

LOS RANCHITOS SHARKS

March 20, 2006

Swim Team Registration and Fees

Hello everyone! As in the past, all returning swimmers have priority registration. New swimmers who are members of the Cabana Club have next priority up until April 1, 2006. After April 1, 2006, new non-members may register until there are 120 swimmers on the roster. The last 5 remaining spaces will be held for members of the Cabana Club who may register late. We will begin a waiting list once the roster is filled (members will have priority on the waiting list). You may register early and guarantee placement on the team by filling out the registration forms and sending along a check for at least 50% of your total registration fees. The balance will be due prior to April 10th, the first day of practice. You may also register at the Cabana Club membership meeting/open house on April 1, 2006 between 10:00 am and 12 noon at the pool.

For membership information for the Cabana Club, call 364-1022. Additional information and registration forms are available on the Los Ranchitos Cabana Club website at www.lrcc.org.

Swim team registration dues for the 2006 season are unchanged from last year as follows:

1st swimmer	\$ 110.00
2nd swimmer	\$ 90.00
Add'l swimmers (each)	\$ 80.00

Minimum swim-a-thon obligation of \$35.00 will be collected with registration.

Additional Program Membership fees for swimmers who are not full members of the Cabana Club are as follows:

1st swimmer	\$ 100.00
2nd swimmer	\$ 50.00
3rd swimmer	\$ 25.00
4th+ swimmers	\$ 0.00

These additional fees allow swimmers the privilege of using the Cabana Club during all swim practices, swim meets, and swim team related activities. This fee provides insurance coverage for swimmers using the pool in addition to absorbing a portion of the cost for pool maintenance, chemicals, supplies, and other associated costs. These fees do not allow non-swimmer family members the use of the pool or the use of the pool by swimmers at any time other than practice and meets.

**** All swimmers are required to sign in at every practice. Rosters will be posted at each podium and swimmers must initial next to their name at each practice. ****

Parent Participation Positions

All swim team families must have one parent or other responsible adult contribute approximately 25 hours over the course of the swim season. The Parent Participation Positions Form must be completed and included with the Registration and Emergency Card. Children are not guaranteed a place on the roster until both the Registration and Emergency Card and the Parent Participation Forms are received.

Mail completed registration form and fees to:

Lori Booroojian
3766 Caravella Dr.
San Jose, CA 95117

Make checks payable to:

Los Ranchitos Cabana Club



Team Pictures

(Friday, June 9th, 4:30 pm)

Swim team dues include team pictures. If you are unable to attend on picture day, you will receive a team photo but no individual photos. We cannot provide refunds to those not attending team photo day.

Swim-a-thon

(Thursday, June 1st)

All families may choose to participate in the annual Swim-a-thon to raise additional funds required to purchase equipment and supplies for the team. All families must contribute a minimum of \$35.00 that will be collected with the registration fees. Prizes will be awarded for swimmers who raise funds above the minimum required amount, swimmers who raise the most additional funds and swimmers who swim the most laps by age group.

Communications Please check your family mail folder at every practice for updated information. To receive the most current information, include your email address for team email communications.

Attendance Swimmers are asked to attend at least three practices a week and are expected to swim at each of the swim meets. Relay participation will be earned through swimmer's commitment and dedication. Several weeks before the meets start, every family will be asked to indicate which, if any, swim meets they will miss due to vacations and other commitments. (This form is also available on the website – www.lrcc.org). Please make sure that this form is filled out and subsequent changes are communicated to the coaches ASAP. Also, if a swimmer is sick and will miss a meet, call 364-1022 ext. 3 and leave a message. It is very difficult to schedule relay teams when swimmers don't show up. No shows cause disappointment to all other members of the relay team who may not be able to swim because one swimmer didn't show and replacements have gone home. Please stay until the end of each meet.

2006 Calendar

This schedule is subject to change.

