

**STAR SWIMMING, INC.**  
**September 2017-August 2018 Registration Participation Form**  
**Terms and Conditions for Participation in STAR Swimming**

**Introduction**

Welcome back or welcome to STAR Swimming. Now is the time to sign up your family's swimmer(s) for the new season. We are excited for another tremendous season as we get ready to build on last year's success!

**Registration**

Registration is done through Team Unify **along with** a signed agreement. To register, we ask you to:

1. Register online at [www.starswimming.org](http://www.starswimming.org),
2. Mail in the signed registration form and agreement and the signed agreement on social media, bullying and travel policy, and
3. OR, if you elect single-payment billing, mail in your dues/registration check. (See "Payment Options")

**Swimmer Dues and Volunteering Credit**

Our swimmer dues are structured as follows:

- A dues fee based on the team level your swimmer practices/competes at
- A multi-swimmer per family discount
- A dues credit program that refunds to families a portion of their dues for volunteering at meets

**Swimmer Dues**

Please take advantage of the volunteer credit system which can significantly reduce your dues for the next season. This year's dues will remain unchanged from last year as follows:

Team	Highest Level Swimmer*	Each Additional Swimmer*
Red	\$605	\$500
Blue	\$955	\$735
Senior Prep	\$1,340	\$1,035
Senior	\$1,655	\$1,265
College	\$750	\$500

\*Single-payment price

**Payment Options**

We offer two payment options.

- One-Time Payment: Payment of dues in full at the start of the season. ***This payment has to be by check or money order. If paid after 9/30/17 there will be a 3% fee added to your account.***
- Monthly Payment Plan: Installment payment of 10 monthly payments (due October 1 through July 1). These monthly payments may be made online by credit card or ACH transfer. If you choose the monthly payment plan, an approximate 3% surcharge will be added to each payment to cover processing fees.

\*\*\*An invoice will be generated by Team Unify on the 1st of each month. This bill is due upon receipt. A \$10 late fee will be assessed if an outstanding balance exists on the 25th of the month.

Please note that there will be a \$20.00 service charge for all bank returned checks.

\*\*\*\* Any account that is 60 days or more past due will have their child(ren) removed from all future meets until the payment is paid in full.

## STAR Finder's Rebate

We are offering any family that is currently with STAR Swimming a \$100.00 rebate for any swimmer they bring to the team from (September 2017-March 2018) that is new. STAR will offer a \$50.00 rebate for any swimmer they bring in from (April 2018-June 2018). A family can bring as many new swimmers as possible. The rebate is only given when the new family pay's their entire dues commitment for the 2017-2018 year, then the \$100.00 or \$50.00 will be credited to the following year's dues. **The new family must also list the family who recommended them on the registration packet.** This does not include new Novice or Tadpole swimmers.

## USA Swimming Registration

All swimmers at all levels are registered with USA Swimming for insurance purposes. Swimmers who have never been registered with USA Swimming are allowed a two-week trial period before registering. Payment of the \$69.00 Registration fee is due at first practice but, for swimmers new to USA Swimming, it can be post dated to the end of the free two-week trial period.

## Outreach program

USA Swimming provides an OUTREACH PROGRAM for those families that can demonstrate financial need. Please check the STAR Website for an application. Approved families will have their USA registration reduced to \$5.00 per child instead of the \$66.00. Along with USA's program, STAR also provides an outreach program. Here our families instead of paying for their swimmer's dues will instead have a set amount of volunteer sessions at our meets. This is an excellent opportunity to take advantage of. Here is the breakdown:

Highest Child's Team	Minimum Volunteer sessions to work
Red	10 sessions
Blue	14 sessions
Senior Prep	18 sessions
Senior	22 sessions

**(The STAR Swimming program REQUIRES a family to provide proof of income and then it needs to be approved by the STAR Board of Directors.)**

