

# 2011 Dive Team Registration Form

**Please Print Clearly**

Father's Name \_\_\_\_\_ Mother's Name \_\_\_\_\_

Email \_\_\_\_\_ Email \_\_\_\_\_

Father's Ph# \_\_\_\_\_ Mother's Ph# \_\_\_\_\_ Home Ph# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	Cost	Team*
Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	\$110	A / B
Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	\$105	A / B
Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	\$100	A / B
Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	\$100	A / B
Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	\$100	A / B
Name _____	Birth Date _____	Age _____	M / F	T-shirt Size _____	\$100	A / B

\*coaches will fill in after time trials.

Total Due \_\_\_\_\_

T-shirt Sizes: YS, YM, YL, AS, AM, AL, AXL, AXXL

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## Waiver of Liability

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Midlakes Swim League, Newport Hills Swim and Tennis Club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the swim team or related activities. I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to dive meets or related dive team activities. I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, on a diving board, around the facility, and/or while performing dives. We will assume all risks associated with and incidental to participating on a dive team.

I have read and agree to the release. Our family has discussed the league's Code of Conduct and understands what is expected of parents and divers. We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership. I have received and read the concussion information sheet and understand the requirements of the Lystedt Law and have communicated this will the above names team participants.

## **RISK OF INJURY**

All sports involve an element of risk to the participant, and diving is no exception. We feel that is very important that diving participants be made aware of this risk. Diving, as is the case with all sports, carries a risk of physical injury. No matter how careful the diver and coach are, no matter how many spotters are used, no matter what height is used, or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. But the risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head.

At Newport Hills Swim & Tennis Club our Diving Team philosophy will be based on the objectives: ATHLETE SAFETY FIRST and DIVING PERFORMANCE and WINNING SECOND...The importance of SAFETY in diving is recognized when the diver is presented with three potentially injurious situations:

- 1) The chance of hitting the diving board
- 2) The chance of incorrect landing on the surface of the water
- 3) The chance of hitting the bottom, another swimmer or diver, or a floating object

The primary safety objective in competitive diving is safe board clearance on every dive. These situations can be minimized when the diver practices good safety habits, such as body awareness, appropriate take-off mechanics, skill progressions, performer readiness, and following their coach's instruction.

ALL TEAM MEMBERS WILL BE REQUIRED TO FOLLOW THE SAFETY RULES PRESENTED TO THE TEAM  
I have read the above safety information and I understand that competitive diving, like any other athletic endeavor, carries with it a risk of bodily injury. I understand that Safe Diving is a product of hard work, skill training, and dedication on the part of the diver.

\_\_\_\_\_  
Parent/guardian's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/guardian's printed name

For office only    Membership # \_\_\_\_\_

Midlakes club affiliation: Newport Hills    Other: \_\_\_\_\_

# Newport Hills Swim and Tennis Club

## Emergency Information and Medical Release

I hereby consent to participation by my child/children listed below on our club team in the Midlakes Swim League. My child/children have no special medical conditions, except those described below, and are fit to participate on all teams circled. I hereby authorize emergency medical/dental care and treatment for my child as necessary.

Swim Team                      Diving Team                      Water Polo

Name of Parent/Guardian \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone Number \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

In Case of Emergency, Notify \_\_\_\_\_ Phone \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Phone \_\_\_\_\_

Preferred Hospital \_\_\_\_\_

Any Limitations of athletics due to physical (list) \_\_\_\_\_

What physical limitations does applicant have? (such as asthma, hay-fever, tendonitis, diabetes, etc.)

Please explain: \_\_\_\_\_

Allergies: \_\_\_\_\_ Special Instructions for Allergies: \_\_\_\_\_

Subject to seizures? \_\_\_\_\_ Special instructions relative to seizures? \_\_\_\_\_

Is applicant taking medication at present time? yes \_\_\_\_\_ no \_\_\_\_\_ If yes, explain:

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Joining AAU – Midlakes requirement.**

To Participate in Midlakes Diving, each diver must be covered by *AAU Diving* insurance to participate in the Midlakes program. The only way for this to happen is for each diver to individually register with AAU, as an Athlete Member. One unregistered diver in the program will void all insurance for all of our teams and coaches. **It is the responsibility of your coach and parent dive team rep to verify registration cards for each participant.**

### **SUMMER 2011 AAU DIVING REGISTRATION**

AAU Memberships are valid for one year from beginning September 1 and expiring August 31<sup>st</sup> of the calendar year. **DIVERS ARE NOT ALLOWED to practice or compete until on-line AAU registration with payment is made on the following website.**

- **Website:** [www.aausports.org](http://www.aausports.org)
- AAU Club Code =XTA86Y

Improper Keystrokes will lead to diver being improperly registered.