Swim meets are in bold. ** Please note change from last schedule – our bye has been moved from 6/17 to 6/10. We will now be swimming at Los Gatos on 6/17. **

- 4/10 Practice begins *see schedule below*
- 4/26 Swim suit fittings
- 4/27 Swim suit fittings
- 5/29 Holiday - no practice
- 6/1 Swim-a-thon
- 6/2 Team Pictures/Root Beer Floats
- 6/5 Time Trials (during practice)
- 6/6 Time Trials (during practice)
- 6/7 Time Trials (during practice)
- 6/2 Team Pictures/Root Beer Floats
- 6/10 **Bye - no meet**
- 6/17 **Sharks at Los Gatos**
- 6/19 Morning practices begin, no Tues. p.m.
 - 11/up 7:00 to 8:30
 - 9 and 10 8:30 to 9:30
 - 7 and 8 8:30 to 9:15
 - 6/under 9:30 to 10:00
- 6/24 **Encore at Sharks**
- 6/27 Raging Waters Day
- 7/1 **Bye - no meet**
- 7/4 Holiday – no practice
- 7/8 **Sharks at Westgate**
- 7/15 **Palo Rancho at Sharks**
- 7/20 Pancake breakfast
- 7/21 Spaghetti Feed
- 7/22 **Championships at SJSU**
- 7/22 Awards night potluck

Practice Schedule:

Mondays/Wednesdays/Thursdays

6/under 4:30 to 5:00

7 to 10 5:00 to 5:45

11/up 5:45 to 7:00

Tuesdays/Fridays*

6/under 4:30 to 5:00

7 to 10 5:00 to 5:30

11/up 5:30 to 6:30

*There are no Tuesday afternoon practices beginning June 22nd.

LOS RANCHITOS SHARKS

2006 REGISTRATION AND EMERGENCY CARD

FAMILY NAME	HOME PHONE	MEMBER OF LOS RANCHITOS CABANA CLUB? YES _____ NO _____	
STREET ADDRESS	CITY	ZIP CODE	
FATHER'S NAME	WORK/CELL PHONE	MOTHER'S NAME	WORK/CELL PHONE
EMAIL ADDRESS	WOULD YOU LIKE TO RECEIVE NEWSLETTERS BY EMAIL? YES _____ NO _____		
SWIMMER'S NAME	BIRTH DATE	AGE AS OF MAY 31, 2006	SEX

PLEASE LIST ANY ALLERGIES OR OTHER INFORMATION WE SHOULD KNOW ABOUT YOUR SWIMMER:

IN CASE OF EMERGENCY AND UNABLE TO NOTIFY PARENTS, PLEASE CALL:

NAME	RELATIONSHIP	PHONE NUMBER
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INSURANCE INFORMATION

DOCTOR	PHONE	ADDRESS	CITY
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MEDICAL INSURANCE CO	POLICY NUMBER	GROUP/PLAN NUMBER
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IF KAISER COVERAGE, PLEASE LIST EACH SWIMMERS MEDICAL NUMBER

DENTIST	PHONE	ADDRESS	CITY
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DENTAL INSURANCE CO.	POLICY NUMBER	GROUP/PLAN NUMBER
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(please complete both sides)

DUES PAYMENT CALCULATION

(A) REGISTRATION FEES

FIRST SWIMMER	\$110.00,	\$	<u>110.00</u>
SECOND SWIMMER	\$90.00,	\$	_____
EACH ADD'L SWIMMER	\$80.00	\$	_____
TOTAL REGISTRATION FEES (A)			\$ _____

(B) MINIMUM SWIM-A-THON OBLIGATION (DUE WITH REGISTRATION) (B) \$ 35.00

**(C) PROGRAM MEMBERSHIP FEE
(ADDITIONAL FEE FOR SWIMMERS NOT BELONGING TO LOS RANCHITOS CABANA CLUB)**

FIRST SWIMMER	\$100.00,	\$	_____
SECOND SWIMMER	\$50.00,	\$	_____
3RD SWIMMER	\$25.00,	\$	_____
EACH ADD'L SWIMMER	\$0.00	\$	_____
(NON-MEMBERS ONLY) TOTAL PROGRAM FEE (C)			\$ _____

TOTAL ALL FEES (A) + (B) + (C) \$ _____

Make check payable to: Los Ranchitos Cabana Club

Medical Release/Liability Waiver/Photo Release

BY SIGNING BELOW, YOU AGREE AS FOLLOWS:

I (WE), DO HEREBY, GIVE MY CONSENT FOR OUR CHILD(REN) TO ACTIVELY PARTICIPATE IN ALL ACTIVITIES OF THE LOS RANCHITOS CABANA CLUB (LRCC) SWIM TEAM.

