



Swim Team Registration 2017-2018



*Where Every Swimmer Triumphs
and life lessons are instilled through hard work and
perseverance in the sport of swimming.*

WEST Coast Aquatics – WEST Swimming
15622 Country Club Drive • Mill Creek, WA 98012
425.379.8806 **WESTswimteam.com**



Welcome to Our Swim Team!

Welcome to all new and returning members of WEST Swim Team,

What an exciting year it has been. The entire program took a major step forward this year. One of the major highlights includes being awarded the Bronze Medal from USA Swimming, listing us as one of the top 200 programs in the country (without any consideration of team size). We were also recognized by USA Swimming as a leader in organization and our Board of Directors was selected to send a representative to a national retreat at the Olympic Training Center this fall. We had another swimmer qualify for Olympic Trials and sent three swimmers to continue competing in college at Division 1 schools.

WEST Swim Team placed 5th overall at Pacific Northwest Championships, our highest finish yet and a notable feat as the teams ranking ahead of us have two to four times as many swimmers. WEST is more than just a swim team however, we are a tight-knit aquatic community including learn-to-swim lessons for children and adults, senior fitness programs and family pool memberships.

WEST has a number of unique resources that differentiate us from other teams in the Pacific Northwest. Owning our facility allows us to arrange practice times to maximize our swimmers' benefit. Our weight room enhances our dryland efforts and the nature trails connected to the pool allow our swimmers to be outside and promote conservation while continuing to develop into better all-around athletes. Each year, we aim to continue to enhance the benefits to our athletes through our partnership with Physical Therapists and adding programs such as the Olympian Clinic.

Our team consists of a wide range of ages and abilities. From advanced 6-year-olds learning to complete a legal 100 Individual Medley, to high school swimmers looking to stay active year-round, to swimmers competing at the national level. We are committed to building an elite program from top to bottom. We focus not only on helping our swimmers reach their potential in the pool, but through swimming, we instill life lessons that will help shape them into positive and successful members of society.

We look forward to building the success of our program at the regional level as well as continuing to work towards being a national leading organization. Whether your swimmer's desire to join the WEST team is to meet new friends, build a healthy and sustainable lifestyle, or become one of the best swimmers in the country, WEST has a place for them.

Congratulations on joining the WEST Swimming Family! We're glad you've joined us.

Sincerely,

Nick, Tim, Bryan, Margaret, and the rest of the WEST Staff



Group Structure – Explore *Early Competitive Development*

What is most important?

Explore is comprised of the youngest and most inexperienced swimmers on the team. With such long swimming careers ahead of them, it is crucial they have a solid technical foundation, as well as a love for the sport.

Swimmers typically enter this group from lesson programs, summer teams, or other competitive teams. Coaches spend the majority of time ensuring swimmer comfort in a team setting, while focusing on skill development, general fitness, and having fun while growing in a competitive yet nurturing environment.

Group placement is at the coach’s discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Ages: 6 to 11

Minimum Requirements: Must compete in minimum 75% of assigned meets per season
3 of 4 strokes must be legal, 100 Freestyle with proper flip turns, 200 kick - Attendance: minimum 3 out of 4 practices per week

Practice Schedule: 4 x 1.25 hour sessions per week, including 15 minutes dryland training. Practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Supportive footwear must be worn (cross-trainers are best – no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Explore I	5:30-6:45pm		5:30-6:45pm		6:00-7:00pm	10:30-11:30am
Explore II		5:30-6:45pm		5:30-6:45pm	6:00-7:00pm	10:30-11:30am

Minimum Volunteer & Fundraising Requirements:

WEST has a minimum fundraising amount required of each swimmer based on training group. For additional information on WEST’s volunteer and fundraising requirements, please see our “Volunteering & Fundraising” section.

- **Minimum Volunteer Hours:** 32 hours (projected – final hours to be determined)
- **Minimum Fundraising:** \$300.00

Required Equipment:

- Rubber training fins
- Snorkel



Group Structure – Discover Early Competitive Development

Why is a strong foundation necessary?

Much of age group swimming success depends on when kids hit a growth spurt and how they adapt to those changes. This is why technique at an early age is so important.

Discover swimmers typically enter this group from the Explore Group, summer teams, or other competitive teams. Coaches spend the majority of time focusing on skill development, general fitness, and having fun while growing in a competitive yet nurturing environment.

