**Cincinnati Synchrogators**

**Online Registration for Competitive Athletes**

**2020-2021**

**INSTRUCTIONS**

**1. Select** [**Start Registration**](https://www.teamunify.com/team/zzcys/page/team-registration) **on the website navigation menu, and follow instructions.**

If you are a returning member you will be asked to log in.  If you are a new member you will be asked to create a new account.  During the registration process, you will need to update (or create) your account information, read all required information, and accept all required waivers and agreements.  Checkout and pay outstanding balance (if any). A printable copy of the online registration information you will see online can be accessed at [REGISTRATION PACKET](https://www.teamunify.com/team/zzcys/page/team-resources/team-documents).

**2. Print and fill out** [**EFT Form**](https://drive.google.com/file/d/1TJuU7-kVJSMsmOWKgmill6OBhjgyP1_T/view?usp=sharing)**.**

If you have not done so previously, you will need to log in to your [myy.org](http://www.myy.org) account and add a credit card or bank account you want used for your EFT payments.  After setting up your payment method, print and complete the EFT form.  Fill in your chosen payment method (including the last 4 digits of bank account or credit card setup in your myy.org account), the synchro dues for your swimmer’s age group. Due to current travel uncertainties, the escrow estimate for each age group are not yet determined. You may leave the escrow field blank or include an amount. You will be notified when escrow amounts have been determined and asked to submit an updated EFT form, if necessary.

You can choose to pay dues (and escrow) monthly or make a one-time payment for either or both. Please see the 2020-2021 Financial Policy section of the registration packet for current dues and escrow schedule.

A link to the EFT form can be found [here](https://www.teamunify.com/zzcys/UserFiles/File/2019-2020-csg-eft_074598.pdf), on the financial policy page of the registration process, and under the [Team Resources/Team Documents](https://www.teamunify.com/team/zzcys/page/team-resources/team-documents) tab of the CSG website.

**3. Print and complete** [**Lindsey’s Law Signature Form**](https://www.teamunify.com/zzcys/__doc__/396617_2_LLaw%20Parent-Athlete-Signature-Form.pdf)**.**

During online registration you will be required to read the [Sudden Cardiac Arrest Information for the Youth Athlete and Parent/Guardian](https://www.teamunify.com/zzcys/__doc__/396618_2_LLaw%20Parent-Guardian.pdf) and watch the [Lindsey’s Law Parent Information Video](https://www.youtube.com/watch?v=s-YfCWQPeqw&feature=youtu.be).  Upon completion, print and fill out the [Lindsey’s Law Parent/Athlete Signature Form](https://www.teamunify.com/zzcys/__doc__/396617_2_LLaw%20Parent-Athlete-Signature-Form.pdf).  This information can also be found on the applicable page of the registration process, and under the [Team Resources/Team Documents](https://www.teamunify.com/team/zzcys/page/team-resources/team-documents) tab of the CSG website.  Each family must turn in an updated Lindsey’s Law Signature Form each year.

**4. Turn in paper copies of completed EFT Form and Lindsey’s Law Parent/Athlete Signature Form.**

* Returning swimmer forms are due October 1, 2020.
* New swimmer forms are due October 15, 2020.

Forms can be turned in as follows:

* Mail to Steve Burns at 2374 Clyde's Crossing, Cincinnati, OH 45244
* Hand deliver to Steve Burns
* Place in a sealed envelope addressed to Steve Burns and ask the front desk at Gamble Nippert YMCA to put it in the Synchro Mailbox.
* Email to Steve Burns, Treasurer, at [csgsynchrotreasurer@gmail.com](mailto:csgsynchrotreasurer@gmail.com).

**DO NOT** turn forms in at ME Lyons or Powel Crosley YMCAs.

If you have questions/problems related to finances or payment during registration please contact Steve Burns, Treasurer, [csgsynchrotreasurer@gmail.com](mailto:csgsynchrotreasurer@gmail.com).  To cancel a current registration, email Karen Price, [karennprice@gmail.co](mailto:karennprice@gmail.co)m.  For other questions, contact Greg DeKors at [gdekors.csg@gmail.com](mailto:gdekors.csg@gmail.com).

