

LOS RANCHITOS SHARKS

February 5, 2009

Swim Team Registration and Fees

Hello everyone! As in the past, all returning swimmers have priority registration up until the Cabana Club annual meeting. Last year our roster was full and returning swimmers who did not register early were turned away. **To be guaranteed a spot, register early!** 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 13th, the first day of practice. If returning swimmer families wish to become full members of the Cabana Club, you may do so at the returning member fee rather than the new member fee. Should you become a full member of the Cabana Club, you would not have to pay the Program Membership fee.

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 2009 season are unchanged from last year as follows:

1st swimmer	\$ 125.00
2nd swimmer	\$ 95.00
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	\$ 125.00
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. These hours are to be completed by working shifts at swim meets as well as at team social events and other activities. **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.

Swimmers who are 18 by May 31st and register by April 30th, may swim without paying registration fees, swim-a-thon obligation and are not required to fulfill any volunteer obligation. However, if a swimmer is not a member of the cabana club, Program Membership fees still apply.

Mail completed registration form and fees to:

Lori Booroojian
3766 Caravella Dr.
San Jose, CA 95117

Make checks payable to:

Los Ranchitos Cabana Club



Refund Policy Swim team is designed to develop swimmers for competition in a social and fun environment. It is not designed to take the place of swim lessons. For safety and insurance reasons, if your swimmer cannot swim the width of the pool (not length) within the first two weeks of practice, he/she will be dropped from the team and a full refund of swim team registration fees will be given.

For any other swimmer terminating prior to May 25th, a charge of \$20 per week will be deducted against any refund given. No refunds after May 25th.

Team Pictures

(Friday, May 29th, 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. Arrangements can be made with the photographer to schedule pictures at his studio for a sitting fee. Stick around after pictures for a Family BBQ/Pot-luck.

Swim-a-thon

(Wednesday, June 3rd)

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.

Attendance Swimmers are asked to attend at least three practices a week and are expected to swim at each of the swim meets.

Practice Groups The three practice groups are defined as follows:

Beginner – Ages 9 and under who are new to the team and still learning the four competitive strokes. Swimmers must be water safe and capable of being in the deep end of the pool.

Intermediate – Ages 6-12 who can swim entire laps without stopping, have basic knowledge of all four competitive strokes (although still developing) and are capable of enduring slightly longer practices.

Advanced – Ages 10 and up who have complete knowledge of all four strokes and greater endurance to complete longer sets and longer practice times.

Questions regarding placement in groups can be answered at time of registration or by the coach at the beginning of practices. As a swimmer develops during the season, they may be asked to switch to another group.

2009 Calendar

This schedule is subject to change.

- 4/13 Practice begins *see schedule below*
- TBD Swim suit fittings
- TBD Judges Stroke and Turn Clinic at Los Gatos
- 5/25 Holiday - no practice
- 5/29 Team Pictures/Family BBQ Pot-Luck
- 6/1 Time Trials (Fly/Back)
- 6/2 Time Trials (make-ups)
- 6/3 Swim-a-thon
- 6/4 Time Trials (Breast/Free/IM)
- 6/5 Time Trials (make-ups)
- 6/13 Sharks at Pala Rancho**
- 6/15 Morning practices begin, no Tues. p.m.
 - Advanced 7:00 to 8:30
 - Intermediate 8:30 to 9:30
 - Beginner 9:30 to 10:00 (Tues/Fri only)
 - Clinics 9:30 to 10:00 (Mon/Thurs)
- 6/20 Westgate at Sharks**

- 6/20 Team Sleepover at the Pool
- 6/23 Raging Waters Day
- 6/27 Sharks – bye (no meet)**
- 7/4 Sharks – bye (no meet)**
- 7/11 Sharks at Encore**
- 7/18 Los Gatos at Sharks**
- 7/21 Pancake breakfast
- 7/24 Spaghetti Feed
- 7/25 Championships at Sobrato High**

Practice Schedule:

Mondays/Wednesdays/Thursdays

Beginner 4:30 to 5:00

Intermediate 5:00 to 5:45

Advanced 5:45 to 7:00

Tuesdays/Fridays*

Beginner 4:30 to 5:00

Intermediate 5:00 to 5:30

Advanced 5:30 to 6:30

*There are no Tuesday afternoon practices beginning June 16th.



2009 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, 2008 _____ 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 _____

INSURANCE INFORMATION

DOCTOR _____ PHONE _____ ADDRESS _____ CITY _____

MEDICAL INSURANCE CO _____ POLICY NUMBER _____ GROUP/PLAN NUMBER _____

IF KAISER COVERAGE, PLEASE LIST EACH SWIMMERS MEDICAL NUMBER _____

DENTIST _____ PHONE _____ ADDRESS _____ CITY _____

DENTAL INSURANCE CO. _____ POLICY NUMBER _____ GROUP/PLAN NUMBER _____

(please complete both sides)

PAYMENT DUE CALCULATION

REGISTRATION FEES

FIRST SWIMMER member \$125.00, non-member \$250.00 \$ _____

SECOND SWIMMER member \$95.00, non-member \$145.00 \$ _____

THIRD SWIMMER member \$80.00, non-member \$105.00 \$ _____

EACH ADD'L SWIMMER member or non-member \$80 \$ _____

TOTAL REGISTRATION FEES \$ _____

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

TOTAL ALL FEES \$ _____

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 7/31/2008.

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.

I UNDERSTAND THAT FOR SAFETY AND INSURANCE REASONS, SWIMMERS UNABLE TO SWIM THE WIDTH OF THE POOL WITHIN THE FIRST TWO WEEKS OF PRACTICE WILL BE DROPPED FROM THE TEAM AND A FULL REFUND OF REGISTRATION FEES WILL BE PROVIDED. I ALSO UNDERSTAND THAT FOR ANY OTHER SWIMMER TERMINATING PRIOR TO MAY 25TH, A CHARGE OF \$20 PER WEEK WILL BE DEDUCTED AGAINST ANY REFUND GIVEN. NO REFUNDS AFTER MAY 25TH.

PARENT COMMITMENT:

I UNDERSTAND THAT IT IS A REQUIREMENT THAT I WORK (OR PROVIDE A RESPONSIBLE ADULT SUBSTITUTE) FOR 25 HOURS AT MEETS AND OTHER EVENTS OVER THE COURSE OF THE SEASON.

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!!!

* **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.

* **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. Keeps track of all stopwatches.

* **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 records their time on the lane card or lane sheet, then passes it to the runner.

* **PLAYGROUND SUPERVISION** – If there are enough parents staffing our home meets, there will be a position available for parents to supervise the activity on the cabana club playground during the meet. Responsibilities include ensuring children engage in safe play and that no rock throwing is allowed.

* **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 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** – Sets up for the meet event; sets up canopies, tables, chairs and ropes off designated areas as required. Makes sure all blocks, flags and lane lines are set-up accordingly.

* **SNACK SHACK** – Works 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 attend 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 (or leaves early) 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 and other team events. I understand *all Parent Volunteers*, including Parent Committee members, are required to work all home meets, championships, away meets and/or other team events. 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: _____

Please indicate those events you would be interested in assisting (check next to event, circle activity interested in): Choose a minimum of three activities.

- _____ Swim-a-thon – counting laps, handing out treats and prizes
- _____ Time Trials – Timer, Starter
- _____ Team Sleepover – Saturday dinner, Sunday breakfast, clean-up
- _____ Pancake Breakfast – Set-up, serve, clean-up
- _____ Spaghetti Dinner – Prepare food, set-up, serve, clean-up
- _____ Champs Award Dinner – Serve dessert, clean-up