



**FSC – LEBY Swim Team Winter
2018 – 2019 Registration Form**

1st Swimmer Information

Last Name: _____ First Name: _____ MI: _____

Birthdate: _____ Age as of December 1, 2018: _____

Practice Group: _____

2nd Swimmer Information

Last Name: _____ First Name: _____ MI: _____

Birthdate: _____ Age as of December 1, 2018: _____

Practice Group: _____

3rd Swimmer Information

Last Name: _____ First Name: _____ MI: _____

Birthdate: _____ Age as of December 1, 2018: _____

Practice Group: _____

Parent / Guardian Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone #: _____ Evening Phone#: _____

Parent's Email Address: _____

Emergency Contact Name: _____ Contact #: _____

Medical Information

Doctor's Name: _____ Doctor's #: _____

Please List any Medical conditions that our coaching staff needs to be aware of, as well as any allergies.

Bronze	Silver	Gold
<p>Beginner, new to competitive swimming. / 1-3 years experience / Ideal age 4-8 years old.</p> <ul style="list-style-type: none"> Must be able to swim ½ of a length of the pool swimming freestyle or backstroke 	<p>Intermediate / Swimmers who have competed at a competitive level for 3 seasons. / Must attend 2-3 dual meets/ Ideal age 9-12</p> <ul style="list-style-type: none"> Must be legal in 3 strokes. Must be able to follow a pace clock. Must be able to make interval times/ age and level appropriate. Must attend 3- 4 practices a week. 	<p>Advance / Must be able to swim all 4 strokes legal / Ideal age 13-18.</p> <ul style="list-style-type: none"> Must attend at least 4 practices a week. Must be able to achieve age and level appropriate interval times. Must attend 3 dual meets. <p>*Also includes high school swimmers until high school season begins*</p>
<p>Practice Times / locations: Mon @ CC 5:30pm-6:15pm Tues @ Y 5:30pm-6:15pm Thurs @ Y 5:30pm-6:15pm Fri @ CC 5:30pm-6:15pm</p>	<p>Practice Times / locations: Mon @ CC 6:15pm-7:30pm Tues @ Y 6:15pm – 7:30pm Wed @ CC 5:30pm-6:45pm Thurs @ Y 6:15pm – 7:30pm Fri @ CC 6:15pm – 7:30pm</p>	<p>Practice Times / locations: Mon @ CC 6:15pm – 8:15pm Tues @ Y 6:15pm – 8:15pm Wed @ CC 5:30pm – 7:30pm Thurs @ Y 6:15pm – 8:15pm Fri @ CC 6:15pm – 8:15pm</p>

Bronze	Silver	Gold	High School
<p><u>Family Member:</u> Season: \$235.00 Monthly: \$44.00</p>	<p><u>Family Member:</u> Season: \$290.00 Monthly: \$53.50</p>	<p><u>Family Member:</u> Season: \$415.00 Monthly: \$74.50</p>	<p><u>Family Member:</u> Season: \$190.00 Monthly: \$37.00</p>
<p><u>Youth Members:</u> Season: \$300.00 Monthly: \$54.00</p>	<p><u>Youth Member:</u> Season: \$375.00 Monthly \$67.50</p>	<p><u>Youth Member</u> Season: \$495.00 Monthly: \$87.50</p>	<p><u>Youth Member</u> Season: \$240.00 Monthly \$45.00</p>

You will have the option of pay in full or a monthly bank draft. Bank draft will start September 15th and will be withdrawn the 15th of each month through February 15th (for a total of 6 monthly bank drafts).

There is a maintenance fee of \$50.00 will need to be paid at the time of registration for Silver, Gold and High School levels. There will be a \$25.00 maintenance for Bronze level.

