



2019-2020 REGISTRATION INFORMATION

Orchard Park Town Wreckers Swim Team, Inc. (TWST.ORG)

P.O. Box 885 ♦ Orchard Park, NY 14127

Email: twstteam@roadrunner.com

TWST Practice Levels:		Registration Fees:
White Team	The swimmer must be <u>6 years old</u> and able to swim one lap of freestyle and one lap of backstroke without stopping. This group will learn various swimming drills for all four competitive strokes that will be used throughout the competitive program. A major emphasis on stroke technique is maintained around 95% so the young swimmer develops proper stroke mechanics and proper starts and turns for all four strokes. Competition is not mandatory, but recommended at this level. Three, 1-hour practices are offered weekly from September through June.	\$565 Plus \$107 TWST & USA Registration Fee
Blue Team	The focus of this group remains primarily at the technical aspect of swimming, but with an increase in part/whole swimming drills and whole stroke swimming sets. Intermediate-advanced swimming drills will be introduced in all four strokes and racing starts and turns are enforced. Competition is encouraged, and strongly recommended at this level. Coaches are expecting 50% minimum attendance for this level. Four, 1-hour practices are offered weekly from September through June.	\$620 Plus \$107 TWST & USA Registration Fee
Silver Team	Technical training remains at the forefront with this level while interval training is designed for swimmers to develop their endurance training. Advanced swimming drills in all four strokes will be taught as well as an increase in kicking and dryland offered three days a week for 20 minutes. Swimmers will compete at several meets throughout short course and long course seasons. Athletes at this level are expected to complete their IMX in their age group and maintain a 60% attendance minimum. Four, 1.50 hour practices are offered weekly from September through June. Swimmers are encouraged to swim in the Summer Swim Program.	\$715 Plus \$107 TWST & USA Registration Fee
Junior Team	Technical training is maintained throughout this level in conjunction with interval training; developing pace strategies in practice will encourage the swimmer through more difficult swim sets, as well as prepare for races during swim meets. A dryland program is offered three days a week. Athletes at this level are expected to complete their IMX in their age group. A minimum of three practices per week is required. Five, 1.75 to 2.25 hour practices are offered weekly September through June. Swimmers at this level are encouraged to participate in the Summer Swim Program. Swimmers are required to compete at a minimum of 4 meets throughout the SC season including Championships in Fredonia, LSC, Sectionals or Nationals..	\$850 Plus \$107 TWST & USA Registration Fee
Senior Team	This level is designed to prepare swimmers to compete at the highest level of USA Swimming. Training is planned to accommodate individual goals and includes a dryland training program. The swimmer is expected to be fully committed; a minimum of four practices per week is required. Athletes at this level are expected to complete their IMX in their age group. Six, 1.75 to 2.5 hour practices are held weekly September through June. Swimmers at this level are highly encouraged to participate in the Summer Swim Program. Swimmers are required to compete at a minimum of 4 meets throughout the Short Course season including Championships in Fredonia, LSC, Sectionals or Nationals.	\$875 Plus \$107 TWST & USA Registration Fee
Junior Team / Senior Team / Varsity Rate	Varsity Rate of is offered to those swimmers who participate on their High School Varsity Swim Team, and are meeting program requirements of the Junior / Senior Team. This rate does not apply to any other sport except for High School Varsity Swimming.	JR:\$750 SR:\$775 Plus \$107 TWST & USA Registration

THERE ARE NO REFUNDS OF DUES

A yearly TWST & USA Registration Fee of \$107.00 is required for all swimmers*

Fee includes a TWST Team T-Shirt and TWST Team Swim Silicone Cap for each registered swimmer.

(The rate for USA Registration can be reduced for families who qualify for the Outreach Program. Information is posted on our website located under TWST Membership)

Fall-Spring Season: The registration fees apply from **September 09, 2019** through **June 12, 2020**.

Varsity Swimmer Fee: A member of the **High School varsity swim** team is offered a reduced rate with consideration of the time they swim with their Varsity group and are not practicing with TWST. The registration fees are noted above, **plus \$107.00 for TWST & USA Registration Membership.**

Summer Session: TWST will offer a summer session that would start approx. the 3rd week in June 2020. **Location, fees, and dates will be announced in Spring 2020.**

We welcome any college swimmer back to swim with us over the summer!

How to Join:

- ALL RETURNING TWST Swimmers must register on line starting August 10-18, 2019, see instructions on last page. You may choose to pay by check or by credit card. All checks make payable to TWST. There will be a 3% fee when paying by credit card. No swimmer will be allowed to start practice without registering and payment.
- If swimmer is interested in transferring, proof of USA Swimming registration is required.
- Swimmers will be evaluated by Coaching Staff, and it is based on the swimmers ability to what level they will be placed in.
- Previous year TWST swimmers will be placed in the level by their coach.
- We participate with BCBS Wellness Program.