Group placement is at the coach’s discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Ages: 9 to 12

Minimum Requirements: Must compete in minimum 75% of assigned meets per season
200 IM with all 4 strokes legal and 200 Freestyle with flip turns
Consistently train 50s Kick @ 1:10 pace
Consistently train 100s Freestyle @ 1:45 pace
Attendance: 4 practices per week

Practice Schedule: 4-5 x 1.25 to 1.75 hour sessions per week, including 20-30 minutes of dryland training. Practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Supportive footwear must be worn (cross-trainers are best – no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Discover I	6:15-8:00pm		6:15-8:00pm		6:00-7:30pm	9:00-10:30am
Discover II		6:15-8:00pm		6:15-8:00pm	6:00-7:30pm	9:00-10:30am

Minimum Volunteer & Fundraising Requirements:

WEST has a minimum fundraising amount required of each swimmer based on training group. For additional information on WEST’s volunteer and fundraising requirements, please see our “Volunteering & Fundraising” section.

- **Minimum Volunteer Hours:** 34 hours (projected – final hours to be determined)
- **Minimum Fundraising:** \$325.00

Required Equipment:

- Rubber training fins
- Snorkel
- Pull buoy



Group Structure – Challenge

Age Group Development

How does it work?

Challenge is our main Age Group training group, designed to take the foundation developed and start to train at a high level.

Challenge is the third level training group and focuses on Age Group development and preparation for Senior swimming. These swimmers are typically growing quickly, so sleep and nutrition are crucial to their long-term development and health. Training side-by-side with Accelerate allows a wider range of competitiveness, so as swimmers perform better in practice, they can move into faster lanes.

Group placement is at the coach’s discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Ages: 11-13

Minimum Requirements: Must compete in ALL assigned meets per season
Consistently train 50s Kick @ 1:00 pace
Consistently train 100s Freestyle @ 1:30 pace
Consistently train 100s Stroke @ 1:40 pace
Attendance: minimum 5 out of 6 practices per week

Practice Schedule: 6 x 1.5 to 2 hour practices per week, including 30 minutes of dryland training. Practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Supportive footwear must be worn (cross-trainers are best – no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Challenge	6:00-8:15pm	6:00-8:15pm	6:00-8:15pm	6:00-8:15pm	7:00-9:00pm	9:00-11:00am

Minimum Volunteer & Fundraising Requirements:

WEST has a minimum fundraising amount required of each swimmer based on training group. For additional information on WEST’s volunteer and fundraising requirements, please see our “Volunteering & Fundraising” section.

- **Minimum Volunteer Hours:** 38 hours (projected – final hours to be determined)
- **Minimum Fundraising:** \$375.00

Required Equipment:

- Rubber training fins
- Snorkel
- Pull buoy
- Hand paddles - small



Group Structure – Accelerate

Age Group Development

What does it take?

Swimmers in this group are working towards Age Group Regionals or PNS Championships qualifying times and consistently display ability to train at a high level.

Accelerate is our top Age Group training group. This group is designed to prepare and transition swimmers into Senior-level swimming. Once swimmers start to physically mature (roughly around 13-14, but different for each child), their bodies need different types of training. This is when swimmers will move up to either the Senior group or Senior Elite group.

Group placement is at the coach’s discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Ages: 11-14

Minimum Requirements: Must compete in ALL assigned meets per season
Consistently train 50s Kick @ :50 pace
Consistently train 100s Freestyle @ 1:20 pace
Consistently train 100s Stroke @ 1:30 pace
Attendance: 6 practices per week

Practice Schedule: 6 x 1.5 to 2 hour practices per week, including 30 minutes of dryland training. Practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Supportive footwear must be worn (cross-trainers are best – no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Accelerate	6:00-8:30pm	6:00-8:30pm	6:00-8:30pm	6:00-8:30pm	7:00-9:00pm	8:30-10:30am

Minimum Volunteer & Fundraising Requirements:

WEST has a minimum fundraising amount required of each swimmer based on training group. For additional information on WEST’s volunteer and fundraising requirements, please see our “Volunteering & Fundraising” section.

- **Minimum Volunteer Hours:** 40 hours (projected – final hours to be determined)
- **Minimum Fundraising:** \$400.00

Required Equipment:

- Rubber training fins
- Snorkel
- Pull buoy
- Hand paddles - small or medium



Group Structure – Senior

Senior Swimming

Why do we swim?

Fun, social, health, to gain an advantage for High School Swimming, to see what we are capable of, to improve and eventually move into Senior Elite.

Senior Group focuses on introducing swimmers to Senior Level training and preparing them to compete at the State and Regional level while still accommodating a wide range of needs and skill levels. This group serves the older swimmer that is not yet able to meet the physical demands or commitment requirements of Senior Elite.

