

Mercersburg Area Swim Club Registration 2017-2018

Mercersburg Area Swim Club Individual Swimmer Information for winter league			
Name (first, mi., last):			
Preferred Name:	Gender (M/F):	Birth Date(Mo/Day/Yr)	Age As of December 1st: ----- <u>Shirt size:</u>
Indicate any special information and/or medical conditions:			
Family Information			
Parent/Guardian Names:			
Address:		City, State, Zip:	
Home Phone:	Cell # 1 and Parent Contacts:	Cell # 2	
Parent E-mail Addresses to receive MASC communications:			
Emergency Contact:		Telephone:	
Family Physician:		Telephone:	
Permission Statement and Waiver of Liability (Please read and sign)			
<p>Participation: I confirm that I am the parent or legal guardian of _____ (“Swimmer”) who has my permission to participate in the Mercersburg Area Swim Club (“MASC”) swimming program.</p> <p>Insurance: I understand that (“MASC”) does provide medical insurance for Swimmers and/or volunteers.</p> <p>Medical Emergency: I give my permission for the Swimmer to be treated in my absence for any emergency.</p> <p>Waiver and Release: I acknowledge that, as a condition of the Swimmer, my family or me participating in or attending the activities of (“MASC”), I hereby hold harmless, and waive and release, (“MASC”) affiliate organizations and corporations, and the respective officers, agents, employees and contractors of each of them; the Mercersburg Area Swim Club (“Releasees”), from and against any and all actions, claims, demands, liabilities or expenses that the above-named Swimmer, my family or I now have or may hereafter have relating to any injury, accident, illness, death, and/or any loss or damage to personal property occurring during, or resulting from the participation in or attending a (“MASC”) activity by the Swimmer, my family or me, including, but not limited to, claims arising out of any negligence of Releasees. Additionally, I understand the Releasees assume no responsibility for unsupervised participants or siblings anywhere on the Mercersburg Area Swim Club property before, during or after a practice or competition.</p> <p>(“MASC”) Policies and Procedures: by signing below I agree to ensure that the above-named Swimmer, Parent/Guardian and /or Any Member of my family will abide by (“MASC”) Policies / Volunteer / Procedures & the Swimmer/Parent/Guardian Codes of conducts. Any infraction of (“MASC”) Policies and Procedures by the Swimmer, Parent/Guardian and /or Member of my family can result in the prohibition of the above-named Swimmer, Parent/Guardian and /family Member from participation in or attendance at (“MASC”) activities without recourse.</p>			
Parent/Guardian Signature:			Date:

Mecersburg Area Swim Club Fee Policy & Volunteer Form -2017/2018 winter season

Swimmers ages 5-8 Fee: \$90.00

Swimmers ages 9-18 Fee: \$160.00

High school (SWIM TEAM) swimmers Fee: \$65.00 TOTAL FEES \$ _____

PAID : Cash or Check # _____ date: _____

Fee Policy

- A Multiple Swimmer Discount per family of: \$10.00 (High School swimmer excluded from discount)
- All Prior Account Balances due upon registration. Or you will not be permitted to participate in the 2017/18 WINTER season
- Fees will not be prorated for Swimmers who begin swimming later than the first day of practice.
- All accounts must be paid in full prior to Divisionals or swimmer(s) will not be permitted to participate at Divisionals / or All-Stars Contact "MASC" board to request exceptions to this schedule.

Refund Policy:

Swimmers who stop swimming prior to November 1st do to medical issues will receive a 50% refund or account credit. To qualify for this you must notify the "MASC" registrar (not the coaching staff) in writing by November 1st. Any exceptions to this policy must be approved by the "MASC" Board of Directors

Mercersburg Area Swim Club Volunteer Policy

2017-2018 Winter Season

In order for MASC to provide a quality swim program, we need our families to volunteer in some capacity. All families are required to provide one parent as a volunteer for a minimum of two swim meets within the regular season. Additionally, if MASC is the host for Divisionals or All Stars, every family will be required to provide a volunteer in order for their swimmer to participate.

Upon completion of the form below, we will assign all parents to two meets. If you are unable to fulfill your assignment, it is your responsibility to find a replacement. If no one is present for your assignment, your child will not be permitted to swim at the meet. Registration will not be considered complete unless a parent has signed up in one (or more) of the designated volunteer areas listed below.