PRACTICE SCHEDULE

Orchard Park (OPHS) and West Seneca West (WSWHS) High School Practice Schedule

LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE TEAM	OPHS 5:15-6:15 PM		OPHS 5:15-6:15 PM	WSWHS 5:30-6:30 PM		
BLUE TEAM	OPHS 6:15-7:15 PM	OPHS 5:30-6:30 PM	OPHS 6:15 to 7:15 PM	OPHS 5:30-6:45 PM		
SILVER TEAM	OPHS 7:15-8:45 PM SWIM	WSWHS 6:50-7:10 PM DRYLAND 7:15-8:45 PM SWIM	OPHS 6:50-7:10 PM DRYLAND 7:15-8:45 PM SWIM	WSWHS 6:05-6:25 PM - DRYLAND 6:30-8:00 PM - SWIM		
JUNIOR TEAM	WSWHS 5:15-7:00PM SWIM 7:10-7:40 PM DRYLAND	WSWHS 5:30-7:15PM SWIM	WSWHS 5:15-7:00 PM – SWIM 7:10-7:40 PM - DRYLAND		OPHS 5:15-7:00 PM SWIM 7:10-7:40 PM DRYLAND	OPHS 11:45-1:30 PM
SENIOR TEAM	WSWHS 6:15-6:50 PM DRYLAND 7:00-8:45 PM SWIM	OPHS 6:30-8:45 PM SWIM	WSWHS 6:15-6:50 PM - DRYLAND 7:00-8:45 PM - SWIM	OPHS 6:45-8:30 PM SWIM	OPHS 5:30-6:05 PM - DRYLAND 6:15-8:00 PM - SWIM	OPHS 10:00 -12:00 PM

White Team - M, W, Thurs = 3 Hrs /wk.

Blue Team - M, T, W, Thurs = 4.25 Hrs /wk.

Silver Team – Swim = M, T, W, Thurs = 6 Hrs /wk.

Junior Team – Swim = M, T, W, F, Sat = 8.75 Hrs /wk.

Senior Team – Swim = M, T, W, Thurs, F, Sat = 11.25 Hrs /wk.

Dryland= M, T, Thurs = 1 hour/week

Dryland= M, W, F = 1.5 hours/week

Dryland= M, W, F = 1.75 hours/week

Family Name: _____



TWST Volunteer Agreement 2019/2020

TWST is made up of many talented and committed swimmers and their families. The success of TWST both in and out of the pool is dependent on all families helping with events. All swim teams require their parents to do their part in volunteering to make the club successful.

VOLUNTEER FEES: The Volunteer fee is \$150 and must be included with your registration payment. Each family must volunteer 8 HOURS this season to receive the fee back. Those meets include: Turkey Splash, Snowball Meet, and Championship meet. **Once we receive your check, your registration will be complete.**

****Please note: additional volunteer hours will be needed for our League and for out of town meets that require our team to help. The jobs will be divided up by the families that will be attending these meets EVEN IF VOLUNTEER HOURS HAVE ALREADY BEEN MET. ***An additional fee may be applied if the volunteer requirements are not filled up.*****

Once you have fulfilled your volunteer commitment, you will be refunded at the end of the season (JUNE) or applied to your account if any outstanding balance is due. You can sign up for your volunteer hours with the on-line JOB tab that will show up on our meet schedule.

A complete list of job descriptions will be posted under the PARENT PAGE on the TWST website.
NOTE: Not all jobs are available at all meets.

VOLUNTEER FEE: \$150.00

All families must pay a volunteer fee of \$150 (per family). This fee will be refunded when parents volunteer for 8 hours at Turkey Splash, Snowball, or Championship meet. No refund for families who are unable to commit to the full 8 hours.

Any parent who signs up as an Official and officiates for 2 TWST swim meets, volunteer fee will be refunded or applied to an unpaid balance on account. Any returning official does not have to submit a Volunteer Fee check.

Set Up: Night before (2 hr credit)
Clean Up: After meet (2 hr credit)
Timers (need the most)
Merchandise Sales
Program Sales
Concession

Hospitality
Clerk of Course
Marshals
Results /Posting/Runner
Bell Ringer
Awards Room

These duties can be performed outside of the meet if you have schedule conflicts, and duties would meet volunteer requirements when assignment is completed.

Turkey Splash Meet or Snowball Meet

- **Program Advertisements: Chair of Advertising Sales**
- **Hospitality Chair**
- **Bring your own idea to us!.....**

Additionally you may be asked to donate an item for the hospitality room for TWST hosted swim meets or other team building activities.



