



Green County YMCA Gators Swim Team Handbook



www.gcyswimteam.com



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Wisconsin 53566
(608) 325-2003

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GATORS SWIM TEAM HANDBOOK

WELCOME

Welcome to the Green County YMCA Gators (GCY) Swim Team, a USA Swimming, Inc. and Wisconsin Swimming, Inc. club. We are excited you have chosen to become a Gator! This handbook should prepare caregivers and swimmers of the Gators Swim Team for the exciting world of competitive swimming. All caregivers and swimmers should be aware of its contents and refer to this handbook when questions arise.

Your team is run for the benefit of **ALL** children who show an interest in training and competing. The objectives of the program are to help these young athletes develop their full potential, while clarifying their personal values. The team is a tool to reach and teach youth important life values and decision-making skills. The program stresses self-improvement; winning is a secondary goal. Positive support from coaches and caregivers helps to accomplish the following program goals:

- Develop self-esteem
- Create lasting friendships
- Implement a lifestyle of health and fitness
- Learn the importance of discipline, cooperation, sportsmanship
- Foster YMCA principles: Caring, Respect, Honesty, and Responsibility
- Offer an opportunity to travel
- Have fun!

We are affiliated with USA Swimming Inc. which allows us to host more meets, invite more teams and attend more swim meets during the season.

COACHES' RESPONSIBILITIES

At least one Gators coach will be present at scheduled practices and scheduled meets. While exceptions may occur, there will always be a qualified person on deck. Coaches will act professionally, demonstrate positive reinforcement, and give equal attention to all swimmers. This also means that our coaching staff has the final word on all matters concerning team practices, levels, relays, and line-up for meets. The coaching staff has the authority to take disciplinary action toward any swimmer causing problems during practice or meet.

PERSONAL BEST

Coaches give Personal Best awards to swimmers who have beaten their best time in the strokes they swam at the meet. We encourage all caregivers to get familiar with their child's times. For new and inexperienced swimmers, it is difficult to swim at the top of your age group, but it is not difficult to compete against your own times and be rewarded. Personal Best awards are given at meets, after swimmer's swim, and after they have spoken to their coach about their swim. Coaches will not track swimmers down to give them their Personal Best awards.

COMMUNICATION

We will communicate with you as often as necessary about events, meets and other business. Please provide us with a valid email address so that we can keep you informed about your team. We will communicate with you via family files and email.

Family files

All awards are placed in the family files, along with clothing orders and other physical forms. You can find the family files to the left of the entry gate of the YMCA.

Email

E-mail is the best and fastest way for us to communicate with a large number of families. You can also contact the Gators Swim Board or your coaches. When e-mailing a coach, please remember that coaching is a part-time job and email only when necessary. Our email addresses are

Brenda Ritschard: britschard@greencountyymca.org

Emily Pisula: erpisula@uwalumni.com

Gators Swim Board: gcygators@gmail.com

Website information

The Gators website contains important team information. You can visit the website by following this link <http://www.gcyswimteam.com> to find information about:

- Team meet schedules & information
- Practice schedules
- Apparel order form
- YMCA & USA state standards
- Hotel information
- Direction to away meets
- Meet sign-ups
- Concession sign-up.

YOUR RESPONSIBILITIES

By working closely with coaches and officials, you have a unique opportunity to influence the lives of your young athletes. Positive support helps swimmers develop their full potential while also clarifying their personal values. There are many ways to show this positive support:

- Make sure swimmers attend practice regularly and show up on time
- Encourage healthy habits, especially good nutrition and proper rest
- Participate in team social events
- Participate in fundraising events
- Attend swim meet competitions regularly

- Stay informed by reading this handbook, checking the website, and checking the family file box
- Have your swimmer on time for the warm ups at a meet
- Volunteer for the home swim meets (see below)
- Help set up and take down for all home meets
- Praise your swimmer and other team members.

VOLUNTEERING & FUNDRAISING

Fundraising by each family is necessary since registration fees do not cover all of the operating expenses of the Gators Swim Team. Our swim meet events help to meet budgetary expenses, such as coaches' salaries and professional development, pool and facility costs, local, regional and national meet expenses for the coaching staff, awards, equipment and other expenses. Special financial concerns can be discussed and arranged through the Head Coach.