Divers **MUST** register for Added Benefit Program (\$14)

On the website: Click, Join AAU - Click, Athlete Button. Complete the "Athlete Application Form" including e-mail address, name, address, phone, date of birth and gender. You will need the following information to complete the application.

Program = Youth:

Membership Fee = Athlete Registration Added Benefit (\$14.00):

Sport = Diving

AAU Club Name = Midlakes Diving

Please print two copies of your registration Card – Maintain one for your records and submit one to you Parent Rep or Coach prior to your first practice.

**Please turn in a copy of your AAU registration to Maraea by June 6<sup>th</sup>.**

# Welcome to Newport Hills Dive Team

## **ABOUT OUR PROGRAM**

Welcome to Newport Hills Swim & Tennis Club Diving Program. This program is a competitive team with the opportunity to compete against the other five teams in the Midlakes Diving League. NO EXPERIENCE is necessary to be on the team. The goal of the program is to introduce young people to and encourage their enjoyment of diving. The emphasis will be on skill mastery first, followed by learning new dives, in a fun and safe environment for all participants.

**Diving lessons** are offered at the club in two-week sessions for children who are not interested in team participation or for those divers who wish to increase their skill level with more board time. Sign-up begins Monday, June 6<sup>th</sup> for Dive lessons. Dive lessons will begin Monday, June 20<sup>th</sup> between 11 AM - Noon.

## **WHEN AND WHERE DO THE DIVERS PRACTICE?**

All practices and home meets will be held at Newport Hills Swim & Tennis Club. Daily practices start on **Tuesday, May 31**. Practice is held Monday – Thur. before June 17<sup>th</sup> and M – F starting June 20<sup>th</sup> rain or shine! (Note: no practice June 16<sup>th</sup> due to home swim meet) Your **diver will be assigned** to a practice group by the coaches. Divers will be grouped according to skill level, kid's schedules and car pools. Practices will be scheduled between Noon and 5:00 pm. Each practice session will be approximately 45 minutes to 1 hour long. The team's practice schedule will be available before the first day of practice.

## **PARENT VOLUNTEERS**

Midlakes Diving League relies on the time and talents of our parents to support each club's team activities. Each diving meet requires help parents at the score table, judging and providing refreshments for our athletes.

<p><b>PARENTS <u>DO NOT</u> REGISTER YOUR DIVER UNLESS <u>YOU</u> ARE WILLING TO HELP AT DIVE MEETS!!</b></p>
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**One parent for each diver is required to attend the Midlakes Parent Meeting. This season's meeting will be held on Saturday, June 11<sup>th</sup> 8:00 – 10:00 AM at Mercerwood. You will learn what skill development to look for from your diver. You will receive important information about the season, clarification of the rules and find out what it is that makes one dive better than another. We look forward to seeing you there!!!**

# Important Dates

## Dive Team Kick Off Day

Saturday, June 4 @ the Club. Meet the coaches 10:00 AM – 1 PM, purchase Suits 11AM-1PM  
(Note: order your suit online and you will be able to pick it up on June 5th. The suit will be the same as the swim team.)

## Pre-Summer Practice Times\*

May 31st to June 17th 10&U 7-8 PM, 11&Up 8 – 9 PM M-Th  
No Practice June 16<sup>th</sup> due to Home Swim Meet

## Summer Practice Times\*

June 20<sup>th</sup> to July 22<sup>nd</sup> Noon – 5 PM (coach will assign time)

\*Practice lasts 45 min. - 1 hour each day.

## Midlakes Dive Parent Meeting – Mandatory for one parent per family to attend.

TBA

## Dual Meet Schedule

All meets start at 5 PM. Home team warm up begins at 3:45 and visiting team warms-up at 4:15.

**Wed. June 29<sup>th</sup>: MIBC @ NHSTC**

**Wed. July 6<sup>th</sup>: STC @NHSTC**

**Wed July 13<sup>th</sup>: PL @ NHSTC**

Sat./Sun. July 16<sup>th</sup> & 17<sup>th</sup>: Washington State Subway Games

Mon. July 25th: NHSTC @ MSC

## Midlakes Championship Dive Meet

**Sunday, July 31<sup>st</sup>:** Junior Championships: 7:00 AM WU 8 AM Start: 8&U, 10&U.

Senior Championships: 11:30 AM WU, 12:30 PM Start. 12&U, 14&U, 17&U.