Group placement is at the coach’s discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Ages: 13 & Over

Minimum Requirements: Must compete in ALL assigned meets per season
Consistently train 50s Kick @ :50 pace
Consistently train 100s Freestyle @ 1:20 pace
Consistently train 100s Stroke @ 1:30 pace
Attendance: minimum 5 out of 8 practices per week

Practice Schedule: 6-8 x 1.5 to 2 hour practices per week, including 30 minutes of dryland training. Practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Supportive footwear must be worn (cross-trainers are best – no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	7:00-9:15pm	7:00-9:15pm	AM: 5:00-6:15am (optional) PM: 7:00-9:15pm	7:00-9:15pm	AM: 5:00-6:15am (optional) PM: 3:15-6:00pm	6:00-8:30am

Minimum Volunteer & Fundraising Requirements:

WEST has a minimum fundraising amount required of each swimmer based on training group. For additional information on WEST’s volunteer and fundraising requirements, please see our “Volunteering & Fundraising” section.

- **Minimum Volunteer Hours:** 42 hours (projected – final hours to be determined)
- **Minimum Fundraising:** \$415.00

Required Equipment:

- Rubber training fins
- Snorkel
- Pull buoy
- Hand paddles - medium or large



Group Structure – Senior Elite

Senior Swimming

What does it mean to train at an elite level?

Commitment & dedication, passion for what you do, responsibility & time management.

We are an elite team, and this is our most elite group. Expectations must be high.

The Senior Elite Group is currently our highest level training group. Swimmers in this group are expected to treat swimming as their passion and profession. Senior Elite swimmers must have qualifying times for Age Group Regionals and PNS Champs, and a desire to swim competitively at a Sectional and National level.

Group placement is at the coach’s discretion and can be arranged at any time based on all aspects of training, ranging from performance to the attitude and commitment level of the swimmer.

Ages: 13 & Over

Minimum Requirements: Must compete in ALL assigned meets per season
Consistently train 50s Kick @ :45 pace
Consistently train 100s Freestyle @ 1:10 pace
Consistently train 100s Stroke @ 1:20 pace
Attendance: minimum 7 out of 8 practices per week

Practice Schedule: 8-11 x 2-3 hour practices per week, including 30-45 minutes of dryland. Practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Supportive footwear must be worn (cross-trainers are best – no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Elite	3:15-6:30pm	3:15-6:30pm	AM: 5:00-6:15am PM: 3:15-6:30pm	3:15-6:30pm	AM: 5:00-6:15am PM: 3:15-6:30pm	6:00-9:00am

Minimum Volunteer & Fundraising Requirements:

WEST has a minimum fundraising amount required of each swimmer based on training group. For additional information on WEST’s volunteer and fundraising requirements, please see our “Volunteering & Fundraising” section.

- **Minimum Volunteer Hours:** 44 hours (projected – final hours to be determined)
- **Minimum Fundraising:** \$425.00

Required Equipment:

- Rubber training fins
- Snorkel
- Pull buoy
- Hand paddles - medium or large



Practice Schedule - Overview

The regular practice schedule will begin Tuesday, September 6th. Updated schedules will be posted on our website and emailed to all registered WEST families. Please provide us with a valid email address.

All practice times include dryland. Swimmers should come prepared with shorts or sweats and a t-shirt. Close-toed, supportive footwear must be worn (cross trainers are best—no clogs, sandals, etc.).

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Explore	I 5:30-6:45pm	II 5:30-6:45pm	I 5:30-6:45pm	II 5:30-6:45pm	6:30-7:30pm	10:30-11:30am
Discover	I 6:15-8:00pm	II 6:15-8:00pm	I 6:15-8:00pm	II 6:15-8:00pm	6:00-7:30pm	9:00-10:30am
Challenge	6:00-8:15pm	6:00-8:15pm	6:00-8:15pm	6:00-8:15pm	7:00-9:00pm	9:00-11:00am
Accelerate	6:00-8:30pm	6:00-8:30pm	6:00-8:30pm	6:00-8:30pm	7:00-9:00pm	8:30-10:30am
Senior	7:00-9:15pm	7:00-9:15pm	AM: 5:00-6:15am (optional) PM: 7:00-9:15pm	7:00-9:15pm	AM: 5:00-6:15am (optional) PM: 3:15-6:00pm	6:00-8:30am
Senior Elite	3:15-6:30pm	3:15-6:30pm	AM: 5:00-6:15am PM: 3:15-6:30pm	3:15-6:30pm	AM: 5:00-6:15am PM: 3:15-6:30pm	6:00-9:00am

Practice schedules will be adjusted to accommodate meets and championships as well as special events. We will typically have a winter holiday schedule adjustment. In the fall and winter, Jackson High School and Archbishop Murphy High School both use our facility for their swim teams.