Volunteering

As you are part of the Gators swim team, we ask that you volunteer at all of our home swim meets. These are our most important sources of funds, as well as a good chance for swimmers and caregivers to get together, socialize and work together as a team. We have no more than three home meets in a year and each swimmer will be automatically signed up to swim. Caregivers will be automatically signed up for jobs, which could include any and all of the following:

- Helping to set up on the Friday night before the meet
- Timekeeping during races
- Collecting attendance money
- Helping on the concession stand
- Helping to clear up after the event

We always try to ensure that work is fairly divided or matched to preferences. If you cannot make it to a swim meet, we ask that you find someone who is willing and able to take your place. If this is not possible, you will need to let us know in advance and discuss alternative arrangements. If you (or your substitute volunteer) fail to show up on the day of work **we will need to charge you a non-volunteer fee of \$50**. We set this fee quite high to reflect the importance of volunteering at home meets. We really need as many people as possible to make the event work – and we do not wish to charge anyone.

In addition to volunteering, we will also ask each family to provide items for the concession stand. Again, these items will be divided as evenly as possible. If you are unable to provide items for the concession stand, please let us know so we can make alternative arrangements. If you do not provide items on the day as promised, **we will need to charge you a fee of \$25 to cover the costs** of buying the items ourselves at short notice.

In all cases, please talk to us if you have any issues with volunteering or providing items for the concession stand. We'd rather talk than charge additional fees, and there are alternative ways to help out.

Fundraising

As a club sport within the YMCA of Green County, the swim team members may be asked to participate in fundraising events above and beyond those mentioned in this handbook. In such cases all YMCA policies for fundraising apply. If you should have questions or concerns regarding these policies, please stop by the front desk or contact Aaron Philips at 325-2003.

Gators Swim Advisory Board

We also encourage you to become an active member of the Gators Swim Advisory Board. Caregivers are the backbone of the swim team, and your involvement is vital for a strong, effective, and successful team. The main function of this group is to expedite communication and deliver information to swimmers and their caregivers via the team website, family file folders, and personal emails and phone calls as necessary. This group also meets at regular intervals throughout the swim season to organize events, meets and additional fundraising. We encourage you to attend any and all board meetings to express concerns, ask questions or simply to become involved. An updated list of active board members and meeting dates/times are published on the Gators website shortly after the season begins.

TEAM EXPENSES

MEMBERSHIP OF YMCA

All Green County YMCA Gators must be current members of the Green County Family YMCA. This is a National YMCA rule. Membership cards are required to enter the facility. Youth membership is \$22.50 per month over the course of a year.

TEAM PROGRAM FEE

The program fee helps cover expenses for coaches, equipment, and other seasonal costs. The total fee depends on the swim levels and is non-refundable.

PAYMENT OPTIONS AND DISCOUNTS

The Winter, Fall/Winter, and Spring/Summer season program fee can be paid monthly using a bank draft that is withdrawn each month during the season. Fall, Spring, and Summer season program fee payment must be made in full. Financial assistance is available for these fees; contact Doni at the Welcome Center. We want all swimmers to have the opportunity to be part of this team and not to be left out due to financial difficulties.

USA SWIMMING INC. FEE

The regular, full-year USA Swimming registration fee is additional, and the cost depends on the level of membership. 85% of the meets the Gators attend are USA meets; 15% are YMCA meets per season.

ANNUAL CAMPAIGN ASSISTANCE

The Green County Family YMCA has scholarships available for those swimmers in need. If a family is interested, contact the Executive Director Aaron Phillips at (608) 325-2003.

FUNDRAISER FOR FAMILIES

Families may participate in an optional fundraiser to help defer costs. This fundraiser is offered at the beginning of the fall season. The money each family raises can be applied toward the last month(s) of their bank draft payments. If families paid in full for their team program fee they will receive a voucher at the Welcome Center for meet fees. Fundraising money is not refunded for personal use. *Any fundraising money left in your account at the end of the season belongs to the Gators swim team.*

MEET FEES

Meet fees are the fees charged to the swimmer to swim in a particular meet (see below for further details). Other fees that might occur when attending a meet include an LSC surcharge or a splash fee. Once swimmers have been committed to a meet, and the sign up deadline has passed, the fees must be paid – **even if you need to cancel for any reason.** The Green County YMCA will provide a bill that will be put in the family files which should be paid to the front desk at the YMCA. Gators swimmers will not be able to enter swim meets unless they have paid their swim meet fees prior to the meet.

