2012
Woodland Wreckers Parent & Swimmers Registration Handbook

Parks Make Life Better!

City of Woodland
PARKS & RECREATION

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www.cityofwoodland.org/parks&rec

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2012 Parent & Swimmer Handbook

Welcome to Woodland Parks & Recreation's Recreational Swim Team. Please read all attached registration information, as the packet has been assemble to help you understand what is involved when you sign up for the team.

If you have any questions or need additional information, please feel free to contact the Aquatics Supervisor Brad Petersen. We look forward to having your child swim with our team.

Important Contact Information

Woodland Parks & Recreation Office	661-2000
Aquatics Supervisor Email Address:	brad.petersen@cityofwoodland.org
Community Swim Center (message line)	668-9006

Fees & Charges

Program Registration and Fees

For each swimmer, participants pay a flat fee to the City of Woodland, Parks & Recreation Department for the entire season. The fee is due at the time of registration. In addition to the registration fee, there is a $40.00 uniform fee. Fees will not be pro-rated for holidays, vacations, or days missed. This season we will offer a discount for multiple child families. There will be no discount given for uniform fees. **Emergency card must be completed and returned to Parks & Recreation office before swimmer is eligible to participate.**

Registration Fee (first child registered)

$115.00 – Early Registration Fee; Register before April 2, 2012

$130.00 – General Registration Fee; Register after May 18,, 2012

$145.00 – Late Registration Fee; Register May 21, 2012 – June 8, 2012

Multiple Child Discount (each additional sibling registered)

$15.00 – Discount per sibling.

Uniform Fee

$40.00 – Swim Uniform includes cap and suit *payable* to the ***Woodland Wreckers.***

Credits or Refunds

Woodland Parks & Recreation Department does not provide credits and/or refunds for program fees for days missed. Applicable refunds shall be processed for any participant who is removed from the program by the Aquatic Staff. Refunds will be given prior to the start of the program. Once practices have started, you will have two weeks to determine if your child is ready and able to participate in the program. If you decide to pull your child from the team at the two week mark, you will be rewarded your refund, however assessed a $10 administrative fee to process the refund. No refunds will be given after the two week grace period.

Other Fees or Charges

Other fees involved with the Swim Team may include:

- Purchase of team apparel *approximately $10-$20 each*.
- Fundraisers, *swim-a-thon, costs vary.*
- Splash fees for championships and Meet of Champions
- Parent volunteer fee $ 85
- (will be charged if parent/guardian does not volunteer)

Practice Information

Practice is a vital part of the Charles Brooks Community Swim Center (155 N. West Street).
It is important and necessary to arrive at the pool on time. Every parent is responsible for checking in his or her swimmer(s) with the assigned coach at the beginning of each practice. If your child will be missing more than two practices in a week for any reason, please inform your coach. The SWIM TEAM has limited pool time and therefore, we must make the best use of the time we have. **The coaches have the right to keep swimmers out of the water if they are late or fail to meet the Swimmers' Responsibilities, as noted on page 7.**

In case of emergency, Woodland Parks & Recreation Department may have to close the pool unexpectedly with short notice. Pool emergencies include chemical imbalances of the pool, inclement weather, or vandalism to pool equipment. We apologize in advance to inconvenience you for any unexpected pool closures.

Swimmers must come to practice prepared to swim. Be sure your swimmer brings a swimsuit, towel, goggles, and dry clothes to each practice. Label all belongings, as items often get lost.

The SWIM TEAM practices even if it rains. Although, in the event of thunderstorms, there will be no practice. If you are unsure, contact the Recreation Coordinator at 661- 2000 for further details.

The coaching staff determines the practice times for each age group. Generally, when school is in session (April -June), practice times are after school in the evenings beginning at 5:00 pm at the Charles Brooks Community Swim Center.

Practice is scheduled five days per week Monday through Friday with Swim meets on Saturday. Practice duration varies between the age groups.

Practice Schedules are subject to change

TENTATIVE Practice Schedule April -June – AT CB COMMUNITY SWIM CENTER

All practice information TBA.

Ages under 8 ..... 5:00-5:45 pm
Ages 9-12 ..... 5:45-6:45 pm
Ages 13 & up ..... 6:00 -7:15 pm

TENTATIVE Practice Schedule June -July – AT CB COMMUNITY SWIM CENTER

All practice information TBA.

Ages under 8 ..... 4:00-4:45 pm
Ages 9-12 ..... 4:45-5:45 pm
Ages 13 & up ..... 5:45 -7:00 pm

Swim Meet Information

Are meets required?

No, but participating in competition is a goal of the team. With each meet, every swimmer improves, develops, and grows physically and mentally.

What if my child can not attend a meet?

The swim team relies on every parent to sign in their child for each meet they can attend. A child will only be seeded into a meet if they have been signed in for the meet. If you have signed your child in for a meet, and they can not attend, a minimum one-week prior notice to the coaching staff is required. *Coaches can not seed a meet based on when your child needs to leave the meet.*

How do I know if my child is swimming in a meet, and what events are they swimming in?