## Volunteering Credit

Our meets are a huge part of our annual budget and require lots of volunteers! As an incentive to volunteer, we are the only club in the area that offers the opportunity to significantly decrease the cost of swimmer dues. The amount of credit offered is based on the number of volunteer credits you and your family members and friends) earn by volunteering at our meets. This year with the credits work out as follows:

Volunteer Credits Earned Previous Year	Team Level							
	Red		Blue		Senior Prep		Senior	
	Credit Percentage	Effective Dues*						
30-55	10%	\$545	6.5%	\$893	4.8%	\$1,276	3.8%	\$1,593
60-95	19%	\$490	12%	\$840	9%	\$1,220	7%	\$1,540
100-145	30%	\$424	20%	\$764	14%	\$1,153	11%	\$1,473
150-205	44%	\$339	29%	\$678	21%	\$1,059	16%	\$1,390
210-255	58%	\$254	38%	\$592	27%	\$979	22%	\$1,291
260-305	71%	\$175	47%	\$506	33%	\$898	27%	\$1,209
310-355	85%	\$91	55%	\$430	39%	\$818	31%	\$1,142
360-405	100%	\$0	64%	\$344	45%	\$737	36%	\$1,060
410-455			73%	\$258	52%	\$644	42%	\$960
460-585			85%	\$144	61%	\$523	49%	\$845
590-665			100%	\$0	73%	\$402	59%	\$679
670-775					86%	\$188	69%	\$513
780+					93%	\$94	75%	\$414

\*Effective dues for first swimmer of each family on one time payment plan

Some volunteer positions require more or less effort and those credits are applied appropriately. For example, very long-duration positions such as timer sessions at a Super Sectional meet will earn more credit than the same position at a “typical” meet. Also more credit is given per session to those who volunteer as USA Swim Officials. Others, such as results poster or time trial mini-positions, will be credited with less. Each position’s worth will be posted with each meets sign up sheet.

The volunteer credit will be applied to each family’s account at the end of each swim season (August). The credit will be applied to the following year’s dues or be refunded directly to the family if the swimmer is a graduating high school senior who has completed the season and has paid in full. If a family has more than one swimmer, the credit will be applied to the swimmer signed up as the “first swimmer”. If a family volunteers enough to receive more than 100% dues credit, the excess credit will be applied to the second swimmer in the family, if so registered.

\*\*\*A graduating Senior can remain on account for four consecutive years and have their credit applied to their “College swimmers” dues OR it can be refunded if requested in writing. A family may also opt to waive their graduating senior volunteering refund and donate it to STAR Swimming.

Our college swimmers will use the same chart as the Blue swimmers for the volunteer credits program.

### **Minimum Volunteer Requirement**

In an effort to encourage all families to volunteer, we have a minimum volunteer requirement. This fee is added at the beginning of the season to your account and will be **FULLY** credited by the end of the season. If you have more than one child, it will only be assessed to the highest level.

Team	Short Course Min Sessions (Sep-Mar)	Long Course Min Sessions (Apr-Aug)	Extra Assessment If Not Met
Red	6	2	\$100
Blue	6	4	\$150
Senior Prep	6	6	\$200
Senior	7	7	\$250

### **Volunteer Signups**

Sign-ups for volunteer positions at our meets will continue to be made online.

### **Meet Entries**

When entered in a meet, there is a meet deck fee and charge per swim for each event and/or relay in which a swimmer participates. Fees vary per meet and are posted on the website in the meet information. All fees will be reflected on your Team Unify Account for your review and will be billed monthly.

The STAR coaches will recommend which events our swimmers should swim at each meet we attend. You will be notified by e-mail from your coach when the event selections have been made. You will then have the opportunity to review the selections and if you wish, remove your child(ren) from individual events.

It is each swimmer's responsibility to check the STAR website, [www.starswimming.org](http://www.starswimming.org), for meet entries. If a swimmer can only attend the meet on certain days, or not at all, then the swimmer must either remove the entry on-line, *or* request Coach Phil Aronica **via email** to be removed from that event(s) or that swimmer will be entered in and billed for the meet. A swimmer will be charged for individual and team relay fees if that swimmer fails to attend a swim meet in which that swimmer is entered. Each swim meet has its own specific deadline in which to do all this.

