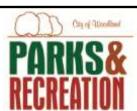


# 2013 Woodland Wreckers Parent & Swimmers Registration Handbook





2001 East St.
Woodland, CA 95776
Phone: (530) 661-2000
Fax: (530) 666-7257
www.cityofwoodland.org/parks&rec



# 2013 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. New for the 2013 season all participants MUST complete Norcal registration form online. This website can be linked from www.cityofwoodland.org/aqautics.

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
Community Swim Center (message line)
Norcal Registration Form:
Aquatics Supervisor Email Address:
Woodland Wreckers Team Mom Stacey Pascoe

661-2000 668-9006

www.norcalswimleague.com brad.petersen@cityofwoodland.org nickandstacey@sbcglobal.net



### 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. 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**

\$155.00 - Early Registration Fee; Register before April 2, 2013

\$170.00 - General Registration Fee; Register after April 2, - May 18, 2013 \*No registration excepted beyond May 18, 2013

### **Uniform Fee**

Fee is included in registration fee.

### **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)



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### **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	5:30 - 6:00pm
Ages 9 -12	6:15 - 7:15pm
Ages 13 & up	6:15 -7:15pm

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

All practice information TBA.

Ages under 8	5:30 – 6:15pm
Ages 9 -12	6:15 – 7:30pm
Ages 13 & up	4:00 - 5:30 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.





# Woodland Wreckers 2013 Swim Meet Schedule

Date	Visitor	at	Home
June 1, 2013	Woodland	@	Rio Vista
June 15, 2013	Highlander	@	Woodland
June 22, 2013	Bye	@	Week
June 29, 2013	Woodland	@	Rio Linda
July 6, 2013	Independence Day	@	Holiday Weekend
July 13, 2013	Woodland	@	Sac Town
July 20-21	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.



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## **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: 21 their work place.

Dogs are not permitted in the pool area.

Remember winning is not as important as trying your best!

# **Registration Information**

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.

### Please include the following course codes when registering:

3210 3211	
3212 3213	
3214 3215	
3216 3217	
3218 3219 3220	13-14 GIRLS 15-18 BOYS
3221	15-18 GIRLS



All Woodland Wreckers participants must also register for league online! Visit <a href="www.norcalswimleague.com">www.norcalswimleague.com</a> and click Start Your League Registration!

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### Registration & Information Form

Mark Your Calendars Please Note the activity times, dates, and locations for courses and events.

**Pre-Registration** Nothing cancels a class faster than low Enrollment. Each class strives for a minimum enrollment level that will cover the costs for instructor and facility use. If you see a class you are interested in, register early and invite a friend. We have 4 easy ways to register.

**Receipts** In an effort to keep costs down, we do not send receipts by mail. Receipts are available at the office by request.

What to bring? What to wear? Read the class descriptions for what to Bring or what to wear for fitness, dance, sports, or other special interest classes.

**Refunds** and transfers are granted to cancellations received 72 hours prior to the first class unless otherwise noted in the class description. Failure to attend a class does not constitute grounds for a refund if you are not satisfied with a program you've attended, please contact the program supervisor. All changes and cancellations are subject to a \$10.00 administrative fee.

### Household Information

Head of household		Phone	Phone			
Address			City	Zip		
Email Addres	s	@	Cell			
Additional Ad	ult		DOE	-a		
Male/Female	Child 1		DOE	i <u>.</u>		
Male/Female	Child 2		DOE			
Male/Female	Child 3		DOE	<u></u>		
Male/Female	Child 4		DOE	l <u>.</u>		
Family Emerg	ency Contact Inform	nation_				
Name			Pho	ne		



# EATION Woodland Parks & Recreation Department

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Participant Name		nt Name Gender Date of Birth		Activity	Activity Name			vity Code	Fee
		8							
		-		-			-		-
Paym	ent Information						Tota	Fees \$	*/ 58
Payme	ent Type:		s	hirt Size					
□ Cash				Youth:	S	M	L		
	it Card Visa or MasterC k payable to the City of W			Adult:	S	M	L	XL	XXL
Credit	Card Number:	<del></del>		<del>.</del>		E	XP:		
4. 5. 6.	activities, and that pa consequence thereof. those risks and to rele carelessness) might of it is further understor assigns. I give the City of Woo promotional materials We will make good ar claim made by said mi In the event that said connection with the d expenses which said m	ious accidents of articipants occas. Knowing the rease and hold herwise be liable of and agreed to diand the right to a loss or damagnor or by anyone minor requires escribed activity inor may incur a secribed activity.	sccasionally occusionally sustain isks of the partiarmless all of the to me (or my hithat this waiver, to use photographe or cost the abe on said minor's medical or surgia, such supervisons a result of such	or during recreat mortal or seriou cular activity for the persons or eneits or assigns) for release, and assigns of me and move entity may its behalf. Cal treatment who may authorize the treatment.	tional aus pers r which dities r or dam ssumpt ry child have to treatm	activitie onal ir I have nention ages. ion or (ren), p p pay if der the ent; w	es, sports njuries, a e register ned abov  risk is to participat f any litig e supervis e will pay	s, outdoor nd/or propered, I hereing who (three who (three who in this cation arises and all medical cation of said and all medical cation of said and all medical cation of said wall medication of said wall medical cation of said wall medication of said wall wall medication of said wall wall medication of said wall wall wall wall wall wall wall wal	perty damage, as by agree to assume rough negligence of ag on my heirs an program, in its ow s on account of ar entity personnel al, hospital, or other
7.	We expressly permit s to the above activity.	aid minor child t	o travel by eithe	r private automo	obile o	rentity	venicle 1	to activities	and events relate
Please	list any pertinent medic	al problems, suc	h as allergies, a	sthma, serious a	illergic	reactio	ons, etc.		
l agree	to accept and abide by	the rules and re	egulations of the	City of Woodla	nd.				
Signatu	25					Date			