SWIMMERS' CODE OF CONDUCT

As a Gator, you represent the swim team and the Green County YMCA. The YMCA promotes the principles of **Caring, Respect, Honesty, and Responsibility**. Gators should model these principles at meets, during practice, and in the community. In addition to the YMCA principles, each Gator is expected to follow the rules below.

- Come to practice dressed for the weather. Be dry and dressed warmly before leaving the YMCA.
- Get adequate sleep and eat a healthy diet. Remember, your success is dependent on your health.
- Always be on time for practice and meets. Remember to allow enough time for warm ups. Warming up is extremely important for all swimmers.
- Use restrooms before and after practice, not during practice.
- Keep belongings in lockers and secure with a lock. Remove lock and belongings after practice/meet.
- Swimmers should not loiter in the locker room or showers. All swimmers should be out of the locker room within 15 minutes after practice.
- Use appropriate locker room etiquette. Absolutely no horseplay, fighting or inappropriate behavior. Show respect to everyone else in the locker room.
- Always model good behavior for younger swimmers.
- Do not use foul language or gestures.
- Encourage your teammates.
- Come to practice and swim meets prepared to work hard.
- Listen to your coaches. We are here to help you become your best.

The Gators swim team is a chance to compete in a healthy and positive environment. We compete against each other for the thrill of the race and to improve our own personal best. Healthy competition demands respect: respect for self and for others, including our competitors, teammates, and coaches. A Gators swimmer is expected to model good behavior, showing others that they have earned the right to wear the Gators cap. As a Gator, you will grow as an athlete and as an individual.

POLICIES

SNOW POLICY

When Monroe School district calls off school due to bad weather **ALL** YMCA youth programs are cancelled, including swim team.

DISCIPLINE

Discipline on the team shall be such that the safety and well-being of the individuals and the team are not jeopardized. Discipline problems will be handled between the athlete, the coach, the caregivers, and the YMCA administrator if deemed necessary.

TEAM UNIFORMS

Team swim suits will be sold on the Gators website along with additional apparel. There will be a representative from a swim shop at the YMCA within the first couple weeks of practice to help fit swimmers. Team swim suits and apparel are not mandatory. Team caps present a unified team and **are mandatory** for each meet. Each swimmer will receive a latex cap at the start of the season. If your swimmer would like a silicone cap with his or her last name extra charges apply.

ATTENDANCE

Team members are expected to attend practice regularly and compete in as many meets as possible. Athletes improve their skills and endurance by practicing and competing.

“Good practice makes good swimmers”.

If a swimmer is signed up for a meet, they should be there. This shows both individual respect and respect for the team.

PRACTICE GROUPS AND TIMES

Coaches determine the levels for all swimmers. For each level, we group swimmers of similar ages and abilities together and we ask caregivers to get their child to the appropriate practice level as often as possible. It is usually not in the best interest of the swimmer to practice at a higher level: First, they miss important individual instruction; second, swimmers learn bad habits when they swim more laps before their bodies are ready. The Gators Swim Team is divided into five practice groups. The swimmers will be placed where the coaches believe they will excel. Exceptions to this are only made by the coaching staff.

LEVEL 1 (Approximate Ages 5-8)

Must be able to swim a full 25 meters of freestyle stroke and back stroke continuously. **Level 1** swims three times a week. Coaches know swimming is a demanding sport, especially for young swimmers. To keep children excited and loving swim team, it is important that caregivers balance practice, school, and social events.

LEVEL 2 (Approximate Ages 7-10)

Must be able to swim a full 50 meters of freestyle stroke and back stroke continuously. In addition, they should have the knowledge of all four strokes. **Level 2** swims three times a week. Coaches know swimming is a demanding sport, especially for young swimmers. To keep children excited and loving swim team, it is important that caregivers balance practice, school, and social events.

LEVEL 3 (Approximate Ages 9 - 11)

Must be able to swim all four strokes legally; specifically a 100 Individual Medley. Children should be able to swim longer distances and more frequently. **Level 3** swims five times a week. This level is where the commitment to the sport of swimming begins. As coaches and as caregivers, we understand they are young swimmers. We want them to do well in school and enjoy a well-rounded life, but we also expect commitment to swimming.

LEVEL 4 (Ages 10 - 13)

Must have four legal strokes and have swim times that are within the 9-10 state standards to be able to swim in this level. **Level 4** meets five times a week because we need commitment to the water. You cannot swim at this level and expect improvement without putting in serious water time.