### **Full-Year Commitment**

In order to allow proper planning and budgeting, swimmers and their families are required to make a financial commitment for the entire swim year from September through August. Should you decide to terminate your participation with STAR, the unused portion of the annual dues is nonrefundable and any outstanding dues (including the remainder of monthly dues payments), and entry fees are considered an obligation to STAR and are due upon termination of participation. Our monthly payment plan is for our families' convenience and is not a mechanism for partial year membership.

The one exception to the full-year commitment is for swimmers who are new to STAR. If a swimmer has not swum for STAR before, there is a free two-week tryout period. If the swimmer chooses to join STAR other than in September, the swimmer may, for the first year only, select the monthly payment option, with payments starting in the month he or she joins the team.

Returning swimmers are required to register for the entire year. If a returning swimmer rejoins the team mid-season (for example, if she trains with a high school team exclusively during the fall), the full year's dues are still required.

### **College Swimmers**

We offer a special program for college swimmers. College swimmers who wish to train with STAR outside of the college season are eligible to join STAR on a monthly basis of \$75 per month.

## Group Descriptions for STAR swimming 2017-2018

**Tadpole:** This is our beginner and intermediate swim lesson program. Classes are held at either Frontier Middle School in Hamburg or at Erie Community College (downtown). The information for this can be found on our home page next to the slide show.

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**Novice:** This is our most basic program. These swimmers will learn the basics of all strokes. Here freestyle and backstroke are taught as well as strong kicking. They will learn strong safety skills and swim widths of the pool. We ask that these swimmers know how to comfortably swim two widths of the pool. The instructor is NOT in the pool and is teaching from the pool deck. This session will last 5-6 weeks long and there will be many sessions per year.

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**Red Team:** (Ages 6-12) This is our STROKE INSTRUCTIONAL program. Red swimmers are those that are just coming out of our Novice program (swim lessons). There is a major emphasis on stroke technique, turns, starts, and fun. Swimmers should be able to swim 25 yards of freestyle and backstroke. STAR offers three, 60 minute practices each week from September through July. Approximately eight swim meets are offered throughout the year as this is the beginning to competitive swimming.

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**Blue Team:** (Ages 7-14) This group of swimmers know of all 4 strokes fairly well. Each swimmer must be able to demonstrate the ability to handle regular practice routines. Emphasis is on drills, stroke technique, turns, starts, interval training, and fun. Most Blue swimmers train three or four 1 ½ hour practices each week. Swimmers in this group are encouraged to attend more swim meets and learn to have fun in a competitive environment.

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**Senior prep Team:** (Ages 11-17) This group of swimmers is where refinement of turns, starts and stroke technique are continually taught. Now there is an introduction on pace, race strategies and endurance training which is practiced daily. Senior prep swimmers are dedicated towards achieving goals at the local and Regional levels. Most senior prep swimmers train two hours per day (four or five days per week) and attend several swim meets each year.

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**Senior Team:** (Ages 13-18) At the Head Coach's discretion, swimmers are invited to join the Senior Team where the athletes are training at a very high level. The physiological, psychological, and biomechanical areas of swimming are taught. Senior Team members are dedicated towards achieving goals at the local, Regional and National levels. Senior swimmers train six days per week and attend several swim meets each year. We offer a professional dryland program with certified instructors. Consistent video-taping is done to help make each swimmer as proficient as possible. These swimmers should have a practice attendance of at least 70% or they can be moved down to the Senior Prep team until that number has been made.