Coaches determine who swims and in what events, according to individual goals and abilities. The coaches evaluate strokes, endurance, and experience of all of the swimmers. Then they place them in the events in which they can excel and do their best. Seeding a meet consists of placing the swimmers in events that will benefit themselves and the team. The benefits may be to help them achieve a goal, try a new event, and/or get a time.

Coaches are required to complete their seeding by MONDAY evening prior to the swim meet. The coaches will post meet sheets on Thursdays listing each swimmer's events. It is very important that you check these lists and notify the coaches if your plans have changed and if your child will not be at a meet.

The swim team is a team made up of individuals. Each individual has a place on the team and each swimmer is important. When a child does not show up at a meet without notifying a coach, often an entire seeing sheet must be changed prior to the start of a meet. Should you have any questions or concerns as to the coaches' seeing please ask as soon as possible.

Dual Meets

A league dual meet is when the SWIM TEAM competes against one other team in the league. Our team will compete in five league dual meets for the season. The Saturday dual meets start at 8:00 am and conclude about 2 pm. All swimmers arrive to the meet by 7 am, ready to swim, and check in with the coaches.

League Championships

Championships are the final meet of the season, held Saturday and Sunday July 21 & 22. All five teams in the league compete against one another. This meet is open to all swimmers who meet the minimum eligibility requirements of having swim in a minimum of two dual meets.

Meet Schedule

Events

Swimmers are called for their event at least two events prior to one that they are swimming. At this time, swimmers should be behind the blocks. Any swimmers not on the block when the starter blows the whistle (indicating that the swimmers can step up on the block) will have 30 seconds to be on the block. If they fail to make it to the block in less in 30 seconds, they receive a false start. They may also receive a false start for leaving the block before the starter's official start. Two false starts in any one heat to one swimmer will equal a disqualification (DQ.) If the swimmer fails to make it to the block in 30 seconds, they are considered scratched from the heat.

Individual Events

The individual events consist of the following: Freestyle, Backstroke, Breaststroke, Butterfly, and the Individual Medley (IM; one length of each of the four strokes.)

Relays

The relay events consist of Freestyle stroke, and Medley (comprised of different strokes.) Four swimmers from each team swimming equal lengths. The 6 and under age group relays are co-ed.

Disqualification (DQ)

Two judges from each team walk the sides of the pool watching swimmers' strokes, turns, finishes. Illegal strokes, turns, or finishes may be an advantage to the swimmers and therefore, the judges disqualify (DQ) swimmers doing illegal actions. Any swimmer disqualified will receive a DQ slip rather than a ribbon. This form will give the unofficial time, as well as the reason for the DQ. The coach will discuss any disqualification during practice.

Norcal Meet Schedule

Date	Visitor		Home
June 2nd	Rio Linda Rio Vista	@	Carmichael Highlander
June 9th	Highlander Rio Vista Woodland	@	Carmichael Sac Town Rio Linda
June 16th	Woodland Carmichael	@	Rio Vista Sac Town
June 23rd	Rio Linda Sac Town Woodland	@	Rio Vista Highlander Carmichael
June 30th	Highlander Woodland	@	Rio Linda Sac Town
July 9th	Independence Day Weekend	@	Independence Day Weekend
July 14th	Woodland Carmichael Sac Town	@	Highlander Rio Vista Rio Linda
July 21-22	Championships	@	Rio Linda

General Rules

Age Groups

The swimmers' age group is determined by the age on June 15, 2012. A swimmer may advance to the next highest age group before they actually turn that age, but they must remain in the higher age group for the remainder of the season. *Under five may be considered if child can meet requirements*.

The six age groups are:

- 6 and under
- 7-8
- 9-10
- 11-12
- 13-14
- 15-18

Code of Conduct of Spectators and Participants

Smoking is prohibited in ANY pool area the SWIM TEAM will compete in.

Meet officials, coaches, and timers request that all spectators and swimmers stay away from the starting area (behind the blocks.) ONLY swimmers who have been called to the starting area are permitted in this area. With your assistance, this will cut back on the confusion with all swimmers. Please follow all pool rules.

Any empty lanes within the pool area are not for spectators or family members to play in or wade in. Swimmers are not to play in empty lanes. Entering the competition area in anyway during the competition can be considered interfering and the team may be disqualified.

Swimmer's Responsibilities

All Swimmers will:

Follow the directions of the Woodland Parks & Recreation Aquatic Staff, including coaches, lifeguards, or any other staff member.

Always wait for a coach to give you permission to enter the pool.

Establish personal goals, and actively train to achieve them. Ask for help from your coaches to achieve your goals. Have your mom or dad write your goals down at the beginning of the season and check to see if you achieve them at the end of the season.

Attend practice on a regular basis and arrive on time. Swimmers who are continually late or absent from practice may not be seeded in upcoming meets.

Talk with your coaches. Let your coaches know if you must the leave the pool area during practice (i.e. going to the bathroom or leaving early.)

Use equipment and facilities appropriately. Remember to bring your own suit, goggles, cap, and towel. Please help your coaches in setting up and putting away all equipment. Clean up after yourselves. Put garbage in garbage cans.