LEVEL 5 (Senior group)

These are high school or senior swimmers who are experienced swim team members. They perform strong, efficient strokes. They also have the physical strength to endure the distance expected at this level; practices are two hours long. **Level 5** meets five times a week. Our older swimmers are often busy with school, sports and other extra-curricular activities. We do not want to discourage this, but we also need commitment to the water. You cannot swim at this level and expect improvement without putting in serious water time.

COMPETITION

Swim meets are the reward for all the hours of training. Competition is offered to all team members according to their ability and age group. As a member of the Gators swim team you are an ambassador for the Green County YMCA and the swim team. You are expected to follow all rules, be courteous, respectful, and polite to all officials, coaches, competitors, hosts and visitors.

- Swimmers should be dressed, on deck, and ready for warm ups 10 minutes early.
- Swimmers are to talk to a coach before and after each of their swims.
- All swimmers must wear their Gators cap at all meets.
- All swimmers who sign up for a meet are expected to be at the meet, and swim all the events they signed up for.

SWIM MEET FACTS

Swimmers are divided into different age groups for competitive purposes. Age grouping combinations may differ at various meets. For most of the YMCA competitions, the age of the swimmer is determined by their age as of December 1st. In the USA competitions, swimmers are grouped by their age on the day of the meet.

EVENTS

Freestyle: The competitor may swim any stroke they choose. The usual stroke is the Australian Crawl. This stroke is characterized by an alternate over hand motion of arms. The distances are 25, 50, 100, 200, 500, 800, 1,000, 1500 & 1650 yards.

Backstroke: The swimmer swims on their back with alternating arm strokes. The distances are 25, 50, 100 & 200 yards.

Breast Stroke: The breast stroke requires simultaneous movements of the arms on the same horizontal plane. The kick is a simultaneous thrust of the legs called a “whip” kick. No other kicks are allowed. On the turns and finish the swimmer must touch with both hands at the same time in the horizontal plane. The distances are 25, 50, 100, & 200 yards.

Butterfly: The butterfly stroke features the simultaneous overhead stroke of the arms combined with the “dolphin” kick. In the dolphin kick, the swimmer must kick both legs together and may not use any other kick. On the turns and finish, the swimmer must touch with both hands at the same time. The distances are 25, 50, 100, & 200 yards.

Individual Medley: The individual medley, or IM, features all four strokes. The swimmer begins with the butterfly, changes after $\frac{1}{4}$ of the race to backstroke, changes again after another $\frac{1}{4}$ to breast stroke and finishes the final $\frac{1}{4}$ in freestyle. The distances are 100, 200, & 400 yards.

Medley Relay: In the medley relay, all four strokes are swum by four different individuals. The order of the medley relay is backstroke, breast stroke, butterfly, and freestyle. The distances are 100, 200, & 400 yards.

Freestyle Relay: In this relay, four swimmers swim freestyle for the entire relay. The distances are 100, 200, 400 & 800 yards.

Note: All these events can also be swum in meters, but the distances may change in some cases.

STATE CHAMPIONSHIP MEETS

Meets for the YMCA and USA State Championship are both held near the end of March on different weekends. To qualify for either YMCA or USA State meet, a swimmer must compete in a designated number of YMCA and USA meets prior to the State Meet, and swim the state qualifying time set by YMCA and USA state board. This state qualifying time can be achieved at any certified YMCA or USA meet prior to the State meet. Relays will also be qualified by making the qualifying time during the qualifying period (intact or composite). The coaching staff will determine all relays for the State Championship Meets.

MEET ENTRIES

- Signing up for swim meets is the responsibility of the swimmer and their family.
- **ALL** meets are listed on the website.
- The coach will pick the swimmer's events for home dual meets.
- All caregivers and swimmers can choose the events for away meets. However, the swims will be subject to approval by the coaches.
- Once a swimmer is entered in a swim meet and approved by the coach, the entry fees are non-refundable.

MEET SIGN-UP

All meet sign-ups need to be completed online on our website: <http://www.gcyswimteam.com>. If you do not have access please make sure to contact the coach and they will be able to sign you up. **Remember: everyone who is signed up after the signup deadline passes will be charged the appropriate meet fees.**

Meets requiring swim entry fees:

Meet fees average approximately \$4 per event. USA fees are approximately \$3 per meet. Example, if you swim at a USA meet in Middleton and you swim in 3 individual events you would pay \$12 for the meet fee plus \$3 for the USA meet fee for a total of **\$15.00**. You will receive a bill for the meet fees (which will be put into your family file folder) once the meet has been confirmed. Please take this bill to the front desk of the YMCA and pay prior to the swim meet in order to be eligible for the next swim meet.