Summer Schedule: To accommodate summer programs and maximize pool usage, the practice schedule will increase once school is out in June. Schedules will be determined on an annual basis based on enrollment numbers and communicated to parents prior to the end of school.

Meet schedules are available online at www.westswimteam.com. Swimmers must declare which meets they plan to attend using the *Meet Declaration* feature on the Events page, which will be available to all registered team members in September. Coaches will choose the events in which swimmers will compete.



Fee Schedule

YEARLY TRAINING FEES

The competitive swim team year runs from the beginning of September to August, approximately 11 months. We also take occasional holidays off. Training fees are annual (not monthly) beginning in September and are not pro-rated for those stopping mid-season. Fees will be pro-rated for new members joining the team after the 15th of the month. Membership renewal becomes effective upon payment of each year's registration fees. The yearly training fee is payable in 1 annual, 4 quarterly, or 11 monthly installments due by the 1st of each month. All registration and training fees shall be due in accordance with the fee schedule outlined below as set by the Board of Directors.

Fees are to be paid in advance and are due by the 1st day of each month. Fees become delinquent after the 1st of each month and will be assessed a \$50.00 late fee unless prior arrangements have been made. Accounts delinquent over thirty (30) days shall be denied team privileges, unless prior arrangements have been made. Adult members not fulfilling their financial obligations to the team shall result in their swimmer(s) being denied practice, competition, and award privileges until these obligations are satisfied.

Those needing to quit, take a leave of absence or hiatus from the team during the competitive year must first provide notice in writing at least 2 weeks' notice prior to monthly billing. A \$300.00 fee will be billed to your account in addition to the established fees.

Group	Annual Payment 10% Discount	4 Quarterly Payments 5% Discount	11 Monthly Payments
Explore	\$1,485.00	\$391.88	\$150.00
Discover	\$2,029.50	\$535.57	\$205.00
Challenge	\$2,574.00	\$679.25	\$260.00
Accelerate	\$2,821.50	\$744.57	\$285.00
Senior	\$2,920.50	\$770.69	\$295.00
Senior Elite	\$3,049.20	\$804.65	\$308.00
College	\$200.00/year		



Fee Schedule

(continued from previous page)

TEAM ESCROW ACCOUNT

In order to streamline our meet entry process and simplify paying entry fees, each WEST family is required to establish and maintain a meet entry escrow account of \$100.00. This will be included on your first monthly billing of the season, if not already established. Following each swim meet, the total fees and surcharges for each swimmer entered in that meet are billed to the family account. Your monthly statement will show charges sufficient to bring your swimmer's escrow account back up to \$100.00.

REGISTRATION

A non-refundable registration fee is due at registration. This fee includes USA Swimming registration, a WEST cap, and 3 WEST t-shirts. This fee does not include a warm up suit or other required equipment. Registration begins in August for all swimmers and is on a first come, first served basis. This annual registration fee is \$250.

OLYMPIAN PARTNERSHIP

WEST is proud to announce a partnership with Olympic swimmer Jacob Pebley for the 2017-18 season. This program will include two on-site weekend clinics for swimmers, coaches, and parents, as well as virtual sessions for coaches and parents to ask questions and get advice.

The cost of this program for WEST team members will be \$100, to be paid at the time of team registration, and will cover all of the clinics and virtual sessions for the season.



Mandatory Volunteering & Fundraising

WEST Fundraising Requirements

WEST is a 501(c)3 Non-Profit Organization. In order to offset operation costs, we rely heavily on fundraising to help keep membership dues down. Each family is REQUIRED to participate in all team fundraising activities. A parent volunteer run program succeeds only with consistent, dedicated parent participation. Each family is asked to work at ALL WEST-hosted meets and site clean-up days.

WEST-hosted swim meets and team fundraising events generate team revenue necessary for operating costs not covered by training fees. By requiring participation we ensure equal participation from all team members in helping to satisfy our budget operating needs. This helps us keep training fees as low as possible.

WEST has a minimum fundraising amount required of each swimmer based on training group. Families with multiple swimmers are responsible for the fundraising amount that corresponds with the swimmer in the highest training group level, as listed below. If money is donated to a specific swimmer in a family, either online by credit card or offline by cash or check, it will count toward the family minimum. If money is donated to the family as a whole, it will go toward the highest level swimmer or be split equally among all swimmers in the family.