Please check the boxes below to designate where you would be willing to help:

- Lane Parent (2 per meet)
- Timer (12 per meet)
- Back-up Timer (2 per meet)
- Runner (2 per meet)
- Concession Stand (6 per meet)
- Swim Official (4 per meet)
- Finish Judge (2 per meet)
- Computer Operator (1 per meet)
- Colorado System Operator (1 per meet)
- Ribbons (1 per meet, 2nd half only)

Parent signature: _____

**As a board, we have been forced to strictly enforce our volunteer policy to avoid having to forfeit meets due to a lack of volunteers.

Your cooperation is appreciated.**

Mercersburg Area Swim Club

SWIMMERS/PARENT CODE OF CONDUCT

The following honor code is in effect throughout the year. **Some of the items refer specifically to team travel.** Additionally, anyone who, in the opinion of the coach or coaches, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (**at the expense of the parent and/or swimmer**) and other punishments including barring from future travel meets or other competition, suspension from practice, or dismissal from the team

- 1) **Mercersburg Area Swim Club** team members should be respectful of their peers, coaches, and parents. Any **“MASC”** team member not acting in such a manner will be asked to change or stop that behavior. If that team member fails to comply, they will be asked to leave and disciplinary procedures will follow.
- 2) **“MASC”** swimmers will treat all training and competition venues with the utmost respect. They will put all training equipment in its storage location after each work out. They will assist in the clean up of the team area after each day's competition.
- 3) **“MASC”** will travel as a team and as individual families in order to compete with the best and further strive to better competition. Everyone is expected to behave in an exemplary manner. The reputation of **“MASC”**, as well as the other athletes with you, is dependent on your behavior. **I will demonstrate good sportsmanship at all meets, practices and club events. I will maintain control and conduct myself in a manner that is respectful of others. I understand that criticizing, name-calling, use of abusive language or gestures directed towards swimmers, coaches, officials, volunteers or any other parents is unsportsmanlike will not be tolerated and may result in disciplinary action.**
- 4) The **“MASC”**. board /coaching staff holds the final word on any rules, regulations, or disciplinary action.
- 5) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or USOC banned substance of any kind will not be allowed. In addition, any team member found to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from **“MASC”**. Any swimmer suspected of such activity will appear before a review committee composed of the senior team coach, the head age group coach, the club president, and two other **“MASC”** board members.
- 6) At no time will male and female athletes be in the same room together unless a coach or chaperone is in the room or has approved situation. This applies to **“MASC”** members or members of any other team.
- 7) No team meetings may be missed. Be punctual to all meetings and warm-up times.
- 8) No team member may be out of their room after the assigned bed time. Permission must be obtained from the coach to leave the room past this time. Cell phone use is discontinued at the lights out time.
- 9) Any damages or thievery incurred at any swim club event will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms.
- 10) All team members must agree to follow the rules about practice and meet behavior.

Mercersburg Area Swim Club

Parent & Swimmers Code of Conduct

As parent/guardian of a swimmer with the **Mercersburg Area Swim Club**, I will abide by the following guidelines:

I. **I will support the values of Sportsmanship**, Teamwork, Self Discipline, Loyalty, Commitment, and Hard Work at meets, practice, and other swimming events, in all my dealings with coaches, parents, swimmers and officials.

II. **I will not interfere** with the coaches on the pool deck or coach or instruct the team or any swimmer, either at practice or meets. If I have a concern with my swimmer or the program I understand the appropriate course of action is to schedule an appointment with the "MASC "board of directors /coaching staff to discuss my concerns.

III. **I will demonstrate good sportsmanship at all meets**, practices and club events. I will maintain control and conduct myself in a manner that is respectful of others. I understand that criticizing, name-calling, use of abusive language or gestures directed towards swimmers, coaches, officials, volunteers or any other parent is unsportsmanlike will not be tolerated and may result in disciplinary action.

IV. **As the Parent / Guardian / family member of said swimmer transporting swimmer/s to and from practice and swim events. that will remain on pool deck : I agree to sign this Code of Conduct understanding that violation of this code may result in sanctions on participation with the Mercersburg Area Swim Club. including loss of membership.**

Parent/Guardian: _____ Date: _____

Swimmer: _____ Date: _____

PHOTOGRAPHY/VIDEO RECORDING POLICY

The **Mercersburg Area Swim Club** employs several training strategies in its efforts to maximize athlete skill development. One such method involves photography/video recording of athletes swimming during practices and meets. This photography/video recording of athletes taking part in practice or meets is used as a means of improving the effectiveness of coaching and for the teaching of skills. It is the policy of the **Mercersburg Area Swim Club** to secure parents/guardians permission to allow photographing or video recording of their child for our club web site and use in the training of that athlete. In the absence of parental/guardian permission, no photography/video recording of that athlete shall be conducted.

Parents/guardians must indicate their consent to permit photographs and video footage of athletes to be used for our web site and training purpose by completing this form and returning it to the **Mercersburg Area Swim Club** .

I hereby give consent for the use of photos or videos of my child for our club web site and for the purposes of training by the coaches of the **Mercersburg Area Swim Club** for the 2017-18 winter season.

Athlete Name: _____

Parent Name: _____

Signature of Parent/Guardian _____ Date: _____

This form will be kept on file by the **Mercersburg Area Swim Club** for the above identified athlete.

Mercersburg Area Swim Club

Parents Watching Swim Practice

The "MASC" board of directors / coaching staff encourages parents to watch practice from time to time. It's probably not best to watch practice everyday nor is it healthy to never come to the pool. The reality of carpools and transporting young athletes is that many parents are present everyday, however you don't necessarily need to watch every minute of practice. Here are some important guidelines to keep in mind when observing a practice.

First, young swimmers want their parents' approval more than anything. If they know you are watching practice, it's only natural for some of their attention to be directed to you. However, for the swimmers to learn as much as possible, it is imperative that the coaches have your child's undivided attention during practice. We ask that you not communicate with your child during practice and compete with the coach for his/her attention.

Second, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group).

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Each training set or instructional drill has a purpose and one practice and/or practice set often builds on another throughout the week. If you have not attended all practice sessions, you may not understand the purpose of what the swimmers are doing on any given day

Finally, please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have important purpose in teaching skills (ie. Swimming one-arm fly or breaststroke with a flutter kick)

With these various reasons in mind, we ask parents to stay off the pool deck during practice hours and not attempt to coach your child
Thanks for your cooperation and support.

"MASC" Coaching Staff / Board of Directors

Mercersburg Area Swim Club

Frequently Asked Questions

How is information distributed during the season?

- The team uses a "mail box" folder system, which is kept at the pool deck.
- E-mail / text is also used as a communication tool.
- Each family will have a folder in the mailbox and papers are placed in each family's folder. Please check your folder each time you swim.
- If you need to get information to the coaches, you may place notes to them in their folder. This is especially important when you are not going to be attending a swim meet. The coaches need to know a week before if a swimmer **WILL NOT** be swimming in Scheduled meet or if a swimmer needs to leave by a certain Time. This is necessary so that the line-up can be prepared accordingly.
- Ribbons are placed in the mailbox after each meet.

What is a dual meet?

- A dual meet is between "MASC" and another team.
- No entry fees are required.
- The coaches determine who swims in what events and their lane assignments based on times.

What is a live heat?

- A live heat is the first heat of an event. It consists of a maximum of three swimmers from each team who compete against each other for points. Points are given depending on the place in which each swimmer finishes. These points are then added together and the winner is determined from the total points scored from all live heats.
- Points are scored as follows: Individual Events (1st - 6), (2nd - 4), (3rd - 3), (4th - 2) and (5th - 1). Relay points are (1st - 8), (2nd - 4) and (3rd - 2).

What is an exhibition heat?

- An exhibition heat provides an opportunity for each swimmer to participate in the meet and to improve their times. Points are not given for exhibition heats, but it does provide every swimmer with the chance to participate. Exhibition ribbons are given with the event information on them.
- Encourage your child; remind them that improving their time is the important thing and not what place they finish.

What do I need to bring to a indoor / outdoor swim meets ?

- At least (2) towels, one to sit on and one to dry off with.
- A extra shirt, sweat shirt, sweat pants to cover up with between events .
- Lawn chairs, , for those outdoor meets, Sun block and be prepared for Thunderstorms etc....
- Games to play, books to read. (between events)
- please let lane parent know where they are sitting to help (The Lane Parent /Clerk of Course). (the person who lines the swimmers up for their races)

What should I wear to a swim meet?

- Parents need to dress for a swim meet - it might be 20 degrees outside but it will be HOT and humid inside.

Where do the swimmers stay during a meet?

- Swimmers need to stay around the pool deck. It makes it difficult to line the swimmers up for races if the swimmers are in the stands, in the halls, at the food stand, etc. This doesn't mean they must sit in one spot for the entire meet, but swimmers need to know when their events are and need to time their visits around their events.

- It would be helpful to find the swimmers if they stay in there formentioned spots (Lane parent /Clerk of Course)

What is an invitational?

- An invitational meet is one attended by many teams.

- All swimmers, regardless of the heat they swim, are eligible to place in the meet.

Usually only the top 12 receive points and ribbons.

- Entry fees are charged for each event a swimmer competes in.

- Swimmers decide what events they wish to swim.

- Information on invitationals will be placed in the mailbox.

Must each swimmer attend every meet?

- That would be nice but the coaching staff realizes that sometimes this is impossible. When a swimmer is not going to be able to attend, the coaches need to be informed "**in writing**" by the week before a Scheduled meet.

- In order to be eligible to swim Divisionals ,swimmers must compete in 2 / 3 dual meets depending on winter or summer season rules. (Check with coach for season requirement)

What time are our dual meets?

- Dates and times will be distributed before each meet along with directions to away meets. This information will also be placed on our website.

What are warm -ups?

- Warm-ups are a short period of time before the meet begins that lets the swimmers get their muscles stretched out and "warmed up". Each team is given 30 minutes to get their warm -ups completed. The home team gets the water first followed by the visiting team.

- All swimmers are expected to participate in meet warm-ups.

What are medley events?

- IM is short for Individual Medley which consists of one swimmer swimming a lap of butterfly, backstroke, breaststroke and freestyle.

- Medley Relay consists of four swimmers each swimming a different one of the four strokes listed above.

How many events may each swimmer participate in for a dual meet?

- Each swimmer can participate in up to four events; no more than three may be individual events with the fourth being a relay. Parents, if you see your swimmer is scheduled for more, please notify the coaches.

How do we know what events the swimmers will be swimming?

- The coaches will post the meet lineups at the pool during practice that week and again the Day/Evening of the meet.

How do we get answers to other questions?

- An e-mail to a board member, the coaches or head coach is a good way if your question doesn't require discussion.

- Ask any of the Coaches / Board members during practices when you see us.

What does a timer do?

- Using a stop watch provided by the club you time the swimmer in your assigned lane, from the light flash starting the race until your swimmer touches at the end of the race.

- There are 2-3 timers assigned to a lane.

- One of the timers writes the information (times from each stop watch and swimmers name) on an event sheet (a runner picks up these sheets).

- One timer is also responsible for depressing the plunger on the Colorado timing system at the beginning of the race.

- Timers work approximately 1/2 of the meet.

What does a runner do?

- A "runner" picks up the timer's sheets from each lane and delivers them to the computer operators (Scoring) after each heat.

- Runners work approximately 1/2 of the meet.

What does a(Lane Parent /Clerk of Course do)?

- The Clerks or Course line swimmers up for their events.

What does a Finish judge do?

- The Finish judge writes the order that the swimmers finish by lane.

What is Divisionals?

- This is a meet in which the swimmer chooses what they want to swim.

- Each swimmer may swim in three events; 3 individual or 2 individual plus a relay)

- The top 12 swimmers from all the Divisions combined continue on to ALL-Stars.

What is All-Stars?

- The top twelve swimmers for each event compete against each other.

Where did the ribbons come from that were in my mailbox?

- Ribbons have the swimmer's event & time attached. These labels are provided from the scoring computer and are stuck to both team labels.

Where does all the food come from that is sold at the home meet?

- We ask each family to provide items that are to be sold; this list will be emailed prior to the home meet. This donation helps hold down costs for each family.

”MASC” Coaching Staff / Board of Directors

Mercersburg Area Swim Club

VOLUNTEER CLEARANCE INFORMATION

The **Mercersburg Area Swim Club** is required by the **child protective services law** enacted July 1, 2015 to have all parents inform us of their volunteer clearance status. Please check all that apply. If you do have the clearances listed below please provide **MASC** with copy for us to maintain for our records per the child protective services law.

Parent Name: _____

PA. STATE POLICE (ACT 34) YES: _____ NO: _____

CHILD ABUSE CLEARANCE (ACT 151) YES: _____ NO: _____

FBI fingerprint clearances (ACT 114) YES: _____ NO: _____

Signature of Parent/Guardian _____ Date: _____

These forms will be kept on file by the **Mercersburg Area Swim Club** to be compliant with the state law.