# Become a Swim Official

**\*\*We are looking for STAR parents to become Swim Officials.**

**\*\*There is training provided.**

**\*\*STAR pays for your Registration with USA Swimming.**

**\*\*Swim Official volunteer sessions count as 150% of a typical volunteer session increasing the amount of volunteer credits available to reduce your family's dues.**

To learn more about this exciting opportunity contact  
Lynda Blake @ [ljblake2000@yahoo.com](mailto:ljblake2000@yahoo.com)

**WHY WAIT -- GET STARTED -- CONTACT LYNDA TO REGISTER**

If you are a returning Official -- print a Non Athlete form for Officials from the  
STAR Website and mail the form to:

STAR Swimming  
PO Box 361, Hamburg, NY 14075

## 2017-2018 Registration Form and Agreement to Terms and Conditions

Registration for all swimmers is done on line at [www.starswimming.org](http://www.starswimming.org) In addition to the online registration, each family is required to sign and mail in this two-sided form to acknowledge the terms and conditions of the STAR swimming program and to authorize the releases described below.

This agreement is for the following swimmers (contact Coach Phil Aronica @ 716-997-0658 if unsure of team level):

Swimmer's Full Name				/ /	
	Last	First	Middle	Birthday	Team
Swimmer's Full Name				/ /	
	Last	First	Middle	Birthday	Team
Swimmer's Full Name				/ /	
	Last	First	Middle	Birthday	Team
Swimmer's Full Name				/ /	
	Last	First	Middle	Birthday	Team

Home/cell Phone number \_\_\_\_\_ email address \_\_\_\_\_

**\*\*Please list here the current STAR family that recommended STAR Swimming to you if applicable**

Dues and USA Swimming registration fees for these swimmers will be paid via (select one):

- Single payment due before September 30, 2017 (See Payment options)
- Monthly payment (eligible for payment on-line via credit card, includes a credit card processing fee of ~3%)

Team	Highest Level Swimmer*	Each Additional Swimmer*
Red	\$605	\$500
Blue	\$955	\$735
Senior Prep	\$1,340	\$1,035
Senior	\$1,655	\$1,265
College	\$750	\$500

\*Single-payment price

USA Swimming Insurance Registration fee: \$69.00 per swimmer.

**AUTHORIZATION:**

I hereby give consent for my child/children to participate in the programs administered by STAR Swimming, Inc. In consideration of being permitted to so participate, I hereby release, discharge, and agree to hold harmless STAR Swimming, Inc., Erie Community College, and the STAR/ECC Partnership, their coaches, members of the Boards of Directors, volunteers, agents, and employees, together with their successors and assigns, from any and all liability for injuries to property or person suffered as a result of participation as a member of STAR Swimming, Inc. I give the club authorization to apply for USA Swimming memberships for my child/children. I agree that it is the swimmers', their parents and/or guardians', or designated representatives responsibility to provide transportation to and from any activity sponsored or supported by STAR Swimming, Inc. and that any transportation provided by representatives of STAR Swimming, Inc. is not being provided on behalf of STAR Swimming, Inc., and is strictly voluntary on the part of the person providing that transportation.

**PHOTO RELEASE:**

I hereby consent that STAR Swimming, Inc., Erie Community College, and the STAR/ECC Partnership may use photographs or video in which my child appears in whatever way they may desire. I consent that the above named entities shall have the right to duplicate, reproduce and make use of these photographs and video as they may desire with no claim on my part. I release STAR Swimming, Inc., Erie Community College and the STAR/ECC Partnership, from any liability claims arising out of the use of the photographs or video in accordance with this Release and Authorization.

**MEDICAL RELEASE:**

I certify that, to the best of my knowledge and belief the above mentioned child is in good physical condition and has no condition, which would impair participation in this program. In case of injury, I hereby give STAR Swimming, Inc. and its coaching staff permission to act on my behalf in seeking medical treatment from a licensed physician, paramedic, EMT, hospital or clinic for my child. In the event that such treatment is deemed necessary, I give permission to those administering medical treatment to do so using methods necessary. I absolve STAR Swimming, Inc., Erie Community College and the STAR/ECC Partnership and their coaching staff from all liability while acting on my behalf in this regard.

