

Dragonflyers Fall 2021

Welcome to another fall of our Dragonflyers program starting Sept 8th ! The program is split into **two** sessions. Session 1 runs 9/8 to 10/14. Session 2 runs 10/18 to 11/23. We are excited to add a full Mini-Flyer program in the fall run by Forest Park alum Kelly Boland!

We will be operating at a max of **24** per group (lower for Mini-Flyers) in case County health orders become more restrictive. We will be offering 3 or 4 day options.

There will be some drop-in Saturday stroke clinics for a small fee. When we need to cancel for smoke, we will use Remind to send out alerts. Fridays and Saturdays will be utilized for make-up days.

We start out the first few weeks with mostly technique before we add the endurance work. Drills will still be mixed into every workout to keep/make stroke technique sharp. We also include time for turns/starts/underwaters. The rest of the workouts will be devoted to training and building a base the kids will be able to utilize from day one of the next summer season. We want to let them experience more than just the traditional rec. swimming events. There will also be a lot of fun and creative practices such as "Spare Change Day", "Meet Day", and "Nightmare on Flyer Street."

Child 1: _____
Name Age as of 6/15/22

Child 2: _____
Name Age as of 6/15/22

Child 3: _____
Name Age as of 6/15/22

Parent(s) name(s):

Contact Number(s):

Family Email Address:

Please email jeff.mellinger@gmail.com ASAP and let me know your intentions so I can save your slot. Bring completed pages 1, 2, and 3 and a check payable to **FPSA** on your first day. Post-Dated check(s) may be brought to the **first** day of your swimmer(s)' practice.

Payment also via Venmo to @JessicaSteffensen (3640)

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of membership for the persons (herein referred to as "swimmers") named below on the Forest Park Swimming Association (FPSA) swim team and their being permitted to enter and use (the property) herein defined as included but not limited to the driveway entrance and all the walkways, grounds, buildings and other areas appurtenant to the FPSA swimming pool including the pool itself for any swim team purpose or activity, each of the undersigned for himself, his personal representatives, heirs, and next of kin, acknowledges, agrees and represents that he has or will immediately upon entering any such areas, and will continuously thereafter, inspect such areas and all portions thereof which he enters and with which he comes into contact and he does further warrant that his entry upon such area or areas constitutes acknowledgement that he has inspected such areas and that he finds and accepts the same as being safe and reasonably suited for swim team purposes or activities, and he further agrees and warrants that if at anytime that he is in or about any areas and he feels anything to be unsafe he will immediately so advise the lifeguard or other responsible adult.

1. The undersigned parent or legal guardian **HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE** the Forest Park Swimming Association owners and leasees of the property and each of then their officers and employees all for the purpose herein referred to as "releasees", from all liability to the undersigned, his personal representative, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefor on account of injury to the person or property resulting to the swimmers named below whether caused by the negligence of the releasees, or otherwise while the swimmers named below are involved or participating in any swim team purpose or activity on or off of the property.
2. The undersigned parent or legal guardian **HEREBY AGREES TO INDEMNIFY AND HOLD HARMLESS** the releasees and each of them from any loss, liability damage, or cost they may incur while the simmers named below are involved or participating in any swim team purpose or activity on or off of the property whether caused by the negligence of the releasees or otherwise.
3. The undersigned parent or legal guardian **HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE** due to the negligence of releasees or otherwise while the simmers names below are involved or participation in any swim team purpose or activity on or off of the property.
4. The undersigned parent or legal guardian **HEREBY ACKNOWLEDGES** that some competitive events are held at properties not owned or controlled by FPSA and that there may or may not be insurance carried on those properties by their owners or operators. Furthermore, the undersigned parent or legal guardian consents to the participation of the swimmers named below at those facilities despite that fact.
5. The undersigned parent or legal guardian **HEREBY ACKNOWLEDGES** that the insurance policy currently in effect for the FPSA does not provide any protection for the swimmers named below while they are involved in, being transported to, or participating in any swim team purpose or activity away from the property. Furthermore, The undersigned parent or legal guardian consents to their involvement in, transportation to, or participation in any swim team purpose or activity despite that fact.