There is also a fee for relays. Usually relays are \$12 per relay split four ways. Example, if you swim 2 relays you would pay \$3 per relay or a total of **\$6.00** for the relay fees.

Meets that require NO fees to swim:

- The coaches select the swim events for the swimmers. They will also choose relay teams.
- The Swimmer/Family checks COMMITTED or NOT COMMITTED on the website under the meet sign-up section.

SWIM TEAM GLOSSARY

ANCHOR The last swimmer in a relay.

BACK Backstroke

BLOCKS The blocks are the starting platforms that cannot exceed 30" above the water. The swimmers start their races from these platforms with the exception of the backstroke.

BREAST Breaststroke

CLERK OF COURSE Official who stages events by assigning heats and lanes to swimmers based on seed times.

CUT-OFF-TIME These times are established by the host team to determine who qualifies for entry into certain meets. Cut-off-times vary according to age, group, and gender.

DISQUALIFICATION (DQ) This usually occurs because of an improper start, kick, stroke, or turn by a swimmer. If a DQ occurs, the swimmer may not be able to swim the race. The race is not counted if they do swim it.

EVENT All of the races within an age group category are the events.

EXHIBITION A swimmer or relay not entered for points swims exhibition.

FALSE START This occurs during the start of a race if in the opinion of the referee or starter, one or more of the swimmers has gained an advantage by starting before the gun. The starting blast is pushed repeatedly if the starter has already started the race and wishes to recall the swimmers and charge a false start. If the swimmers do not hear the false start blast, a rope is dropped into the water. A false start usually leads to a disqualification.

50 YARDS Two lengths of a yard pool is 50 yards.

FLAGS Backstroke flags are placed 5 yards or 5 meters from the end of the pool. They enable a backstroker to execute a backstroke turn more efficiently by counting their strokes.

FLY Butterfly

FREE freestyle (Normally a swimmer will swim front crawl since it is the fastest stroke, but they may swim any stroke they prefer if they swim freestyle).

FREE RELAY In the free relay four swimmers swim a set distance, one at a time, usually using the crawl stroke. The first swimmer starts the race at the start of the gun. Each successive swimmer starts their segment at the conclusion of the preceding swimmer.

HEAT One race

HEAT SHEET The heat sheet lists the events in the meet and the names and times of the swimmers.

I.M. Individual Medley. An event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, and freestyle.

JUDGES' DECISION This is the official "call" of the order of finish, regardless of final times.

LONG COURSE This is a pool 50 meters in length, USS Championship meets. Swimmers other than USA members may participate in this meet.

MEDLEY RELAY The same procedure is used as in the free relay except that each successive swimmer uses a different stroke in the following order: backstroke, breaststroke, butterfly, and freestyle.

MEET APPROVED Times can be used as proof of times for USA Championship meets. Swimmers other than USA members may participate in this meet.

MEET OFFICIAL A starter, referee, and turn judge are officials that are provided by the host team.

MEET SANCTIONED Only swimmers who belong to the sanctuary body may participate in this meet.

OPEN TURNS This turn is usually done with the head coming out of the water and taking a breath. The feet and legs stay underwater. It is slower than a flip turn.

PRE-SEED MEET At some large meets there is no clerk of course. The timers have seed cards or sheets and swimmers have to check the program to find their events (lanes and heat number). Usually at this type of meet there is still a staging area for the 8 and unders.

PERSONAL BEST TIMES The best time a swimmer has achieved in a specific event. Every swimmer strives to improve or get new personal best times.

RECORD BOARDS We have two record boards in the pool area, one for meter and one for yards, and these are records for swimmers from our team only. All “new” records will be posted after the Gators season is finished.

SCRATCH A scratch is the cancellation of a swimmer’s participation in an event.

SENIOR In USA Swimming there is no age restriction in “senior” competition

SEED TIME This is the swimmer’s best time. It is used to place the swimmers in the proper order in heats the next time they swim. Seed times carryover from one season to the next, and from one age group to the next, if the distances are the same.

SPLIT The split is the time for each individual on a relay or the time of the set portion of a swimmer’s race.

STARTING JUDGE This is the official responsible for instructing all swimmers before all events as to the stroke and distance involved, for starting the race, and for calling the order of finish.

STATE Top sectional swimmers from all over the state compete at this meet.