**USA Synchro Liability/Medical Waiver, Concussion Information, Lindsey’s Law Information, and YMCA Release and Waiver of Liability (Required)**

I certify that I am the parent or legal guardian for my swimmer(s). I hereby give my permission for any supervisor, coach or other team administrator associated with the Cincinnati YMCA Synchrogators to seek and give appropriate medical attention for my swimmer(s) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby acknowledge that my swimmer(s) is (are) physically fit and capable of participation in all Synchronized Swim Team activities.

I have read and understand the Ohio guidelines regarding Concussions and Return to Play as stated in[Concussion Information](https://odh.ohio.gov/wps/wcm/connect/gov/8d4a8d94-eaf0-4359-81d2-4fdd49e83b9c/ODH+Concussion+Information+Sheet_Youth+Sports+Organizations.pdf?MOD=AJPERES&CONVERT_TO=url&CACHEID=ROOTWORKSPACE.Z18_M1HGGIK0N0JO00QO9DDDDM3000-8d4a8d94-eaf0-4359-81d2-4fdd49e83b9c-mstkHOZ) and[Ohio Concussion Law](https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-Prevention/youthconcussions/youthconcussions). Baseline Impact Testing is recommended for athletes 12 and older (parents of younger athletes should check with their pediatrician). This can be done free through [Beacon](http://www.beaconortho.com/services/impact-concussion-testing/) (enter code gsg2uck35a), or through your pediatrician's office, Cincinnati Children’s Hospital or local high school.

My swimmer and I have read and understand [Sudden Cardiac Arrest and Lindsay’s Law Information for the Youth Athlete and Parent/Guardian](https://www.teamunify.com/zzcys/__doc__/396618_2_LLaw%20Parent-Guardian.pdf). I have also watched [Lindsey’s Law Parent Information Video](https://www.youtube.com/watch?v=s-YfCWQPeqw&feature=youtu.be) and signed the [Parent/Athlete Signature Form](https://www.teamunify.com/zzcys/__doc__/396617_2_LLaw%20Parent-Athlete-Signature-Form.pdf).

In consideration of being allowed to participate in any way in USA Synchro events, activities or programs, I also acknowledge and agree that:

1. I understand that my swimmer will be engaging in travel and activities that involve the risk of serious injury, including permanent disability and death, severe social and economic losses and other loss including damage to property.
2. I knowingly and freely assume all such risks. I, for myself, and on behalf of my heirs and assigns, release, waive, discharge and covenant not to sue USA Synchro, its officers, agents, employees, and sponsors as well as its affiliate clubs, from any and all liability for any and all claims, demands, losses or damages on account of injury, including death and damage to property, whether caused by negligence or otherwise.

**YMCA RELEASE AND WAIVER OF LIABILITY**

I understand that the YMCA of Greater Cincinnati assumes no responsibility for injuries or illness which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sports program, the use of any equipment, exercise, or any other activity at the YMCA.

I expressly acknowledge on behalf of myself and my heirs that assume the risk of any and all illness, which may result from my participation in these activities.

I hereby release and discharge the YMCA of Greater Cincinnati, its agents, servants, and employees from any and all claims for injury, death, loss, or damage which I may suffer as a result of my participation in these activities.

I understand that the YMCA of Greater Cincinnati is not responsible for any personal property lost or stolen while using the YMCA facilities or while on YMCA premises.

I give my permission to the YMCA of Greater Cincinnati to use photographs, film footage, audio, or video tape recordings, which may include my image or voice for the purpose of promoting and interpreting YMCA programs and services to the general public.

I will adhere to the YMCA Code of Conduct. I understand that the YMCA of Greater Cincinnati will hold me accountable to the Code of Conduct and may restrict my access to the YMCA upon breach of the code.