The undersigned parent or legal guardian expressly acknowledges and agrees that competitive swimming and diving are activities in which there are substantial risks of head and neck injuries or drowning etc., all of which involves the risk of serious injury and or death and or property damages. The undersigned parent or legal guardian further expressly agrees that the foregoing release waiver and indemnity agreement is intended to be as broad and inclusive as permitted by the law of the State of California and that if any portion thereof is held invalid it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The **UNDERSIGNED PARENT OR LEGAL GUARDIAN HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**, and further agrees that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

PARENT'S SIGNATURE _____

DATE _____

****Swimmers covered by this agreement are listed on the first page.**

Assumption of the Risk and Waiver of Liability

Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Forest Park Swim Association ("the Pool") has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the Pool could increase your risk and your child(ren)'s risk of contracting COVID-19. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Pool and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Pool may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Pool employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the Pool. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Pool, its employees, agents, and representatives, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of the Pool, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Pool program

Parent/Guardian

Date

Print name of Parent/Guardian

Name of Pool Participant(s)

MONDAY/TUESDAY/WEDNESDAY/THURSDAY

We have four separate groups to offer:

- 8&Under: MonTuWTh 4:00-4:45
- 8-12: MonTuWTh 5:25-6:25
- Mini-Flyers: *MonTuTh* 4:50-5:20
- 11&up: MonTuWTh 6:30-7:50

If your swimmer will be 8, 11, or 12 in 2022, please send us their fastest times in at least 3 strokes. In order to maximize spacing, we need to arrange groups by age as well as ability.

The Mini-Flyer program is designed for any swimmer that was not ready for meets, or swam in only a couple. We will likely need to do an evaluation prior to fall commencement to assess readiness/ability.

FEE SCHEDULE (use age as of 6/15/2022)

These prices are per session.

Days per week	8-Unders	Mini Flyers	8-12	11-ups
3	\$200	\$175	\$225	\$250
4	\$225		\$250	\$275

Session 1 runs 9/8 to 10/14.

Session 2 runs 10/18 to 11/23.

***Pool Member Discount: Take \$25.00 off for each child.**

Sign up for Second Session at the same time as the First Session and take \$25.00 off per child.

FALL MEET INFORMATION

- Each fall, we host a meet with Rancho San Miguel and sometimes another team. We are happy to resume the tradition. The date will be Saturday October 23rd. This is something that all our swimmers will participate in.

- This fall, Blackhawk is getting together some teams to possibly participate in a couple of extra dual meets during the fall. Stay tune for information on these. They will be no cost to the swimmers. It is good to race as much as possible when you're young, but no one will be obligated to participate in these.

In addition, there is the option of signing up for our USA Swim affiliation Dragonflyers . Here is the information:

- The return of USA Swim meets will give swimmers an opportunity to swim events not found at rec. meets such as 200 freestyle, 200 IM and double distance races for the other strokes. This becomes very beneficial to have experience in these longer races in preparation for high school, and year round swimming. The 50 free is the only race in high school that is contested in the 14-under age groups in rec. swim. To have experience with the rest of the events before high school swimming is critical to success. The cost is \$45.00 and the link to the form can be found here.

<https://www.pacswim.org/userfiles/cms/documents/1059/2021-2022-application---fall-athlete---pc2-fillable.pdf>

- The registration is valid starting September 3, 2021 and lasts til Dec 31, 2021. Make sure to choose Dragonflyers as your club and DF as club code. Our LSC code is PC. **Please let us know if you have signed up, or plan to sign up.**

As of 8/13/21, the only Four age group meets on the USA Swim calendar are

- Oct 2/3: Brentwood Seawolves C/B/B+
- Oct 30/31: Orinda Aquatics C/B/B+
- November 20/21: Crow Canyon Last Chance Meet
- Dec 10-11-12: Morgan Hill: Winter 14&Under Junior Olympics (qualifying times only).
- Depending on health orders, expect them to add more meets as Fall approaches
- Meet schedule is located at: <http://www.pacswim.org/bay-area-swim-meets>



Additional Information

- If you are traveling outside your area, even for the day, **please** take extra precautions! It will help ensure that our kids and coaches stay safe.
- If your child does not feel well, please let us know and keep them home.
- Swimmers are encouraged to bring their own fins.
- Please pick up after yourselves. Our pool is not open for general use during this time of the year. The more mess is left, the more the coaches have to clean up!
- If other, non-swimming children are present during their siblings' clinic, please monitor them closely. We have a large grass area to play in but the coaches cannot be responsible for what goes on there.
- The baby pool is off limits.
- Absolutely NO running on deck.
- NO horseplay in or out of the pool is allowed.
- Do not enter the water until your coach is ready for you. When your clinic is over, it's time to get out.
- As it will begin to get cold out during our clinics, please provide your swimmers with warm clothing for them to wear before and after their sessions.
- If you wish to speak with one of the coaches, please do so before or after your group.