Additional medical history regarding, allergies, drug allergies etc. which may be needed in rendering medical care:

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**TERMS & CONDITIONS for PARTICIPATION:**

Payment is required to be submitted with this form, unless the monthly payment option is selected. Additional charges will be billed separately for meet entry fees.

Swimmers and their families are making a financial commitment for the entire swim year from September through August. Should you decide to terminate your participation with STAR, the unused portion of the annual dues is nonrefundable and any outstanding dues (including the remainder of monthly dues payments), and entry fees are considered an obligation to STAR and are due upon termination of participation. Our monthly payment plan is for our families' convenience and is not a mechanism for partial year membership.

Returning swimmers are required to register for the entire year. If a returning swimmer rejoins the team mid-season (for example, if she trains with a high school team exclusively during the fall), the full year's dues are still required.

It is each swimmer's responsibility to check the STAR website, [www.starswimming.org](http://www.starswimming.org), for meet entries. If a swimmer can only attend the meet on certain days, or not at all, then the swimmer must either remove the entry on-line, *or* request Coach Phil Aronica **via email** to be removed from that event(s), or that swimmer will be entered in and billed for the meet. A swimmer will be charged for individual and team relay fees if that swimmer fails to attend a swim meet in which that swimmer is entered.

I understand and agree to the above TERMS & CONDITIONS for PARTICIPATION, AUTHORIZATION, PHOTO RELEASE and MEDICAL RELEASE of STAR Swimming, Inc. in exchange for the privilege of my child, registered with this form, to participate in the STAR Swimming program. I understand that all these forms constitute a legally binding contract.

Print name of party responsible for payment of financial obligations:

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Address of responsible party

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\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature of Party responsible for payment of financial obligations / Relationship to Swimmer(s) / Date

**Return registration form and agreement above as well  
as the last page below with payment to:**

**STAR Swimming  
P O Box 361  
Hamburg, NY 14075**

## **Code of Conduct for STAR Swimming**

All team members, team staff, and parents of minors will be apprised in writing of this Code of Conduct. *Your signature at the end of this document affirms your agreement to the Star Swimming Team Code of Conduct.*

### **RULES:**

#### **The following rules apply to team members' actions at home and away meets:**

- a. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- b. Team members and staff will refrain from illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- c. The possession or use of alcohol or tobacco products by any athlete is prohibited.
- d. The possession, use or sale/distribution of any controlled or illegal substance of any form of weapon is strictly forbidden.
- e. No "deck changes" are permitted. Athletes are expected to use available change facilities.

#### **The following rules apply to team members' actions at team travel meets:**

- f. Curfews shall be established by the coaching staff each day and are non-negotiable.
- g. The directions/decisions of coaches/chaperones are final.
- h. Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach or chaperone.

Team members are reminded that when competing in meets, traveling on trips, and attending other team-related functions, they are representing both themselves and Star Swimming. Athlete behavior must positively reflect the high standards of the club. This means swimmers are expected to comply with the following:

- Refrain from inappropriate physical contact at team activities and events
- Refrain from the use of inappropriate language
- Be quiet and respect the rights of teammates and others in hotel
- Be prompt and on time
- Respect travel vehicles
- Use appropriate behavior in public facilities
- Stay in assigned hotel room
- No room service or incidental charges without permission

### **Possible Consequences:**

Failure to comply with the Code of Conduct and travel expectations for Star Swimming, as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

1. Dismissal from the trip and immediate return home at the athlete's expense
2. Disqualification from one or more events, or all events of competition
3. Disqualification from future home or travel meets
4. Financial penalties
5. Suspension or dismissal from the team
6. Proceedings for a LSC or USA Swimming National Board Review

## **Bullying Policy for Star Swimming**

### **PURPOSE**

Bullying of any kind is unacceptable at Star Swimming and will not be tolerated. Our club is committed to providing a safe, caring and friendly environment for all our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, parent or board member. *Your signature at the end of this document affirms your agreement to the Star Swimming Bullying Policy.*

Objectives of the Club's Bullying and Action Plan:

1. To make clear that the club will not tolerate bullying in any form.
2. To define bullying and give all board members, coaches, parents and swimmers a good understanding of what bullying is.
3. To make it known to all parents, swimmers and coaching staff that there is a policy and protocol should any bullying issues arise.
4. To make the protocol of reporting bullying clear and understandable.

