



Los Ranchitos Sharks

2009 Team Sleep-Over!!

Saturday, June 20 – Sunday, June 21
7:00 p.m. – 9:00 a.m.

Hey swim team members! Join the rest of the team for our 2nd annual Sleep-Over at Los Ranchitos Cabana Club. There will be swimming, movie, music, food, and fun! Pizza will be provided during the evening. A cereal breakfast bar will be enjoyed in the morning. Donations for additional food to be shared are listed below by age group:

Ages 8 and under	Sodas (2 liter bottles) or juice
Ages 9 – 11	Chips (any variety), or
	Other appropriate snack food
Ages 12 and up	Desserts (cookies, etc.).

The fee is \$10 per overnight camper. This includes dinner, evening activities, and breakfast on Sunday.

or

\$5 per person for those who will not be sleeping overnight at the pool. This includes dinner and evening activities only.

Overnight suggested packing list: a sleeping bag, a change of clothes to sleep in (sweatshirt and long pants), two beach towels, toiletries, a large plastic bag for wet things, and a flashlight.

If you plan on attending this event, please include your name on list posted in sign-in binder AND place permission slip and payment in the Benedict's folder by Wednesday, 6/17. Make check payable to LRCC.

Sleep-Over Rules and Code of Conduct

In an effort to create a safe and fun environment in and around the pool, the following rules will be in effect during the Sleep-Over. Both parents and swim team members are asked to review these rules before signing and returning the attached permission slip.

- 1. The Sleep-Over is for swim team members and their parents only. Siblings and six and under swimmers are welcome until 10 p.m. Saturday evening.**
- 2. Every team member under the age of 15 participating in the Sleep-Over must have a parent, or an adult designated as responsible for them, in attendance at the Sleep-Over.**
 - a. Every team member, 8 years old and younger, staying overnight, must have their own parent(s) spend the night with them.**
 - b. Every team member, 9 years old and up, staying overnight, must have a parent, or another adult spend the night. The adult must be at least 18 years old, sign the permission slip and accept responsibility for the swim team member. One adult may be allowed to be responsible for up to three swimmers.**
 - c. Every swimmer must list the adult's name who will be sleeping over with him/her on the permission slip.**
 - d. Team members not spending the night may attend the party from 7 – 10 p.m.**
 - e. There will be a NO NOISE rule from 10:00 to 7:00 am. If you are up before 6:30 am, PLEASE be courteous of others still sleeping.**
 - f. No in and out privileges to the pool. The pool gates will be locked at 10:00.**
 - g. Sleeping bags and air mattresses/pads permitted. NO TENTS!**
- 3. No smoking, alcohol, or drug use will be permitted by adults or team members.**
- 4. The Los Ranchitos Pool Rules will be in effect during the Sleep-Over. No foul language, fighting, or rough play will be tolerated. All adults in attendance are asked to help monitor the behavior of the children as a means of ensuring safety.**
- 5. Lifeguards will be on duty from 7:00 p.m. to 10 p.m. and then again from 7:15 am till 8:45 a.m. No one is permitted in the pool when a lifeguard is not present.**
- 6. All team members must be settled in a sleeping bag for sleep by 10:30 p.m.**
- 7. Only one warning will be given to any team member breaking a Sleep-Over Rule. If a second violation occurs, the team member's parents will be contacted to take the team member home. Adults breaking rule #3 will also be asked to leave.**
- 8. There will be separate designated sleeping areas for male and female team members.**
- 9. You may bring personal electronics at your own risk. No boom boxes please!**
- 10. Everyone must help clean up the pool grounds before leaving Sunday morning.**

Sleep-Over Permission Slip

I _____ parent/guardian of _____ (hereinafter "my child/children") grant permission to have my child/children attend the Los Ranchitos Sharks Sleep-Over and hereby waive any and all liability claims against Los Ranchitos Cabana Club, its Board of Directors, Officers, and Volunteers working the night of the Sleep-Over, for personal injury that may occur to my child/children and/or damage or loss to personal property resulting from, or in any way connected with, the Sleep-Over. I have also read and comply with the Sleep-Over Rules stated on the attached sheet.

Parent/guardian signature _____ Date _____

Please check one of the following:

- _____ My child/children will not be spending the night.
_____ I/We will be staying overnight with my/our children.
_____ My child/children will be supervised overnight by

(Supervising Adult's Name) _____
(Supervising Adult's Signature)

Names and ages of children staying only for the evening: _____

Names and ages of children staying overnight: _____

Fees: # of swim team members (+ adults spending night)	_____	x \$10 =	_____
# of siblings or children not staying overnight	_____	x \$5 =	_____
# of eating adults	_____	x \$5 =	_____
TOTAL	_____		_____

Make check payable to LRCC: _____ Ck # _____

Parent:
During this activity (if not at the pool), I may be reached at _____
If, in an emergency, I cannot be reached, please contact:
Name _____ Phone _____

Swimmer agreement:

I, _____ Agree to abide by the rules stated in the Code of Conduct and understand that I will be asked to leave the grounds with my parent or chaperone if I fail to act in an appropriate manner.

Name of Swimmer

Date