TWST SWIMMING

Parent Code of Conduct

2019/2020

Conduct Expected of All Parents

- TWST is a guest at all facilities that we practice in. If NON SWIMMERS are in your supervision during your swimmers practice session, they need to be in your view at all times. They should not be in any area of the school building or grounds un-supervised.
- Demonstrate good sportsmanship during all practices, competitions and team activities.
- Support your child by permitting them to be timely for practices and competitions.
- Recognize that TWST coaches are professionals and allow them to coach your child without interference during workouts and meets.
- If you have concerns, you will address it with the appropriate coach or parent board member in private.
- Show respect and common courtesies at all times to the team members, coaches, competitors, officials, parents.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

Basic Responsibilities

- Pay your fees on time. This includes team dues & meet fees
- Understand once you register your swimmer(s), there is no refunds
- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- See that your swimmer is on time for practice and arrives on time for meet warm-ups.
- Make sure your swimmer is picked up at the end of your designated practice time. Pool locations close at defined times. Swimmers assigned to the last practice of the day, should be picked up NO LATER than 8:30 pm or 9:00 pm on weekdays (based on location) and 2:30 on Saturdays.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Maintain self-control at all times.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent.
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Parents of Junior/Senior Team: **Swimmers are required to compete at a minimum of 4 meets throughout the SC season including Championships in Fredonia, LSC, Sectionals or Nationals.**
- Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.
- Get involved....be an official, work on the board, help plan a fundraiser, be a membership chair, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at our club-hosted meets, and be a timer at 'away' meets.



TWST SWIMMING
Medical & Liability Release Waiver
2019 / 2020

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

I hereby waive, release and forever discharge **Town Wreckers Swim Team** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Town Wreckers Swim Team** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all Swim Team activities.

LIABILITY RELEASE WAIVER:

By registering my child(ren) with the **Town Wreckers Swim Team**, I agree to participate (or allow my child(ren) and family members to participate) in the **Town Wreckers Swim Team**, and hereby release **Town Wreckers Swim Team**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Town Wreckers Swim Team** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Town Wreckers Swim Team** program.

Minor Athlete Abuse Prevention Policy

Orchard Park Town Wreckers Swim Team (TWST)

June 23, 2019

Last Reviewed on July 27, 2019

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.

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 Town Wreckers Swim Team.

IV. Individual Training Sessions

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 Town Wreckers Swim Team, 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" Town Wreckers Swim Team 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.

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.

1. 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 **Town Wreckers Swim Team** or LSC must be USA Swimming members in good standing.

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

Adopted: June 23, 2019 Last Reviewed on July 27, 2019

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. 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

Town Wreckers Swim Team 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:

1. Conducting a sweep of the locker room or changing area before athletes arrive;
2. Posting staff directly outside the locker room or changing area during periods of use;
3. Leaving the doors open when adequate privacy is still possible; and/or
4. 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

1. 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 **Town Wreckers Swim Team**.
2. Legal guardians must be allowed to observe the Massage.
3. 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. 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.

Adopted: June 23, 2019 Last Reviewed on July 27, 2019

MINOR ATHLETE ABUSE PREVENTION POLICY - - - MAAPP



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 Orchard Park Town Wreckers Swim Team. (USA Swimming member club).

Name: _____

Signature: _____ Date: _____



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 Orchard Park Town Wreckers Swim Team, Inc. (TWST.ORG)
 P.O. Box 885 ♦ Orchard Park, NY 14127
 ♦ Email: twstteam@roadrunner.com

(Please complete a separate form for each child)

Date: _____

Swimmers FULL name: _____

Date of Birth: _____ (mm/dd/yy) Age: _____ Gender: M F (circle one)

Parent(s)/Guardian(s) Names: _____

Address: _____ City _____ State _____ Zip _____

Home phone number: _____ Cell phone number: _____

Email to Login for our website: _____

SMS: Cell Phone _____ Cell Phone Carrier: _____

TWST Team T-shirts: Circle Size: YS YM YL AS AM AL AXL

Transferring from another USA club? _____ Name of Previous Club: _____

Evaluated by: _____ **Level swimmer Placed at:** _____

Make check Payable to TWST.

Total Level Fee due: _____

TWST & USA Registration Fee payable to TWST (\$107.00 per swimmer): **\$107**

There will be a 3% fee when paying with credit card.

VOLUNTEER FEE: **\$150.00**

TOTAL AMOUNT DUE: _____

VOLUNTEER FEE: All families must pay a volunteer fee of \$150 (per family). This fee will be refunded at end of season when parents volunteer the full 8 hours at TWST Hosted Events or applied to unpaid accounts.

NO REFUNDS FOR FAMILIES WHO ARE UNABLE TO COMMIT TO THE FULL 8 HOURS.

I agree to:

Pay all dues as described by the TWST Swim Club and understand there is no refund of swim dues)

- Agree to the Parent Volunteering commitments
- Agree to the Bully Letter of Understanding posted on our website at twst.org.
- Support Fundraisers sponsored by TWST swim club
- Agree to the TWST Parent Code of Conduct & Basic Responsibility, MAAPP, Medical Release & Liability Waiver
- The coaching staff makes final approvals to swim levels swimmer assigned to
- Communicate medical conditions that coaching / guard staff needs to be aware of.

By signing below I agree that my swimmer(s) and I will adhere to the rules and regulations of USA Swimming and Town Wreckers Swim Team, Inc (TWST). There is no refund of swim dues

Signature of parent or guardian (required)