I (WE) ASSUME ALL RISKS AND HAZARDS INCIDENTAL TO PARTICIPATING IN THE LRCC SWIM TEAM APPROVED ACTIVITIES.

IT IS UNDERSTOOD THAT IN THE CASE OF EMERGENCY, EVERY EFFORT WILL BE MADE TO CONTACT ME (US) AT THE PHONE NUMBERS LISTED ON THIS REGISTRATION AND EMERGENCY CARD. THE UNDERSIGNED PARENT OR LEGAL GUARDIANS OF THE SWIMMER(S) LISTED BELOW, DO HEREBY AUTHORIZE AN X-RAY EXAMINATION, ANESTHETIC, MEDICAL OR SURGICAL DIAGNOSIS RENDERED UNDER GENERAL OR SPECIFIC SUPERVISION OF ANY MEMBER OF THE MEDICAL STAFF AND EMERGENCY ROOM STAFF LICENSED UNDER THE PROVISIONS OF THE MEDICAL PRACTICE ACT, OR A DENTIST LICENSED UNDER THE PROVISIONS OF THE DENTAL PRACTICE ACT AND ON THE STAFF AT ANY ACUTE GENERAL HOSPITAL CURRENTLY LICENSED BY THE STATE DEPARTMENT OF PUBLIC HEALTH. THIS AUTHORIZATION IS GIVEN PURSUANT TO THE PROVISIONS OF THE CALIFORNIA CIVIL CODE. CONSENT REMAINS IN EFFECT UNTIL 7/31/2006.

I (WE), DO HEREBY, GIVE MY CONSENT FOR PHOTOGRAPHS TO BE TAKEN OF MY CHILD(REN) WHICH MAY BE DISPLAYED ON THE LRCC WEBSITE. I UNDERSTAND THAT MY CHILD'S NAME OR ANY OTHER IDENTIFYING DATA WILL NOT ACCOMPANY SUCH PHOTOGRAPH.

PARENT COMMITMENT:

I UNDERSTAND THAT IT IS A REQUIREMENT THAT I WORK (OR PROVIDE A RESPONSIBLE ADULT SUBSTITUTE) FOR ONE HALF OF EACH SWIM MEET.

Swimmer name(s): _____

Parent or Guardian Signature: _____

Parent or Guardian Name: (please print): _____

Date: _____

PARENT PARTICIPATION POSITIONS

The Valley Aquatics League is an organization that depends upon the participation of all our swimmers' parents or another responsible adult. Without the support of parents at all team levels, your child cannot have a successful swim season. It is in the spirit of offering your child the most enjoyable swim season that we ask each Los Ranchitos family to contribute approximately 25 hours over the course of the 16 week swim season. Only in this way can the Los Ranchitos Swim Team provide the full benefit to each swimmer they deserve.

There is a large array of jobs and responsibilities to choose from to fulfill the 25 hour obligation. The following is a list of Parent Volunteer Position descriptions. Please indicate below, those positions that will best suit your family. Please consider the positions carefully, with everyone's continued participation, no family will feel burdened with more than their fair share. Thank you for making this season the best season yet!!!

* **ANNOUNCER** – Announces the events and calls swimmers to the Clerk of the Course

* **CLEAN UP CREW** – Disassembles or returns all canopies to proper locations, returns tables and chairs. Clean up in and around the pool area.

CLERK OF THE COURSE – Shall be in charge of the ready bench. All swimmers will report to the clerk of the course when their race is called. Clerk shall notify the Meet Director and scoring desk if a swimmer fails to report to the ready bench.

* **COMPUTER DATA ENTRY / READER** – Keeps track of the score as the meet progresses, by inputting scores in the computer. Prints all ribbon labels for each event. Copies the meet results to a disk, producing a hard copy of the meet results to the visiting team.