I understand that the YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

ACCEPTANCE: I acknowledge the Waiver set forth above and, being in sympathy with the mission of the YMCA, hereby accept the policies and procedures of the YMCA of Greater Cincinnati.

**Cincinnati Synchrogators Parent Association**

**2020 – 2021 Financial Policy**

**Overview**

The YMCA sponsors the Cincinnati Synchrogators team, therefore, each swimmer on the team must be a member of good standing with the YMCA. In addition, each swimmer is assessed monthly dues by the YMCA for the synchronized swimming program, October through June. Finally, meet fees, travel expenses and other expenses, such as apparel and banquet fees, are billed through the Team Unify system.

All funds received from members are applied to YMCA membership dues first, followed by synchro program dues, and then applied to Team Unify balances.

**YMCA Membership Dues**

Each swimmer must be a member of the YMCA to participate on the Cincinnati Synchrogators team.

**Charges** – YMCA membership dues are paid directly to the YMCA by Electronic Fund Transfer (EFT). The YMCA will work directly with each family to collect YMCA membership fees.

**Payment Options** – Please contact your local YMCA directly to set up payment for membership dues.

**Synchro Program Dues**

The dues for each age group for the 2020 – 2021 season are:

|  |  |  |
| --- | --- | --- |
| Age Group | Yearly | Monthly (Oct – June) |
| New Swimmer | $675 | $75 |
| 12 and Under | $900 | $100 |
| 13 – 15 | $1,125 | $125 |
| 16 – 19 | $1,206 | $134 |

Synchro program dues cover coaches’ salaries, travel and training. In addition, membership in USA Synchro for all team members and coaches are paid from synchro dues.

**Charges –** Synchro dues are billed by the YMCA on a monthly basis from October through June, resulting in 9 payments. Returning swimmers are considered on the team and pay dues for the entire year. If a swimmer joins the team after the start of the fiscal year, they will be assessed 1/9 of the annual dues for every month remaining in that year.

**Payment Options –** During registration, an Electronic Funds Transfer (EFT) form will be filled out by each family indicating how dues will be paid via bank withdraw or credit card. Families can choose whether to have the payment charged on the 1st or 16th of the month.

**\*\*\* There are Program Scholarships available for the Synchro Program based on need. Please contact Cindy Jauch at Gamble-Nippert YMCA for more information. \*\*\***

**Team Unify**

The team uses the Team Unify system to bill meet fees, travel expenses, and other costs incurred by the team or the YMCA on each swimmer’s behalf.

All 13 and Over swimmers on the A and B teams must include an escrow payment with their monthly dues.   The escrow payment must be at least 75% of the estimated meet expenses for the year.   **Due to current travel uncertainties, estimated Team Unify charges and required escrow payments are not yet determined.** You will be notified when escrow amounts have been determined and asked to submit an updated EFT form.

Each family will continue to be responsible for paying all fees after the escrow has been used.  If there are escrow funds remaining in a Team Unify account at the end of the season, the escrow funds will be refunded, upon request, to the family after all outstanding bills have been paid.

**Charges –** Charges will bebilled to swimmers as they are paid by the YMCA or Parent’s Association. Team Unify invoices will be generated on the first of each month for the previous month’s charges and emailed to the address on file.

**Payment Options** – Payments are due on the 10th of the month in which they were billed. Team Unify has the option to enter a credit card in the system, which can automatically be charged on the 1st of the month for all Team Unify charges on the current invoice.

**Anticipated costs for the 2020 – 2021 season:**

|  |  |  |
| --- | --- | --- |
| Age Group | Team Unify Charges | Required Extra EFT (75% of TU Charges) per month |
| 12 and Under | TBD | n/a |
| 13–15 | TBD | TBD |
| 16 – 19 | TBD | TBD |

All fees owed to the YMCA must be current for a swimmer to begin the season.

**Competition Suits, Embellishments and Headpieces**

**Charges –** Charges for new suits will be based on the complexity of the suit, embellishment or headpiece and the materials needed to complete the item.

**Payment** – Payment is expected at the time of delivery of the completed suit or headpiece. The suit maker will communicate their preferred method of payment.