### **WHAT IS BULLYING?**

The USA Swimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person.

In accordance with The USA Swimming Code of Conduct, Star Swimming defines bullying as the severe or repeated use of physical acts of oral, written, or electronic messages directed to another that, to a reasonably objective person has the effect of:

1. causing physical or emotional harm to the other member or damage to the other member's property.
2. placing the other member in reasonable fear of harm to himself/herself or of damage of his/her property.
3. creating a hostile environment for the other member at any USA Swimming activity.
4. infringing on the rights of the other member at any USA Swimming activity.

### **REPORTING PROCEDURE**

An athlete who feels that he or she has been bullied is asked to talk to his/her parents or talk to a coach or board member in person or via email. There is no express time limit for initiating a complaint under this procedure, but every effort should be made to bring the complaint to the attention of the appropriate club leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and the bullying behavior can be stopped as soon as possible.

### **HOW WE HANDLE BULLYING**

If bullying is occurring at our club or it is reported to be occurring at our club, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE KIDS INVOLVED using the following

#### *FINDING OUT WHAT HAPPENED*

1. First we will get the facts by getting the story from several sources, beginning with the swimmers. We will collect all the information available. We will listen without blaming and

will not label the act until all information is collected and we determine if the situation is bullying.

2. In order to determine if the act is bullying, we will consider the following:
  - What is the history between the swimmers involved?
  - Have there been past conflicts?
  - Is there a power imbalance?
  - Has this happened before? Is a child worried it will happen again?
  - What are the differences in the two sides of the story?

#### *SUPPORTING THE KIDS INVOLVED*

3. If the coaches or leadership decide that bullying is occurring, StarSwimming will:
  - a Listen and focus on the child. Learn what's been going on and show we want to help. Assure the child that bullying is not their fault.
  - b Work together to resolve the situation and protect the bullied child.
  - c Develop a game plan on how bullying will be addressed going forward.

#### *ADDRESSING BULLYING BEHAVIOR*

4. In order to address the bullying behavior, StarSwimming will:
  - a Make sure the child knows what the problem behavior is
  - b Show swimmers that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.
  - c Work with the child to understand some of the reasons he or she was bullied.
  - d Involve the child who bullied in making amends or repairing the situation.
  - e In the event of a severe bullying incident or repeated bullying offences with the same offender the board will determine if disciplinary consequences should be assigned to the child who bullied. These may include suspension from upcoming practices and/or swim meets.

#### **Athlete Electronic/Social Media Communication Policy for Star Swimming**

There are certain standards for electronic and social media communications for all athletes associated with USA Swimming. Athletes need to remember that swimming for Star Swimming is a privilege, and they are expected to portray themselves, the team, and the community in a positive manner at all times. ***Your signature at the end of this document affirms your agreement to the Star Swimming Team Athlete Electronic/Social Media Communication Policy.***

#### **EXPECTATIONS**

The club holds the following expectations of athletes:

1. Athletes are expected not use derogatory language, including sexist, racist, homophobic, obscene or profane material of any kind.
2. Athletes are expected not to use social media to degrade, demean, or attack any person, team or organization.
3. Athletes are expected not to send explicit pictures of themselves or others.
4. If a team member becomes aware of violations to the above three expectations by another athlete, they are expected to come forward to report the incident to a coach, parent or board member.

The following must be signed by each athlete in a family and a parent/guardian before a swimmer is allowed to begin practicing with the team.