Group	REQUIRED Family Fundraising
Explore	\$300 per family
Discover	\$325 per family
Challenge	\$375 per family
Accelerate	\$400 per family
Senior	\$415 per family
Senior Elite	\$425 per family

Corporate Matching: All cash donation matches will count towards each family's fundraising total, but matching donations for volunteer hours will only count once a family has satisfied their minimum volunteer requirement. This means that only the hours in excess of the family's minimum will be applied to their fundraising requirements. If matching donations come in after the deadline for Swim-A-Thon® (this season the deadline is Saturday, May 6th, 2017), these funds will be applied to the following year's requirements.

Fundraising, as discussed on this page, relates to Swim-A-Thon® fundraising efforts. Any other fundraising, such as Scrip, garage sales, etc., help out the team and create another source of revenue, but do not apply to the minimum required fundraising for each family.



Mandatory Volunteering & Fundraising

WEST 2016-2017 Swim Season Volunteer Requirement

WEST is a volunteer-run program and parent volunteering is critical to the overall financial health and operations of both the swim team and the facility. WEST relies on parents, family members, and significant others to be dedicated not only to their swimmer but to the team effort as well. WEST is only as strong as the members that make up and support our program. Volunteering at meets is an important way to show support for your swimmer and reinforce the countless hours of hard work and dedication that he/she displays on a daily basis.

WEST-hosted swim meets generate team revenue necessary to meet operating costs not covered by training fees. By requiring volunteer participation we ensure that our budgeted operational needs are met and our training fees are kept as low as possible.

All swim team members benefit from WEST-hosted meets and are expected to share in this responsibility. Upon registration, you are agreeing to work at each WEST-hosted meet, particularly the Age Group Invites in November and February.

WEST has a minimum volunteer hours required of each swimmer based on training group. Families with multiple swimmers are responsible for the number of volunteer hours that corresponds with the swimmer in the highest training group level as listed below:

Group	REQUIRED Volunteer Hours*
Explore	32
Discover	34
Challenge	38
Accelerate	40
Senior	42
Senior Elite	44

* **NOTE:** Some variation in the overall volunteer requirement may occur during the season depending on the total number of registered WEST families. Families with multiple swimmers are counted at the highest training group level and therefore will be responsible to meet the volunteer requirement for that group.



Mandatory Volunteering & Fundraising

Failure to Complete Volunteer Service Hours Fee

Since WEST is a volunteer-run program, all families must contribute their *fair share* of volunteer hours. Failure to complete the minimum volunteer service requirement will result in a fee of \$20.00 per unfulfilled hour. This charge will be billed to your account at the end of the season (August), and must be paid in full before your family will be allowed to re-register for the following season.

Requirement for All Families

This year, WEST will be hosting 4 meets. To have the meets run smoothly, ALL families must participate and help out. We will not be hosting PNS LC Senior Champs this year. Below are this year's WEST-hosted meets (please make note of them now, as we will need *everyone's* assistance):

- **October Distance Meet** – TBD (WEST)
- **Age Group Pentathlon** – TBD (WEST)
- **November Age Group Invitational** – November 18-19 (Kamiak High School)
- **February Age Group Invitational** – February 23-25 (Kamiak High School)
- **Spring Clean Up Saturdays** – TBD May / June

Other volunteer opportunities may become available throughout the season, but please do not depend on other events to satisfy your required hours.



WEST Coast Aquatics Year Round Swim Team 2017-2018 Registration

Fill in completely - Please Print Clearly!

First Name:	Middle Name:	Last Name:
Date of Birth:	Gender:	Team Group:
Address:		City:
Swimmer's Phone Number:		Zip:
Swimmer's Phone Number:		Swimmer's Email:
Registered with USA Swimming?	Current USA Swimming Registration Number:	
DISABILITY:	ETHNICITY (please circle any that apply):	
If "yes," please explain:	<ul style="list-style-type: none"> • African American • Asian • White • Hispanic or Latino • American Indian or Alaska Native • Native Hawaiian or Pacific Islander • Other 	
Shirt Size (circle one):		
YM YL AS AM AL AXL		

Parent/Guardian Contact Information

Mother's Name:	Mother's Email:
Home Phone:	Cell Phone:
Father's Name:	Father's Email:
Home Phone:	Cell Phone:

Emergency Contact Information

Name:	Phone Number:	Relationship to Swimmer:



Medical Information

Swimmer's Full Name:	
Allergies:	Regular Medications:

Does this swimmer have any specific health problems that coaching staff should be aware of?

Has this swimmer had or currently have any serious medical condition that could influence medical treatment? If yes, please explain below:

Physician:	Office Phone:	Clinic Name:
Medical Insurance Company:	Policy Number:	Group Number:

I release WEST Coast Aquatics, its officers, coaches, and/or representatives from any liability which may arise out of my child's participation in any of said team activities, games, practices, or transportation to and from such events, and to hold said team, its officers, coaches, and/or representatives harmless from any expense or claim for damages which may be incurred on behalf of child for any injury or accident which may occur in connection with such child's participation herein.