Location: Newport Hills

Team awards will be presented at the conclusion of the Championship Meet.

## Washington Diving Summer Games:

If you would like to continue for another week of diving, all divers may attend the Washington Diving Summer Games. The games will be held Sat. & Sun, July 16/17 the cost to enter the games is \$20.

More information will be available at the Midlakes parents meeting

Directions to clubs and all other information is available on the club's website: [www.nhstc.com](http://www.nhstc.com) or the Midlakes Website at [www.midlakesswimleague.org](http://www.midlakesswimleague.org)

**Newport Hills Parent Volunteer Form: This form must be completed before your diver will be considered eligible to compete with the team.**

Diver's Name: \_\_\_\_\_

Parent's Name:: \_\_\_\_\_

Home Telephone: \_\_\_\_\_

Work or Cell: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**I/We will attend the mandatory Parent Meeting at TBA on Saturday morning June 11<sup>th</sup> at 8:00 AM – 10:00 AM.**

Yes \_\_\_ No \_\_\_

*Please volunteer for a minimum of 2 jobs: Volunteers will be scheduled and you will be notified of your job/dates.*

*You can count on me to...*

	Judge	Score Table	Drinks 2 Dozen	Snack Edibles 2 Dozen
<b>June 29<sup>th</sup></b>				
<b>July 6<sup>th</sup></b>				
<b>July 13<sup>th</sup></b>				
July 25 <sup>th</sup>		+++++		

**Championship Meets: Sunday, July 31<sup>st</sup>**

***I would like to be considered to Judge at the Midlakes Championship Dive Meet  
8AM – 11 AM or 11AM-2PM***

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

***I will work the Score Table on Sunday, July 31<sup>st</sup> 8-11 AM or 11 AM – 2 PM***

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**THANK YOU!**



## Code of Conduct

### **As a member of the Midlakes Swim League, we agree to:**

- Abide by the MSL Operating Plan.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
  - The display or use of aggressive behavior or intentional contact.
  - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
  - Any activity which would detract from the positive image of the MSL.

### **All infractions that result in meet expulsion must be reported to the MSL board within three (3) days.**

### **Any infraction of this code may result in, but is not limited to, the following actions by the Midlakes Swim League Board:**

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

## Midlakes Swim League Participation Eligibility

The Operating Rules of the Midlakes Swim League state:

"1. All the contestants in league-sponsored meets must be bona fide members of the club they represent with the exception of diving which shall be governed by the approved dive operating plan. All bona fide club members shall enjoy full rights of participation in all activities sponsored by the Midlakes Swimming League

- a. Participation will not be allowed:
  1. Membership in the club is a result of employment.
    - a. If a coach is also a swimmer, proof of club membership must be provided.
  2. Inconsistent membership policy – participants must have been admitted to membership on the same basis as all other members and without regard to ability.
  3. By using the membership of another family for the purpose of swimming.
- b. If a family has a membership in more than one club, individual athletes from that family may compete in swimming, diving or water polo with any club for which the family has a membership. The only restriction is that once an individual athlete has begun participation in any of these activities by either attending a workout, practice or competition for a club, they will be ineligible to compete in that specific activity for any other club for which the family has a membership during the balance of that season.

Example: If a family with two children has a membership at two clubs, their oldest could join the swim team at Club A while the youngest joins the team at Club B. For water polo both children could choose to join the team at Club B even though Club A also sponsors a water polo team.
- c. The Board has the right to rule on any individual case."
- d. Bona fide members of Midlakes Clubs that do not sponsor Diving or Water Polo must contact the Midlakes Dive Director or Water Polo Director and the director will help place your athlete at a club that does sponsor a team pursuant to the Dive or Water Polo operating plans.

## **Newport Hills Swim and Tennis Club & Midlakes Swim League Concussion Information Sheet**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or Memory problems (forgetting game plays)

Signs observed by teammates, parents, and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

### **What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for athlete’s safety.

**If you think your child has suffered a concussion.**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

**And**

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember, it is better to miss one game than miss the whole season. When in doubt, the athlete sits out.

For current and up-to-date information on concussions, you can go to:  
<http://www.cdc.gov/ConcussionInYouthSports/>