**Past Due Balances**

All accounts must be current for participation in the YMCA Synchronized Swimming Program. Funds must be available to pay for both YMCA Membership dues and the Synchro Program, either on the credit card or bank account registered with the YMCA. If a credit card or EFT payment is returned three or more times for non-sufficient funds during a season, the swimmer may be ineligible to participate on the team. Team Unify payments must be paid by the 10th of the month in which billing occurs. If a past due balance occurs on any account, the swimmer is at risk of being ineligible to practice, swim at competitions and attend team events. Returning swimmers must be current with all payments on all accounts at the beginning of the season to begin practicing with the team.

1. Members with a delinquent account of 4 weeks must bring it up to date or make arrangements for an alternative payment plan with the Treasurer or President. This includes YMCA Membership dues, Synchro Program dues and Team Unify accounts.
2. Any member with an account 6 weeks delinquent will receive written notice from the Treasurer stating that the swimmer is at risk of becoming ineligible to compete until the account is current.
3. Written notice of the swimmer’s ineligibility will follow from the President if the account is past due after 8 weeks.

If a financial hardship occurs, please contact the Parent Association President, [Greg DeKors](mailto:gdekors.csg@gmail.com), or the Parent Association Treasurer, [Steve Burns](mailto:csgsynchrotreasurer@gmail.com), to discuss payment options.

**CSG Code of Conduct, Practice Attendance, Equipment and Apparel Policies (Required)**

**Athlete Code of Conduct:**

As a Cincinnati YMCA Synchrogator team athlete, I understand and agree to follow this Code of Conduct at all times while representing the Synchrogators.

I will:

1. Offer congratulations to my opponents, win or lose, and to cheer on my teammates.
2. Conduct myself with dignity, and with respect for others and the property of others.
3. Dress in a manner suitable to my position as a representative of the Synchrogators.
4. Be humble in victory and courageous in defeat.
5. Be an example of good sportsmanship.
6. Be a responsible goodwill ambassador between the sport of swimming and the public.
7. Promote positive high team spirit and morale.
8. Cultivate in myself and encourage in all team members the virtues of patience, courage, fairness, and sincerity.
9. Strive to do my best, and encourage all team members to do the same.
10. Be a friend to all of my fellow team members.
11. Do my very best to bring the highest possible credit and regard to myself, my team, and to the sport of synchronized swimming.

While taking part in Synchrogator functions:

1. I will not cause physical harm or threaten physical harm to a fellow member, coach, or parent or to any opponent swimmer, their coach or parent.
2. I will respect the property of my teammates and coaches, as well as the property of my opponents and their coaches, including all facilities and their employees.
3. I will not possess, use, or be under the influence of alcoholic beverages, chemicals, or illegal drugs.
4. I will not behave in a manner that in the opinion of the coaches or team representative is contrary to normally acceptable behavior.
5. I will follow teams rules to prevent the spread of illness, such as the novel coronavirus. (Note: Rules are published in team documents and will likely change throughout the year based on USA Artistic Swimming, the YMCA, and government mandates).

**Practice Attendance and Concussion Awareness:**

Swimmers are expected to attend all practices scheduled for their age group. For the safety of the athlete and peace of mind of the coach, if a practice will be missed, the swimmer or parent must notify their coach prior to the start of practice.

Swimmers and parents are asked to review the appropriate concussion fact sheet for athletes. Athletes are expected to tell their coach if they are hit in the head during a swim.

* [Concussion Fact Sheet for Athletes Ages 11-13](https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages11-13-a.pdf)
* [Concussion Fact Sheet for Athletes Ages 14-18](https://www.cdc.gov/headsup/pdfs/youthsports/factsheet_athletes_ages14-18-a.pdf)

**Team Equipment and Apparel:**

Swimmers will be expected to come to every practice in proper workout attire (including gym shoes, stretchable clothing, and no dresses or skirts please!) and bring their supplies.