Parent/Guardian Signature:	Date:
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I authorize and consent to medical, surgical, and hospital care, treatment, and procedures to be performed on behalf of my child by a licensed physician or hospital when deemed necessary or advisable by the physician to safeguard my child's health in the event I cannot be contacted. I waive my right of informed consent to such treatment.

Child's Name:	Date:
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Parent/Guardian Signature:



Billing Information

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics 2016-2017 Fee Schedule.

I understand that training fees are payable in 11 monthly installments due by the 1st of each month. A \$50.00 late fee will be assessed after the 1st of the billing month. All fees are due in accordance with the fee schedule as set by the Board of Directors.

Accounts delinquent over 30 days without prior arrangement will result in the athlete being denied practice, competition, and awards privileges until financial obligations are satisfied.

Parent/Guardian Signature:	Date:
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Automatic Billing Authorization – MANDATORY for ALL

Monthly bills may be paid automatically with your debit or Visa/MasterCard credit card. Billing statements will be sent via email on the first of each month. **It is MANDATORY that ALL families MUST register with a debit or credit card** If you do not want to pay using this card, you must pay the balance of your account with cash or check *prior* to the first of the month.

I authorize WEST Coast Aquatics to automatically debit from my bank account or charge my Visa/MasterCard on the 1st of each month any and all fees owed to WEST Coast Aquatics.

Credit Card Number:	Expiration Date:
Card Holder Signature:	Date:

Registration Fees

I understand that my team registration fee of \$250 is due with registration and is non-refundable. Team registration fee includes USA Swimming registration, 3 team t-shirts, 1 latex cap, and administrative costs.

I understand that WEST is partnering with Olympian Kara Lynn Joyce for team clinics throughout the season and that the cost of this program is \$100, which is due with registration and is non-refundable.

Meet Escrow Account

I understand that each WEST athlete is required to establish and maintain a meet entry escrow account of \$100.00. Prior to each swim meet the total fees and surcharges for each swimmer will be deducted from their escrow account. Monthly billing statements will itemize meet fees and amount charged to bring escrow account to \$100.00. This is only done when you initially join the team and carries over from season to season.

Parent/Guardian Signature:	Date:
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Your Job as a Parent!

Mandatory Volunteering

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics Volunteering Program.

I understand that I must fulfill my volunteer commitments to remain in good standing with the team. If I do not meet the required number of hours by August 1, 2017, I understand that I will be billed at \$20/unfulfilled hour.

In the event of resignation from the team, my volunteering requirement will be pro-rated based on the number of remaining volunteer opportunities and I am responsible for paying all unfulfilled hours.

Parent/Guardian Signature:	Date:
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Hospitality Fee

Each family is required to pay a \$10 hospitality fee per WEST-hosted swim meet at Kamiak High School and to offset costs associated with providing a hospitality room for coaches and meet officials.

I understand that I will be billed \$10 prior to each WEST-hosted meet at Kamiak High School. This fee is not contingent upon my athlete's participation in the assessed meet.

Parent/Guardian Signature:	Date:
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Mandatory Fundraising

I acknowledge that I have read and understand all requirements of the WEST Coast Aquatics' Fundraising program.

I understand that the annual Swim-A-Thon® on Saturday, April 8th is WEST's major fundraiser and that my athlete's participation is required.

I understand that any fundraising requirements not met by Saturday, May 6th, 2017 will be included on my June 1st, 2017 statement, and that I will pay these fees whether my swimmer(s) participated or not.

In the event of resignation from the team I will still be responsible for my fundraising requirement in full.

Parent/Guardian Signature:	Date:
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Your Job as a Parent!

(continued from previous page)

Leaving the Team Mid-Season

I understand that written notice of intent to resign from the WEST team is required a minimum of 2 weeks prior to the withdrawal date. Training fees will not be pro-rated within a month.

I understand that all volunteering, fundraising, and training fee obligations must be satisfied in-full prior to resignation as outlined above, including the early termination fee of \$300.

If medical leave of absence is required, continued payment of training fees is required to hold space on the team.

Monies held in escrow for swim meet fees will be returned upon satisfying all other financial obligations to the team.

Parent/Guardian Signature:	Date:
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Photo Release

I hereby give my consent for WEST Coast Aquatics to use my child's photograph and likeness in all WEST forms and media (i.e. website, brochures, Facebook, fliers, etc) and any other lawful purposes that promote WEST and its mission.