STROKE AND TURN JUDGES The officials who judge for the correctness of starts, finishes, turns, and strokes.

TAPER A taper is a special type of practice, usually at the end of the season, designed to enable a swimmer to peak for major meets. A taper involves fast sets with lots of rest in between.

TOUCH On some turns and finishes stroke rules require a two-hand touch. Butterfly and breaststroke require a two-hand touch. Backstroke and crawl require only a one-hand touch.

TOUCHPADS These are installed at the finishing end of the pool. They are used to stop an electric timing device, which gives both the elapsed time and order of finish for the heat as the swimmers touch the pad.

25 YARDS One length of a yard pool is 25 yards

Forms

GATORS SEASON CHECK LIST



Initial each box

I have received the Gators handbook.

I received and completed the following forms for registering my child for the Gators Swim Team.

- USA Swimming registration form
- YMCA Registration form
- YMCA Release form
- Swimmer's code of conduct form

I am aware of the Gators website and all the information that is available about the team (such as practice times, coach contacts, swim meet sign ups, meet info, swim suit purchases, handbook info, etc.) can be accessed through this site www.gcyswimteam.com.

I understand that program fees are based on the level my child will swimming:

My child is in level _____ and my fee will be _____.

I have read and agree with the policy on **volunteering** for home meets. I agree to volunteer at each Gators home meet or pay a non-volunteering fee of **\$50.00 for each event**.

I have read and agree with the policy on **additional fundraising events**. I must participate as required or I will have to pay the stated buyout fee **for each event (buyout fees for fundraising will vary from \$10-\$100)**.

I have read and agree with the policy on donating food for the Gators concession stand. I will have to supply food or supplies or pay **\$25.00 for each event** if I choose to not donate items.

I agree that swim suits are not mandatory but team caps are required for a minimal cost of approximately **\$10-\$20 each**.

I agree that once committed to a meet (after the signup deadline), meet fees must be paid even if my swimmer needs to withdraw from the meet.

Signing this form confirms that you have read and initialed all items above and have received the Gators handbook.

Parent/Guardian Name (PRINT): _____

Signature: _____ Date: _____

YMCA Copy

GATORS SEASON CHECK LIST



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I agree that once committed to a meet (after the signup deadline), meet fees must be paid even if my swimmer needs to withdraw from the meet.

Signing this form confirms that you have read and initialed all items above and have received the Gators handbook.

Parent/Guardian Name (PRINT): _____

Signature: _____ Date: _____

Parent/Guardian Copy



USA SWIMMING

**2016 ATHLETE REGISTRATION APPLICATION
LSC: WI**

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME	LEGAL FIRST NAME	MIDDLE NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>

PREFERRED NAME	DATE OF BIRTH (MM/DD/YYYY)	SEX (M/F)	AGE	CLUB CODE	NAME OF CLUB YOU REPRESENT
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

<small>(Bill, Beth, Scooter, Liz, Bobby)</small>			
PARENT/GUARDIAN #1 LAST NAME	PARENT/GUARDIAN #1 FIRST NAME	PARENT/GUARDIAN #2 LAST NAME	PARENT/GUARDIAN #2 FIRST NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

MAILING ADDRESS

CITY	STATE	ZIP CODE
<input type="text"/>	<input type="text"/>	<input type="text"/>

AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS
<input type="text"/>	<input type="text"/>	<input type="text"/>

U.S. CITIZEN: YES NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO

IF YES, WHICH FEDERATION: _____

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? YES NO

DISABILITY:

- A. Legally Blind or Visually Impaired
- B. Deaf or Hard of Hearing
- C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
- D. Cognitive Disability such as severe learning disorder, autism

RACE AND ETHNICITY (You may check up to two choices):

- Q. Black or African American
- R. Asian
- S. White
- T. Hispanic or Latino
- U. American Indian & Alaska Native
- V. Some Other Race
- W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

Wisconsin Swimming

MAIL APPLICATION & PAYMENT TO:

**Carol Graham
1716 Thrush Lane
Mequon, WI 53092**

2016 REGISTRATION FEE

USA Swimming Fee	\$54.00
LSC Fee	\$ 8.00
TOTAL DUE	\$62.00

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

YEAR LAST REGISTERED: _____ IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2016, ENTER THAT CLUB CODE: _____ LSC CODE: _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: _____

SIGN
HERE x _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE

- Check if you would like to learn more about the USA Swimming Foundation's Initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

REG. DATE/LSC USE ONLY _____