* **EVENT BOARD WRITER** – Lists all event numbers, tracking and recording events as they have been called to the Clerk of the Course (O) and as the event is swimming (X).

* **HEAD TIMER** – Assures the assignment of all lane timers. Starts an extra watch in case another watch should fail. Listens for all calls from a timer whose watch had failed and brings them a back up watch. Keep track of all stop watches.

* **HOSPITALITY** – Prepares and serves drinks to all the volunteer workers. Check restrooms for cleanliness and empties pool area trash as needed.

LANE TIMERS/WRITERS – There are three timers per lane and one back up timer per team. Timers meet with the starter before the meet begins to check watches and go over the rules. Start the watch when you hear the buzz of the timing system. Stop the watch when the swimmer completes the race and touches the wall as required. Confirms the name of the swimmer in their lane assignment and record their time on the lane card or lane sheet, then pass it to the runner.

* **MEET DIRECTOR** – Oversees all meet events, ensures all start times begin as stated. Ensures all pre-event meetings are set and all assigned posts are ready to begin. Keeps the meet running smoothly. (*Parent committee member only*).

PHONE TREE – Phone families to remind them of meet job assignments, snack shack contributions and other reminders as requested by the team manager.

READY BENCH PARENT – Helps to supervise swimmers in the designated area of the Clerk of the Course. The parent will have a list off the swimmers, their events and lane assignments. The parent helps to seat swimmers in the appropriate seat on the ready bench.

* **RUNNERS** – Move cards or sheets to the appropriate lanes; make sure that times are recorded on the cards or sheets. Collects all lane cards or lane sheets at the end of each event and delivers them to the computer desk.

RIBBON WRITER – Applies the swimmers race times to label on the ribbons; will need to write times on the label if the computer is not working and for all relays. Checks for time improvements and files ribbons in the appropriate folder.

* **SET UP CREW** – Set the meets event; set up canopies, tables, chairs and rope off designated areas as required. Make sure all blocks, flags and lane lines are set-up accordingly.

* **SNACK SHACK** – Work in the team fundraiser snack shack responsibilities can include; set-up, sales and clean-up.

* **STARTER** – Meets with the timers before the meet begins to check all stopwatches and goes over the rules of timing. Starts each race by (1) Calling to swimmers “swimmers step up to the block” (2) ask the timers if they are ready “timers are you ready” (3) starts the race with the “take your mark”, then pushes the timing system button to sound start. The starter needs to keep the meet running, insuring that he or she is in sync with the announcer on event number and heat.

STROKE AND TURN JUDGES - Must have attended a clinic to train in swimming rules and execution of strokes and turns. S & T judges are the only persons allowed to disqualify a swimmer for improper stroke or turn. They do their best to be fair to all competitors, giving the benefit of doubt to the swimmer. Judges fill out DQ slips and give completed slips to the runners, to be turned in to the scoring table immediately.

PARENT PARTICPATION NON-COMPLIANCE

In the event a scheduled parent volunteer is not able to work their assigned shift, the parent volunteer is responsible to find an adult substitute. A \$30/ per shift fee will be charged for each shift of non-compliance. A non-compliant shift is a shift which a parent volunteer fails to work their scheduled shift and fails to provide an adequate substitute.

I have read and understand the requirements of being a Los Ranchitos swim team parent. I understand I am required to work approximately 25 hours during the swim season at swim meets. I understand *all Parent Volunteers*, including Parent Committee members, are required to work all home meets, championships and some away meets. I have thoughtfully selected my preferred Parent Volunteer job positions and understand I may be charged a \$30/ per shift non-compliance fee for any Parent Volunteer shifts that I fail to work or find a suitable replacement for. This fine would be payable to the LR Swim Team before the season’s championship swim meet. Failure to pay this fine could prevent my child from participating in the season’s championship swim meet and could prevent my family’s acceptance to the LR swim team for the next swimming season.

Family Name _____ Signed _____

Date _____

Name of adult to be working: _____ Contact #: _____

Preferred Parent Volunteer Job Positions:
(* Home meet jobs only; must select another choice for away meets)

Choice 1: _____

Choice 2: _____

Choice 3: _____