Parent/Guardian Signature:	Date:
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Parent Expectations & Code of Conduct

How to be a Good Swim Parent?

There is and has always been much discussion on the importance of the Support Triangle structure of parent, athlete, and coach. Each plays a critical role in the development and success of the swimmer. Swimming is a very demanding sport, but through the hard work and perseverance, invaluable lessons are instilled. We strive for the athlete's long-term success and our goal is that they will continue swimming past high school. With such long swimming careers ahead of them, each part of the triangle plays an important part in determining how the swimmer develops as a person, not just as an athlete.

Working together is crucial and we must keep in mind several general rules of thumb:

1. Swimming is a sport, sports are supposed to be fun.
2. Each part of the Support Triangle plays a specific role. By each maximizing our specific roles and working together, we maximize the potential for the swimmer.
 - a. Athletes: Always put forth best effort and strive for perfect attendance.
 - b. Coaches: Provide training and council on demands of the sport of swimming.
 - c. Parents: Provide consistency, love and unconditional support for your athlete.
3. Nutrition: As a parent, you primarily influence your child's diet. They exercise a lot and will need to eat a lot, but we want to maximize performance and development, so it is important they are getting what they need.
 - a. No supplements. Get what you need from real food first.
 - b. Take a multi-vitamin (+maybe vitamin D in the winter). Soil nutrient levels aren't what they used to be and the demand on the athlete's body requires adequate vitamins and minerals.
 - c. Water, water, water! We don't really need to drink anything else. Hydration plays a major role in performance and recovery.
 - d. "Shop the Perimeter" It has been said that everything essential for your body to survive can be found on the perimeter of the grocery store: Veggies, Protein, Grains, and Dairy.
 - e. "Eat a Rainbow" Have a variety of colors of vegetables with every meal. One can't eat enough veggies.
4. Rest! Growing bodies need extra rest, and with training, rest becomes that much more important; 6-8 hours per night **minimum**.

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5. No Pressure. Anyone that spends as much time with their face in the water as our swimmers do learns to take it pretty seriously. Swimmers should already put pressure on themselves to perform. As Coaches, we also need to be able to put pressure on the athlete to perform. However, the Support Triangle will crack if it is getting pressure from all sides. It has been regularly noted, and through my own experience swimming and the people I swam with, the swimmers who made it farthest in the sport had parents who were mostly “Hands-Off” and did not put any additional pressure on them to succeed.
6. Show your swimmer that you support them! Being “Hands-Off” doesn't mean you can't get involved with your child's swimming. They need to know that you support their hard work and dedication to the sport and that you care about them.
 - a. Volunteer & Stay Connected: Help out at meets, meet and interact with other swim parents. WEST isn't just a swim team, it's a swimming community.
 - b. Provide transportation: We understand that our busy practice schedule and attendance expectations also put heavy demands on parents. We strongly encourage carpooling.
 - c. Keep them happy: Although we all go through ups and downs, kids should be overall happy. If they aren't, please speak with their respective coaches so we can work on a solution.
7. Family, School, Swimming: Whenever facing hard decisions, remember the order of priorities.

The most important job as a parent is to SUPPORT:

- Support ALL WEST swimmers, yours and others.
- Support your age group and level.
- Support the coaches.
- Support other parents.
- Support positive communication.
- Support ALL WEST hosted meets as a volunteer.
- Support WEST and PNS / USA Swimming at all meets.
- Support ALL WEST fundraising opportunities.

and for your swimmer...

- Keep them fed, clothed and healthy.
- Bring them to practice.



**NO PARENT
COACHING**



Coaches' Expectations

WEST Coaches' Expectations

Our goal is for each swimmer to reach his or her full-potential, not only as an athlete, but as a well-rounded person. Although we strive to maximize performance in the water, our main goal is to help our athletes grow and develop into highly successful young adults consistent with the **WEST Core Values** of *Honesty & Integrity, Sportsmanship, Respect, Hard Work, and Pride*.

General Expectations

- Be on-time – "Early" is on-time "On-Time" is late.
- Don't coach your child.
 - Recent studies have shown that for many athletes, their least favorite aspect of sports was "the ride home" and the pressure put on them by their parents.
 - It confuses the child. As coaches, we give them critical feedback and focal points for improvement. We understand how challenging these items are and we demand the highest level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
 - Parent coaching puts additional stress and pressure on the swimmer, often times reducing the amount of fun they have, which often leads to poor performance, burnout, and self-confidence issues.

Practice Expectations

- Follow coach instructions at all times. Don't interrupt or talk when coaches are speaking and only ask questions when it is not disruptive to the rest of the group.
- Bring required training and dryland equipment to each practice.
- Always watch the pace clock and leave on the correct interval between swimmers.
- Swimmers must be picked up within 20 minutes of practice ending.