All swimmers are required to have the following at every practice:

* yoga/pilates mat
* gym shoes
* goggles
* nose clips
* one-piece competitive style swimsuit

Required for all competitions:

* all black one-piece competitive style swimsuit
* all white swim cap
* goggles
* nose clips
* decorative competition routine swimsuits and headpieces (may be new or borrowed)
* black gym shorts
* CSG team t-shirt (ordered in bulk for the whole team in October or November)
* CSG swim cap (ordered in bulk for the whole team in October or November)

Additional items required for National and Zone competitions:

* CSG team warm up swimsuit
* CSG team warm up jacket and pants

Optional equipment (consult with your coach for specific recommendations):

* jump rope (any style will work as long as it is the right length for your swimmer)
* 2 water jugs (any kind)
* a mesh bag (to hold their supplies and allow for drying)
* adjustable ankle weight belts, 0-5 lbs (for swimmers in the 13 and older age groups)
* foot arch band stretchers (can be purchased from a soccer supply store, Amazon, USA Synchro, etc.)
* Team Parka (for swimmers in the 13 and older age groups only)

**CSG General Membership, Volunteer and Travel Policies (Required)**

**CSG Parents Association:**

All parents are members of the CSG Parents Association. Membership is contingent upon remaining in good standing with the YMCA of Greater Cincinnati. The Parents Association's purpose is to ensure our swimmers have the equipment, coaching, financial, and volunteer support needed to compete at a national level.

**Parental Volunteer Commitment Policy:**

Synchronized swimming is a sport that demands a high degree of support from the community. This support mainly comes from the parents and families of swimmers. You are expected to volunteer to support the efforts of our organization for the benefit of all swimmers.

There are 2 main volunteer obligations expected per family.

1. Participating in a standing Parents Association committee.
2. Volunteering for jobs/shifts at team hosted shows and meets.

Volunteer opportunities include helping with team social events, fundraising, sponsorship, team apparel, team website, concessions at meets and shows, suit decorating, videotaping routines, etc. Please see the Parent Handbook for more information. With everyone's help this season will be a success.

**CSG Team Handbook and Parent Association By-Laws:**

All parents should review the CSG Team Handbook and [CSG Parent Association By-Laws](https://www.teamunify.com/zzcys/__doc__/386747_2_2017-18CSGPABylaws.pdf) found in the [Team Resources/Team Documents](https://www.teamunify.com/team/zzcys/page/team-resources/team-documents) tab of the CSG website [www.cincinnatisynchrogators.org](http://www.cincinnatisynchrogators.org/).

**Team Travel Policy:**

The Cincinnati YMCA Synchrogators are a nationally competitive team, therefore, CSG teams have increasing travel commitments as they progress through the Age Groups. All meet entries, including which meets we attend and who is swimming what events are determined by the coaches and the results of any qualifying meets. The schedule of meets is available every fall, no later than November 1st, and will be posted on the team website.

As parent/legal guardian of the registering athlete, I agree to the following:

1. Travel arrangements (room and flight reservations, and transportation to and from hotels) for all Chaperoned meets are made by the team Travel Committee. In order to obtain the best rates, travel plans are made as early as possible. Swimmers’ families are notified of the arrangements immediately after they are made.
2. Chaperones may be any female over the age of 25. The coaching staff has final approval of chaperones, with priority given to the mothers of swimmers making the trip. All chaperones must have a [one-time background check](https://cincinnatiymca.volunteermatters.org/volunteer/sign-up/20607) completed through the YMCA and complete the [Safe Sport](https://www.teamunify.com/zzcys/__doc__/410147_2_SafeSport%20Explanation%20%20Training%2012918.pdf) training through USA Synchro.

**Talent Release Form (Optional)**

I hereby assign and grant to the Cincinnati YMCA Synchrogators the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me this competitive season by the Cincinnati YMCA Synchrogators, and I hereby release the Cincinnati YMCA Synchrogators from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Cincinnati YMCA Synchrogators and I specifically waive any right to any compensation I may have for any of the foregoing.