

PPST Registration 2019-2020

Hello Piranhas,

This year our registration is moving online!

To access the registration system, go to the Team Unify Poulsbo Piranhas website (<https://www.teamunify.com/Home.jsp?team=pnspps>) and <Click> on the “Online Registration” tab on the right-hand side of the page.

There you will be able to update your swimmer’s information and provide consent to

- Medical Release Form (required)
- Liability Release Form (required)
- Photo Release (optional)

Before starting online registration, its helpful to have your swimmer’s insurance and primary care provider’s information on hand. Also the name and phone number of an emergency contact.

Once you have completed the online portion there are three (3) forms that must be printed and returned to the PPST Membership.

- Pacific Northwest Swim (PNS) Concussion Form
- Code of Conduct
- PPST Volunteer Form

These documents can be returned to the Membership Folder at the North Kitsap Community Pool or scanned and emailed to swimwithppst.membership@gmail.com.

Just a note about the PPST Volunteer Form:

The **PPST Volunteer Form** is just a starting point in the volunteer conversation. If there’s a special skill that you can bring to the team, let us know. If there are siblings who can time and help with event set up, that’s great! Please indicate names and contact information (and any ideas!) so we can be sure to place you in a productive position. Keep in mind, families are required to contribute 15-20 volunteer hours per year or face a \$30 per unfulfilled hour penalty. Be proactive in identifying your volunteer time. *We don’t want to fine, we need your time!*

We are looking forward to a great year of swimming! Let us know if you have any questions or concerns.

Sincerely,

The 2019-2020 Board

Co-Presidents Adrienne and Brian Ramey swimwithppst.president@gmail.com

Vice President Jason Hedstrom swimwithppst.vp@gmail.com

Co-Treasurers Pat Sawitzki and Lisa Ulrich swimwithppst.treasurer@gmail.com

Bookkeeper Candy Walters swimwithppst.bookkeeper@gmail.com

Secretary and Membership Nicole Retana swimwithppst.membership.com

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Commonly Asked Registration Questions

Q1: I received an email from Team Unify that makes me think my login information has changed. Has my login information been changed or reset? Is this how I access Online Registration?

A1: Please disregard this message which is automatically generated by Team Unify when we "open" online registration. We're working with Team Unify to get rid of this email in future years.

Your account login/password are still the same.

To access the online registration process, go to the Team Unify website and <Click> on the Online Registration button on the right-hand side of the screen.

Q2: Do I have to pay my registration fees online?

A2: No, you do not need to pay online. The registration system will encourage you to pay online but it will allow you to select "Pay by check" and complete the online process.

Q3: Are we going to still be getting monthly emails with how much we owe in dues for the month? Can we still pay by personal check or should we pay by credit card via the website?

A3: Yes, you are still going to be getting monthly emails with how much is due and you can still pay by check. The only change is that we've added the **option** of being able to pay via credit card online.

Q4: I finished up the registration process but got kicked out before I could print out all three forms. How can I get the forms now?

A4: No worries. They are at the end of this document and can also be found on our Team Unify website (<https://www.teamunify.com/Home.jsp?team=pnspps>).

Poulsbo Piranha Swim Team Volunteer Form: 2019 -2020 Season

Volunteer(s) Name: _____

Email: _____ Phone: _____

Volunteer Requirement:

The sport of swimming would not exist without volunteers! Even up to the highest levels, swimming requires more volunteers than any other sport. We do these jobs (timers, announcers, stroke and turn judges, board members) because we hope to instill a lifelong love of swimming in our kids.

Every Piranha family is required to fulfill a volunteer commitment minimum of Bronze-15 hours/Silver- 20 hours/Gold- 20 hours (confirmed by a board member) per swim season, September through August. Your PPST account will be charged in September at a rate of \$30/hour for any unfulfilled hours. New members joining mid-season will be prorated quarterly.

We will be hosting three meets this season **[Oct 5-6, Jan 25-26, Mar 7-8]** which require many volunteer jobs. **Save these dates on your calendar and plan in advance.** Your volunteer hours should be covered by helping at home swim meets and fundraising/team jobs. If you are not sure whether a certain task applies, clear it with us before claiming the hours.

When you have hours to report, fill out the Volunteer Form (Team Unify website, Click on << Documents>>) and turn it in to Vice President Jason Hedstrom at swimwithppst.vp@gmail.com. Volunteer forms are to be turned in at least quarterly (Nov, Feb, May, Aug) to earn credit for work completed during that time frame.

We have many opportunities for you to get involved to get your hours. Please check any area where you would be willing to volunteer your time to help out our team.

Fundraising Helpers

- ___ Garage Sale
- ___ Swim-A-Thon
- ___ Auction
- ___ Taco Time Coupons (January)
- ___ Yo! G's Takeover
- ___ Dairy Queen Takeover
- ___ Virtual Race
- ___ Papa Murphy's Coupons
- ___ Applebee's Pancake Breakfast
- ___ Other: _____

Team Job Helpers

- ___ Official positions that require training
- ___ Volunteer Coordinator
- ___ Social Media Coordinator
(Facebook, Instagram)
- ___ Bulletin Board Coordinator
- ___ Team Social Functions
(Banquets, etc.)
- ___ Team Newsletter (Quarterly)
- ___ Outdoor maintenance/Meet décor
- ___ Team Apparel
- ___ Grant Search Coordinators
(3 needed)

Thank you in advance for giving your time and energy for the betterment of our team.

Volunteer(s) Signature _____ Date: _____

PPST Code of Conduct Agreement

Swimmers will not be allowed to practice or compete until this form is completed, signed and returned to PPST Membership (swimwithppst.membership@gmail.com).

I understand that it is an honor and a privilege to represent the Poulsbo Piranha Swim Team (PPST). I recognize that the reputation of PPST is effected by and dependent upon my conduct and behavior. I have read and understand the PPST Code of Conduct Policies and Procedures and the PPST Bullying Policy and Procedures and unconditionally agree to at all times follow and be completely bound by its provisions in their entirety.

I understand that failure to abide by the provisions of the PPST Code of Conduct Policies and Procedures may result in immediate disciplinary action, as set forth in those policies and procedures, including, but not limited to the following:

1. Suspension from practices(s), meets(s), or event(s)
2. Suspension from the Poulsbo Piranha Swim Team
3. Dismissal from the Poulsbo Piranha Swim Team
4. Any combination of the above

The PPST Code of Conduct Policies and Procedures will be governed by the PPST Board and Head Coach. I understand and agree that all decisions made by the PPST coaching staff at the site of any infraction will prevail. Appeals can be made at a later date to be heard in a rational, constructive, and fair manner by the PPST Board and the Head Coach. All decisions made by the PPST Board and the Head Coach will be final.

Swimmer (1) Name:

_____ Swimmer (1) Signature: _____

Swimmer (2) Name:

_____ Swimmer (2) Signature: _____

Swimmer (3) Name:

_____ Swimmer (3) Signature: _____

Swimmer (4) Name:

_____ Swimmer (4) Signature: _____

Parents or Guardians

Name: _____ Signature: _____

Name: _____ Signature: _____

Date: _____

Note: Refusal to sign this document does not excuse the participant from the requirements of the PPST Code of Conduct Policies and Procedures. Participation in PPST constitutes acceptance of the provisions of the PPST Code of Conduct Policies and Procedures.

PACIFIC NORTHWEST SWIMMING 2019-20 Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents and coaches include:
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
2020 Membership Year (7/30/19 document update)

PACIFIC NORTHWEST SWIMMING
2019-20 Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/concussion/HeadsUp/youth.html>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

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