Meet Expectations

- Warm-up during designated warm-up times, regardless of what time individual events are scheduled to happen. Swimmers are expected to warm-up with the team and be at the meet to support the team effort.
- Swimmers are to sit with the team during the meet, not in the stands with parents.
- Relays – Swimmers will support the team effort by competing on relays even if they do not compete in individual events on the same day.



Core Values & Code of Conduct

WEST Core Values & Code of Conduct

The WEST Code of Conduct is designed to maximize positive experiences of all WEST swimmers and ensure we are providing a fun, safe, and positive learning environment. Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST Core Values. All members, including parents, must follow the Code of Conduct as listed below.

- **Honesty and Integrity**
 - I will refrain from lying, cheating, stealing and all other illegal behavior.
 - I will engage in appropriate conversation at all WEST functions and whenever in a public setting, including online.
 - I will refrain from destructive, hurtful, and negative behavior.
- **Sportsmanship**
 - I will be humble in my victories and gracefully accept my failures and criticism.
 - I will support my teammates and cheer for them whenever possible.
 - I will remain in the water after my races and wait for all competitors to finish.
 - I will follow proper lane etiquette and refrain from behavior that will inhibit the progress of others.
- **Respect**
 - At all times, I will show respect for myself, teammates, coaches, officials, competitors and spectators.
 - I will respect the WEST facility by adhering to the Pool Rules and refrain from destructive behavior.
 - I will arrive on-time for all practices, competitions, and other team events.
 - I will bring all necessary equipment to practices and be responsible for my belongings.
 - I will not talk while coaches are addressing the group and will listen to directions carefully.
 - I will respect the decision of coaches and officials.
- **Hard Work**
 - I will always put forth my best effort.
- **Pride**
 - I will wear designated WEST gear to all meets, including team suit, cap and shirt.
 - I will always act in a manner that myself, my parents, and my coaches will be proud of.

I also understand that:

- The possession or use of alcohol, tobacco products, or controlled substances by any athlete is prohibited.
- Disrespectful, indiscreet, or destructive behavior will not be tolerated.
- It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time.



Dispute Resolution

WEST Dispute Resolution Process

If a swimmer (or parent) feels that he/she is not being treated in accordance with the above expectations they should ask to address their concerns by scheduling a meeting with:

1. The Head Coach and/or group Coach and/or
2. A WEST Board of Directors member

If any swimmer or parent is in violation with the above Code of Conduct, discipline will be handled in the following (but not limited to) format based on the severity of the offense:

- Removal from practice and sent home for the day
- Meeting with swimmer(s), parents, coaches, and/or Board of Directors
- Further suspension
- Expulsion from the team

Training fees are non-refundable due to suspension for misconduct.

Should one be necessary, a committee shall be appointed by the Board, comprising the Head Coach, and a neutral adult member. In the event that the Head Coach is personally involved in a dispute, a neutral adult member(s) shall be appointed. The membership of the committee shall remain the same until there is total resolution of any given problem, but may change for any other non-related disputes.

Swimmer: I have read and agree to act in accordance with the above Code of Conduct expectations and guidelines. I understand the consequences that will occur as a result of not following the Code of Conduct.

Swimmer Signature:	Date:
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Parent: I have read and understand the above Code of Conduct and agree to act in accordance with its expectations and guidelines. I understand the consequences that will occur as a result of my child or myself not following the Code of Conduct.

Parent/Guardian Signature:	Date:
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Important Dates – Short Course

(Please keep for your reference)

August 28	First Senior Day of Practice (McCollum)
September 5	First Age Group Day of Practice (McCollum)
September 7	Sylvia's Suit Fittings and Gear Day (McCollum)
September 9	All City Meet (WEST)
September 15	Team BBQ
September 30	<i>WEST Hosted</i> Senior Circuit Meet #1
October 7-8	October Challenge (Kamiak HS)
October 14	<i>WEST Hosted</i> Senior Circuit Meet #2
October 21	<i>WEST Hosted</i> Distance Meet (WEST)
October 28	<i>WEST Hosted</i> Senior Circuit Meet #3
November 4	<i>WEST Hosted</i> Age Group Pentathlon (WEST)
November 18-19	<i>WEST Hosted</i> November Invitational (Kamiak, HS)
December 1-3	Husky Invite (KCAC)
December 2-3	Divisional Champs (TBD)
December 6-9	Junior Nationals (Iowa City, IA)
December 8-10	PNS Age Group Champs (KCAC)
December 14-17	PNS Senior Champs (KCAC)