

Northern Nevada Aquatics

Membership Information and Agreement

Welcome to Northern Nevada Aquatics. This new swimmer packet has been prepared to help you with the process of joining our team.

Northern Nevada Aquatics is a Swim Team that was founded by and developed by swimmers for swimmers. We are one of the best coached and run teams in the nation. We have swimmers on our team of all ability levels. We lead by example and expect the best from our swimmers. We build appreciation of the sport and do this through our positive environment which is conducive to enjoying the water and fast swimming.

We differ from other swim teams. We are unique and it is because of the following:

- We are an enlightened, coach owned team. There is no parent board.
- We have the most knowledgeable, experienced, and dynamic coaching staff.
- Everyone is treated equally regardless of ability.
- We have a friendly, pleasant environment that allows you or your child to be as fast as they want to be. We allow you to succeed.
- All ages and ability levels are welcomed.
- We have one monthly fee with no hidden costs. No extra hidden costs or mandatory volunteering.
- We have intense swimming and dryland workouts for all groups and levels.
- Individual responsibility is stressed. You may swim any workout or portion of a workout. You may come and go as you please.
- You are encouraged to compete in any and all meets that you are qualified for, or you may choose to not compete at all.
- There is a program designed for you.

To join our team we will need a few simple steps to be completed.

1. Please complete the packet enclosed.
Fill out information on your swimmer(s) and any medical conditions which may exist. Initial and sign our membership agreement on all pages.
2. Register with USA Swimming. (Complete the change of team or transfer form if needed)
3. Pay for your first month's dues and your USA swimming registration.
4. Get in the water and stay up to date with periodic emails and visiting our website at www.NorthernNevadaAquatics.com.

Mission Statement:

The Mission of Northern Nevada Aquatics is to provide children and adults of all ages with the opportunity to train and compete in water sports in a structured environment. We will be conducive to making them better able to compete in the water using state of the art training techniques. We will help our members become the best athletes that they want to be.

Belief Statement:

It is the belief of Northern Nevada Aquatics that an athlete needs a positive supportive environment in which to thrive and make swim training a desire, not a chore. By emphasizing positive values, a positive attitude and a sense of personal responsibility, success as a person, as a student and as an athlete can be achieved.

Goals:

1. To provide a positive environment in which to train and to have fun and enjoy swimming and/or all water sports.
2. To develop a lifelong appreciation of the health benefits of swimming.
3. To develop attitudes of Respect, Grace, Mindfulness, Accountability and Fearlessness.
4. To develop the responsibilities of Self-Discipline, Self-Control, Kindness, Co-operation and Trust.
5. To develop life skills such as Responsibility, Integrity, Hard Work, Discipline, Self-Motivation and to improve Self Esteem and Confidence.

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Goals Continued:

6. To encourage excellence in all aspects of our athletes lives.
7. To develop a spirit of competition and to instill positive traits such as commitment, dedication and goal achievement.
8. To educate our athletes in sports psychology, nutrition and critical thinking.
9. To develop better athletes, better students and better people.

Policies and Conduct:

General Terms Subject to Change without Notice:

1. Agreement: Must be signed by swimmers and parents (if under 18) and dues must be paid before joining Northern Nevada Aquatics.
2. Billing: The full month's dues are charged regardless of the number of days swum.
3. Payments: All payments are due the first(1st) of the each swim month and either automatically paid via website, handed to the Coach or Mailed to:
Northern Nevada Aquatics 1135 Terminal Way #106 Reno, NV 89502
4. Payment Method: All checks, money orders and/or cashier checks will be made out to:
Northern Nevada Aquatics
5. Delinquency: Swimmers will not be allowed to train or participate until dues are paid.
6. Cancellation: Written 15 day notice must be given to the Coach/Owner.
7. Fees: See attached NNA Fee Schedule. Pool Use. Yearly Equipment. Family Commitment.
8. Registration: USA Swimming and/or USA Water polo registration is required if you wish to swim or compete in competitions sanctioned under either organization.
9. Swim Meets: Swimmers are encouraged to compete in any and all meets for which they are qualified. It is each swimmers responsibility to enter meets by filling out meet registration forms and pay the appropriate fees before the meet deadline. It is also acceptable for a swimmer to choose to train but not to compete in USA or Masters swimming or USA Water Polo events. At the Coaches discretion, some meets will be entered by the coach.
10. Unacceptable behavior will not be tolerated and at the coaches or boards discretion the swimmer or swimmers family may be instructed to leave the practice, event or the team. The swimmer or swimmer's parent is responsible for the additional expense involved with the resolution of this situation.
11. Parent Conduct: A positive family environment is one of our goals. The swimmer must have fun and enjoy swimming before they can reach their goals. Parents must respect their swimmers, other swimmers, other parents, officials, coaches and other teams. Swimmers are never berated for performance.
12. Swimmer Conduct: Swimmers are expected to represent the team and themselves in the most positive way possible. Friendship and respect are to be extended to parents, coaches, teammates, all members of the swim community and the public at large.

Health and Safety:

1. The use of tobacco, alcohol or drugs is unacceptable by any team member.
2. Authority to Treat: The undersigned give the coaches, staff, chaperones and/or responsible adults, the power to administer or authorize medical or other treatment of the person(s) named above under the "Swimmers Name". In the event of injury, accident or medical emergency.
3. Advisory of Rights and Responsibilities: Safety is not the sole responsibility of the coaches and staff. All swimmers and parents have the right and responsibility to excuse them-selves from any activity they believe may be harmful to them or others and to notify coaches and staff of any such situation.
4. Assumption of Responsibility and Risk: Extreme physical exertion and training poses a potential health risk along with the many healthful benefits. The undersigned understand the risks and by assuming this risk, I/we completely absolve the coaches, staff, swimmers, landlords, management companies, and all other parties of liability for my/our harm, unless intentionally caused by criminal conduct.

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5. Notice of Physical Contact and Consent: Swimming, swim drills, stretching, dryland training, general aquatics training, etc. may involve physical contact with another person or training partner. I/We understand and accept this as part of training. However, if any person is uncomfortable with the contact by any person or exercise, the person has the right to withdraw from said activity and should notify the coaches or staff of any such problem.
6. Release and Indemnification: I/We agree not to bring any claim or suit against Northern Nevada Aquatics, its coaches, staff, guests, landlord, or any other parties for any injury or harm sustained by any event short of a criminal act and then only the criminal shall be the subject of the claim. I/We shall indemnify Northern Nevada Aquatics, its coaches, staff, guests, landlords or any additional defendants covered by this agreement for all judgments, costs, attorney fees and other expenses incurred as a result of a breach of this agreement.
7. Arbitration Clause: Should any dispute arise between any parties to this agreement, then I/we specifically agree that the dispute shall be resolved in binding arbitration. Should a suit be filed in court, I/we specifically authorize the court to order the case to binding arbitration.
8. Severability: If any clause, sentence, phrase or statement in this agreement is found unenforceable or invalid by any Court of Law, the remainder of the document shall remain valid and enforceable and the invalid clause, sentence, phrase or statement shall be considered struck from the document.
9. Durability: This document is effective from the date signed with no expiration. Furthermore, the terms of this document are retroactive to the beginning of training with Northern Nevada Aquatics if this document was signed after that date.

Media Release

As part of the Northern Nevada Aquatics Swim Club communication process, the team maintains a web site and periodically prints newsletters and statistics or provides information to news organizations. This form documents how you want your swimmer's information handled.

Please read and sign below. Indicate YES or NO where appropriate:

1. I hereby authorize the use of still photographs taken at swim meets or other swim team functions. I recognize these photos may be posted on the team website, Facebook, or other social media outlet or used by news media in covering swimming events.
Yes or No
2. I hereby grant permission to post swimming-related statistics and information on the team website, the team newsletter and/or to provide this information to the news media.
Yes or No
3. I understand that neither my swimmer nor I will receive payment or other compensation for the use of such photos or statistics.
Yes or No
4. I understand that information listed on the LSC or USA Swimming web site regarding my child is not posted by the club.
Yes or No
5. I authorize NNA, the LSC, and USA Swimming to use our contact information in a club roster.
Yes or No

Team Travel Policy

Team Travel Policy for Northern Nevada Aquatics

Purpose: Athletes are most vulnerable to misconduct during travel, particularly overnight stays. This includes a high risk of athlete-to-athlete misconduct. During travel, athletes are often away from their families and support networks, and the setting – new changing areas, locker rooms, workout facilities, automobiles and hotel rooms – is less structured and less familiar.

Team Travel is defined as overnight travel to a swim meet or other team activity that is planned and supervised by the club or LSC.

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Section 1

- a. Northern Nevada Aquatics travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)
- b. Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)
- c. 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). (305.5.A)
- d. When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C)

Section 2 - Recommended Policies

- a. During team travel, when doing room checks, attending team meetings and/or other activities, two- deep leadership and open and observable environments should be maintained.
- b. Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.
- c. During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 & over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 & under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian).
- d. When only one athlete and one coach travel to a competition, at the competition the coach and athlete should attempt to establish a "buddy" club to associate with during the competition and when away from the venue.
- e. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
- f. Curfews shall be established by NNA or LSC staff each day of the trip.
- g. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach or his/her designee.
- h. The directions & decisions of coaches/chaperones are final.
- i. 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.
- j. When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. 12 & under athletes will be accompanied by a chaperone.

Section 3

Safety

- a. Additional guidelines to be established as needed by the coaches;
- b. Respect the privacy of each other;
- c. Must wear seat belts and remain seated in vehicles;

Behavior

- a. Be quiet and respect the rights of teammates and others in hotel;
- b. Be prompt and on time;
- c. Respect travel vehicles;
- d. Establish travel dress code;
- e. Use appropriate behavior in public facilities;
- f. Must stay in assigned hotel room; and
- g. Needs and wellbeing of the team come first.

Financial

- a. No room service without permission;
- b. Swimmers responsible for all incidental charges;
- c. Swimmers responsible for any damages or thievery at hotel;
- d. Must participate in contracted group meals

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Fee Schedule

Senior Group

Swimmers who have made a commitment to swimming competitively and a minimum number of practices at an advanced level
8-9 swim practices per week plus weights and drylands offered each week **\$190/month each**

Pre-Senior and Junior Group

Swimmers who have made a commitment to swimming competitively and a minimum number of practices at an intermediate level
6-7 swim practices per week plus drylands offered each week **\$175/month each**

Black and Blue Groups

Age Groups swimmers at an advanced stage in swimming who actively compete in swim meets
6 swim practices per week plus drylands offered each week **\$150/month each**

White Group

Age Group swimmers at an intermediate to advanced stage in competitive swimming typically 8 to 12 year olds
6 swim practices per week plus drylands offered each week **\$125/month each**

Squids Group

Age Group swimmers at a beginner to intermediate stage in competitive swimming and typically 6 to 10 year olds.
We typically encourage 3-4 swim practices per week. Classes may be on a first come, first serve basis. **\$110/month each**

Seahorses Group

Age Group swimmers at an introductory level.
We typically encourage 2-3 swim practices per week. Classes may be assigned on a first come, first serve basis. **\$85/month each**

Starfish Group

Swimmers in need of a 1 on 1 swimming experience. Adaptive environments available. **\$40/per session**

Masters Group

19 years old and over monthly rate **\$100/month each**

Discounts

Sibling discount. \$20 off per month for each additional swimmer at their normal group fee level.

Caughlin Club Membership. Junior and Senior Group members will receive a discount of \$30 off if they have a membership at Caughlin Club outside of NNA.

Seasonal Only Swimmers

Summer Developmental Swim Team **\$179 each** for learn to swim summer special Dates: June and July.

Regular Summer Swim Team **\$299/\$349 each.** 299 for WCSD summer (typically June-August). 349 for extended summer (typically mid May- end of August). Both include summer registration. Prices for all groups.

Fall Swim Team **\$249/\$299 each.** 249 for Squid-White groups, 299 for Black and Blue groups. Dates: September – November. Includes fall registration.

Spring Swim Team **\$249/\$299 each.** 249 for Squid-White groups, 299 for Black and Blue groups. Dates: February – beginning of May. Includes spring registration.

All payments can be made online once you set up your account, by check or cash & are due by the 1st of each month.

Annual Fees: 2022 through end of 2023

- USA Swimming Registration Pool and sign up Fees; Total: **\$130**

Northern Nevada Aquatics Local Swimming Committee is Pacific Swimming (PC) Our Club Code is: NNA.

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Emergency Contact and Information

Name: _____

Relationship: _____

Contact Phone(s): _____

Medical Information:

Physicians Name: _____ Office _____

Phone _____

Address: _____

List any medical conditions and/or medications that the coach should be aware of:

Swimmer Family Information:

Address: _____ Phone: _____

Required Email: _____

Swimmers' Name: Last: _____ First: _____ M.I. _____

USA Swimming #: _____ DOB: _____

Swimmer Signature: _____ Date: _____

Swimmers' Name: Last: _____ First: _____ M.I. _____

USA Swimming #: _____ DOB: _____

Swimmer Signature: _____ Date: _____

Agreement with Northern Nevada Aquatics

I hereby agree with all of the above.

Printed Name of Parent / Guardian

Signature of Parent / Guardian

Date

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Welcome to the Team!

Listed below a few items that you might find helpful;

To better help with communication and urgent updates Northern Nevada Aquatics (NNA) has an established team wide text message system.

To join:

- Text: @northernn to 81010

Or to receive texts via email;

- Send an email to: northernn@mail.remind.com

Once your child(ren) is/are ready to participate in meets there are few iPhone & Android App options for you to keep track of their progress. NNA in no way requires these options nor is associated with any fees that might apply.

USA Swimming Deck Pass App

- Earn digital patches for competing -- automatically!
- Check your verified IMX scores, best times, recent meets and rankings.
- Information: www.usaswimming.org



IPHONE

ANDROID

Meet Mobile Swim Meet App

- The essential swimming app for swimmers, coaches, meet hosts and fans, Meet Mobile provides real-time meet results and standings from anywhere, at any time.
- Information: www.active.com/mobile/meet-mobile-app



Sign up for meets

- You can contact your coach and he/she can sign you up.
 - Use Swim Connection -
 - <https://ome.swimconnection.com/>



If you have any questions, comments or concerns please feel to contact us.

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Late Summer and Fall Practice Schedule

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
5:30am-7:00am			SR/JR Groups Caughlin		SR/JR Groups Caughlin		
10:00 am-12:00 pm	All Groups - different length practices Northwest						All Groups - different length practices Northwest
4:00pm-6:00pm		SR/JR Caughlin	SR/JR Caughlin	SR/JR Caughlin	SR/JR Caughlin	SR/JR Caughlin	
4:00pm-5:00/5:15pm		White (60-75min) Northwest	White (60-75min) Northwest	White (60-75min) Northwest	White (60-75min) Northwest	White (60-75min) Northwest	
5:00-5:45pm		Squid	Squid	Squid	Squid		
5:30-6:00pm		Seahorse (1) Northwest	Seahorse (2) Northwest	Seahorse (1) Northwest	Seahorse (2) Northwest	Seahorse (1&2) Northwest	
5:00pm-6:30pm		Pre-Senior Northwest	Pre-Senior Northwest	Pre-Senior Northwest	Pre-Senior Northwest	Pre-Senior Northwest	
6:00pm-7:30pm		BlueBlack/Masters/Seasonal Northwest	BlueBlack/Masters/Seasonal Northwest	BlueBlack/Masters/Seasonal Northwest	BlueBlack/Masters/Seasonal Northwest	BlueBlack/Masters/Seasonal Northwest	
7:30pm-9:00pm				Seasonal Water Polo			

Caughlin Club is located at:
4100 Caughlin Parkway
Reno, NV 89509
(775) 747-6006

Idlewild is located at:
1805 Idlewild Drive
Reno, NV 89509
(775) 334-2267

Northwest Pool is located at:
2925 Apollo Way
Reno, NV 89503
(775)334-220