Demonstrate good sportsmanship to your teammates and to other teams. Compliment each other on your achievements.

Follow all pool rules at City of Woodland pools:

- NO RUNNING on any pool deck.
- No rough play or profanity allowed in the pool area, deck, or within the pool.
- Swimmers are not to enter the pool without a coach or lifeguard poolside.
- Swimmers are not allowed off the diving boards, unless directly by a coach.
- NO GLASS bottles, jars, mugs, etc. on the pool deck. No exceptions.
- Pool offices are for employees only. Please respect their work place.
- Dogs are not permitted in the pool area.

Remember winning is not as important as trying your best!

Registration Help

To register, please complete the attached registration form and include the payment in full. *Discounts will be given for early registration and multi child discounts.* **Emergency card must be completed and returned to Parks & Recreation office before swimmer is eligible to participate.**

For additional registration help, contact Aquatics Supervisor, Brad Petersen at 661-2000.

<u>Please include the following course codes when registering:</u>

2373.....**6 & under BOYS**
2374.....**6 & under GIRLS**

2375.....**7-8 BOYS**
2376.....**7-8 GIRLS**

2377.....**9-10 BOYS**
2378.....**9-10 GIRLS**

2379.....**11-12 BOYS**
2380.....**11-12 GIRLS**

2381.....**13-14 BOYS**
2382.....**13-14 GIRLS**

2383.....**15-18 BOYS**
2384.....**15-18 GIRLS**

Woodland Parks & Recreation Department

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REGISTRATION APPLICATION

Participant Name	Activity #1			Activity #2		
	Name	Code	Fee	Name	Code	Fee
-SAMPLE-	-SAMPLE-			-SAMPLE-		
Jill Jones	*Day Camp*	*123*	*$65*	*Basketball*	*456*	*$65*
1.						
2.						
3.						
4.						
Where did you learn about this program? Newspaper ____ Friend ____ Guide ____ other_____		Fees $			Fees $	

Payment Method

Total Amount Due $

☐ Check *Checks payable to* ***City of Woodland***

☐ Credit Card *Visa/MasterCard #* _____ - _____ - _____ *Exp* _____ / _____

☐ Cash

Waiver of Liability, Medical release and Indemnification agreement for minor and adult participant

1. In consideration of the acceptance of my application for entry in the above event or class, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have as a result of my participation. This release is intended to discharge the City of Woodland and its agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event or class, even though liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.
2. I understand that serious accidents occasionally occur during recreational activities, sports, outdoor activities, or fitness activities, and that participants occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of the particular activity for which I have registered, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.
3. It is further understood and agreed that this waiver, release, and assumption or risk is to be binding on my heirs and assigns.
4. I give the City of Woodland the right to use photographs of me and my child(ren), participating in this program, in its own promotional materials.
5. We will make good any loss or damage or cost the above entity may have to pay if any litigation arises on account of any claim made by said minor or by anyone on said minor's behalf.
6. In the event that said minor requires medical or surgical treatment while under the supervision of said entity personnel in connection with the described activity, such supervisor may authorize treatment; we will pay all medical, hospital, or other expenses which said minor may incur as a result of such treatment
7. We expressly permit said minor child to travel by either private automobile or entity vehicle to activities and events related to the above activity.

Please list any pertinent medical problems, such as allergies, asthma, serious allergic reactions, etc.

I agree to accept and abide by the rules and regulations of City of Woodland.

Applicant's Signature (or Applicant's Guardian, if under 18) *Date*

City of Woodland
PARKS & RECREATION

HOUSEHOLD INFORMATION FORM

☐ New Household
☐ Updating Household

Please mark category
☐ Woodland Resident
☐ Non-Resident - Including outside City limits, County Road Address, 5 Digit Addresses, & PO Boxes

PLEASE PRINT CLEARLY

Adult Name #1	*First Name*	*MI*	*Last Name*	*Date of Birth (mm/dd/yy)*		
	Address		*City*	*State*	*Zip*	
	( ) ☐ Home ☐ Work ☐ Cell	( ) ☐ Home ☐ Work ☐ Cell				
	Phone 1	*Phone 2*	*Email Address*			
Adult Name #2	*First Name*	*MI*	*Last Name*	*Date of Birth (mm/dd/yy)*		
	Address		*City*	*State*	*Zip*	
	( ) ☐ Home ☐ Work ☐ Cell	( ) ☐ Home ☐ Work ☐ Cell				
	Phone 1	*Phone 2*	*Email Address*			
Child 1	☐ Male ☐ Female	*First Name*	*MI*	*Last Name*	*Date of Birth (mm/dd/yy)*	
Child 2	☐ Male ☐ Female	*First Name*	*MI*	*Last Name*	*Date of Birth (mm/dd/yy)*	
Child 3	☐ Male ☐ Female	*First Name*	*MI*	*Last Name*	*Date of Birth (mm/dd/yy)*	
Child 4	☐ Male ☐ Female	*First Name*	*MI*	*Last Name*	*Date of Birth (mm/dd/yy)*	

FAMILY EMERGENCY CONTACT INFORMATION
Name: Phone: