

# 2011 Swim 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 swim meets or related swim 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 starting block, around the facility, and/or while performing a racing start. We will assume all risks associated with and incidental to participating on a swim 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 swimmers. 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 with the above named team participants.

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

\_\_\_\_\_  
Date

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

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

# 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: \_\_\_\_\_

# Vacation Page

If you will be on vacation or unable to participate in any meets between May 23<sup>rd</sup> and July 23<sup>rd</sup>, please turn this form in when you register.

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

Parent's email: \_\_\_\_\_ Phone # \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Swimmer's Name \_\_\_\_\_ Dates on Vacation: \_\_\_\_\_

Coaches will use this form to plan meet entries.



## 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."

## **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/>

# 2011 Swim Team Volunteer Requirement

**Newport Hills is required to provide volunteers at every swim meet, home and away.**

Our swim team is maintained and operated by a paid coaching staff, a volunteer Parent Advisory Board, club management and many, many great volunteers. Our volunteers play a hugely important role. In fact, swim meets simply can't take place without the support of each and every parent!

Did you know that it can take as many as 50 volunteers to host a single meet? Finding and organizing this many helpful souls is no easy feat and without everyone's help we simply couldn't host meets or function as a team. Therefore, we have a volunteer requirement that each family must satisfy.

## **2011 Requirement:**

Each swimming family should achieve 6 or more volunteer points during the summer season. Most volunteer assignments are worth 2 points each. Assignments and point totals are tracked by SuperMeets (our on-line volunteer registration service). To achieve 6 points at least one parent from each swimming family should volunteer at four or more Dual Meets and at least once at Prelims ("Timed Finals") or Division Championship if participating in those events. Parents unable to satisfy a particular chosen assignment must find a suitable replacement prior to the day of the event.

We now use SuperMeets to manage volunteer registration for all summer season meets and events. This commercially available software provides us the ability to confirm volunteer attendance, track each family's volunteer point total (towards our 2011 Volunteer Requirement), send group emails and print sign-up sheets. We will provide you instructions on Parent Night (May 17<sup>th</sup>) for establishing your own user account in SuperMeets. You can view our team's Supermeets home page now by going to:

<http://www.supermeets.com/Index.cfm?StaffTrackerClient=131>

(Note: you will be able to link to this through the club's website.)

Opportunities abound to help everyone meet the requirement. Volunteer positions include Announcer, Timers, Starter (meet referee), Ribbons Person, Results Keeper (computer entry), Runners, Stroke & Turn Judges, and BBQ Cook. A description of each position is located in the Appendix section of the Swim Team Handbook and at SuperMeets.

We have several dual meet volunteer positions which require training prior to registration. These include Announcer, Starter, Stroke & Turn Judge and Results Keeper. We must find qualified individuals to fill these positions well in advance of each meet. Individuals with prior training or experience in these areas should contact our Volunteer Coordinators as soon as possible.

Please contact our Volunteer Coordinators for additional information on volunteering or to apply for a trained position. Contact information is on the website [www.nhstc.com](http://www.nhstc.com)

## SUMMER TEAM SCHEDULE

Wed., May 11	Swim Team Sign-up Day	5pm-7pm
	<b>Team Apparel online ordering opens (Sylvia's Swim Shop)</b>	
Tues. May 17	Parent Meeting (required)	7-8pm @ NHSTC
	<b>Information Session for New Parents</b>	<b>6-7pm @ NHSTC</b>
	<b>Volunteer Registration opens (SuperMeets)</b>	
Mon., May 23	Spring Workouts begin	4-8 PM M-F
<b>Thur. June 2</b>	<b>Deadline for online Suit ordering for delivery Saturday</b>	
Sat., June 4	Time Trials @ NHSTC	9:00am warm-up
	Pickup/Purchase Team Suits (in banquet room)	11am-1pm
Mon. June 6	Final day for online ordering of team apparel (Midnight)	
Fri., June 10	Sharks' Kickoff Picnic @ Newcastle Beach Park	5:30pm-9pm
Tues., June 14	B Meet @ KL	5:00pm warm-up
Thurs., June 16	A Meet vs KL @ NHSTC	4:30pm warm-up
Mon., June 20	Morning Workouts begin	7:30am-Noon M-F
	Night Workouts begin	7:00pm-8:00pm M&W only
Tues., June 21	B Meet @ FW	5:00pm warm-up
Thurs., June 23	A Meet vs FW @ NHSTC	4:30pm warm-up
<b>Fri., June 24</b>	<b>Team Pictures</b>	<b>9:30am @ NHSTC</b>
Tues., June 28	B Meet vs MIBC @ NHSTC	4:30pm warm-up
Thurs., June 30	A Meet @ MIBC	5:00pm warm-up
Tues., July 5	B Meet vs EB @ NHSTC	4:30pm warm-up
Thurs., July 7	A Meet @ EB	5:00pm warm-up
Fri., July 8	Pasta Feed	5 - 9pm @ NHSTC
Tues., July 12	A Meet @ MSC	5:00pm warm-up
Thurs., July 14	B Meet vs MSC @ NHSTC	4:30pm warm-up
Sat., July 16	Division Champs @ KL	7:30am wu start 9am
Mon., July 18	Jr. Girls Prelims @ NHSTC	W-U TBA Start 4pm
Tues., July 19	Jr. Boys Prelims @ FW	W-U TBA Start 4pm
Wed., July 20	Sr. Prelims @ MIBC	W-U TBA Start 4pm
Sat., July 23	League Champs Finals @ KCAC	W-U TBA start 9am
Wed., July 27	Awards Night / Picnic @ NHSTC	5:30pm

All information is available on the website: [www.nhstc.com](http://www.nhstc.com)