
11. Maintain an open line of communication with the coaches and my athlete about goal setting, practice attendance and work ethics.
12. Provide positive reinforcement to all swimmers in all situations, while promoting team spirit and team loyalty. Avoid name calling, abusive

language, in appropriate gestures or any other behavior directed at any participant in the sport.

13. Address any questions or concerns regarding decisions made by meet officials during competitions to a member of our coaching staff.
14. Agree to pick up my child after practice in a timely manner at the designated ending time.
15. Fulfill financial commitments on a timely basis and work at sponsored meets as required by club rules.
16. Allocate time and resources to assure swimmers are able to participate in the meets scheduled and required for the team. Understand that Sunkist is a team, and all athletes are important to the team's success. Just as an athlete on a baseball, soccer, or volleyball team would not miss a game, our swimmers will be at planned meets. This holds true, especially, for season-ending championship meets.
17. Do not promote or further gossip and hearsay, get the facts from a member of the board or coaching staff.
18. Show willingness to serve as a volunteer, realizing that the parents' role is critically important to team success, and that the parents are equal partners with coaches and swimmers in Sunkist
19. Comply with all guidelines and regulations set forth by Mississipp Swimming and USA Swimming.

If there is a failure to comply with these rules or any other rules or regulations set for the team, parents may be subject to discipline, including but not limited to suspension, and/or expulsion from the team. Ultimately, the coach, and the team board of directors may impose discipline to protect the athlete and the team. Parents are responsible for any and all liabilities resulting from their own misconduct or that of their child.

Athlete's Name(s) \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



**RELEASE AND WAIVER**

I understand that Sunkist activities have inherent risks and I hereby assume all risks and hazards incident to my participation in all Sunkist activities. I further waive, release, absolve, indemnify and agree to hold harmless Sunkist Swim Team, its employees, sponsors, officers, directors, volunteers, and facilities used by the team from any liability arising out of any injury to the swimmers(s) listed above which may occur while the swimmer(s) is/are participating in Sunkist Swim Team program. This includes, but is not limited to, practices, meets, travel trips and other team activities.

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

Print Name: \_\_\_\_\_

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

Family member names: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PUBLICITY PHOTOS/VIDEOS WAIVER  
INFORMED CONSENT**

I understand that photos and videos are often taken at Sunkist Swim Team activities and events, and that any photos/videos taken of my child(ren) may be used for training, publicity and marketing purposes.

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

Print Name: \_\_\_\_\_

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

Swimmer names: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





**METROPOLITAN YMCAS  
OF MISSISSIPPI**

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**METROPOLITAN YMCAS OF MISSISSIPPI  
Waiver of Liability**

I hereby forever release, acquit, discharge and agree to indemnify and hold harmless the YMCA and all event sponsors and volunteers, as well as any officers, directors, agents, employees, successors or assigns of the parties, in addition to all other persons who are either directly, or indirectly involved with the activity in which my child(ren) is/are registering (collectively the “Released Parties”), from any and all liabilities, claims, damages and demands and all other liabilities or whatever kind of nature arising from or related to the Y activity, including, but not limited to, any and all liabilities, claims damages and demands arising from any personal injuries, loss or death occurring as a result of the Y activity. I further agree that I will never institute any action or suit, at law, in equity or otherwise, against any of the Released Parties, and will not aid in the institution or prosecution of any such action or suit against the Released Parties which in any way involves or relates to the Y activity. I further state that my child(ren) is/are in proper medical condition to participate in and complete the YMCA activity and is not participating against doctor’s advice, nor is/are my child(ren) taking medications which would deter mine/their health in the participation of the YMCA activity. This Release shall be binding upon the executors, administrators, personal representatives, heirs, successors and assigns of the undersigned.

Name(s) of minor children participating in Sunkist Swim Team program:

_____	_____
_____	_____
_____	_____
_____	_____

By signing below, I hereby agree to the Waiver of Liability, Disclaimer and Permission stated above.

_____	_____	_____
Printed Name of Parent/Guardian	Signature	Date