Falcon Swim Club of the Lebanon YMCA
 Swimmer Code of Conduct

As a swimmer and valued member of the Falcon Swim Club of the Lebanon YMCA, I will abide by

the following guidelines:

- ❖ Practice teamwork with all parents, swimmers and coaches by supporting the values of Caring, Honesty, Respect and Responsibility.
- ❖ I understand that the coaching staff is doing what is in my best interest and I will respect all decisions that the coaching staff makes.
- ❖ I understand that swimming is a team sport with an individual foundation and that all decisions are made for the best of the team.
- ❖ I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my parents, other swimmers, other parents, officials and coaches of both our team and opposing teams
- ❖ I will maintain self control at all times. I will not participate in any activity that may jeopardize the image of Falcon Swim Club of the Lebanon YMCA.
- ❖ I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers and swimmers will not be permitted or tolerated.
- ❖ I understand that while no practices are “mandatory”, the best chances to improve is by perfecting my skills during practice and those swimmers who show the most improvement and commitment will have the best opportunity to compete.

Date: _____

1st Swimmer’s Signature: _____

Print Name: _____

2nd Swimmer’s Signature: _____

Print Name: _____

3rd Swimmer’s Signature: _____

Print Name: _____

Falcon Swim Club of the Lebanon YMCA
Parent Code of Conduct

As a parent of a swimmer of the Falcon Swim Club of the Lebanon YMCA, I will abide by the following guidelines:

- ❖ I understand the importance of parent involvement and agree to volunteer as necessary to make it possible to hold swim meets.
- ❖ I will practice teamwork with all parents, swimmers and coaches by supporting the YMCA values of Caring, Honesty, Respect and Responsibility.
- ❖ I understand the coaching staff is doing what is in the best interest of my child, and also understand I am not to coach or give stroke advice without first consulting with the coaching staff.
- ❖ I understand that swimming is a team sport with an individual foundation and that decisions will be based on the best interest of the team.
- ❖ I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and coaches at meets and practices.
- ❖ I will maintain self control at all times and value my role as a parent.
- ❖ I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, volunteers, and/or any participating swimmer will not be permitted or tolerated.
- ❖ I will be involved with the FSC-LEBY Swim Team by supporting the swimmers, coaches, and other parents with positive communication and actions.
- ❖ I understand that during child's competition any questions or concerns I have of the officials and/or how the meet is being officiated should be address through the head coach only.
- ❖ I will direct my concerns first to the coaching staff; then if not satisfied, to the appropriate YMCA staff member.

I understand that should I conduct myself in such a way that brings discredit or disruption to the Falcon Swim Club of the Lebanon YMCA, or the Lebanon Valley Family YMCA, I voluntarily subject myself to disciplinary action and/or a formal meeting with the coaching staff.

Date: _____

Parent's Signature: _____

Print Name: _____

FSC-LEBY ANTI -BULLYING STATEMENT

Falcon Swim Club of the Lebanon YMCA will not tolerate bullying in any form toward team members, parents, coaches, officials or representatives of other teams.

FSC-LEBY defines the following actions as bullying:

Verbal Bullying – Teasing, name calling, acts of libel, verbal or written threats or intimidation.

Physical Bullying – Any forceful, physical act or sign of aggression meant to intimidate a person.

Social Bullying – Any act of exclusion from a group or social gathering or using social media, cellular phone, internet or email to perform any of the named forms of bullying.

The club recognizes all forms of bullying as the same potency and commits to take the following action against offending individuals:

First Offense: Written warning, exclusion from team activities for one week, counseling from coaching staff with offending individual.

Second Offense: Exclusion from team activities for one month, counseling from Head Coach with parents of the offending individual.

Third Offense: Exclusion from team activities for minimum of six months.

Any individual who is excluded from team activities will not be permitted to attend practices, meets, social activities, fundraisers and team picnic/banquet. Whenever an individual has been excluded from the team, he/she must be evaluated by coaching staff before returning to the team. Any time missed due to being excluded due to bullying will not be refunded by the YMCA.

I have read the above statement and agree to comply with the expectations of the Lebanon Valley Family YMCA.

Date: _____

1st Swimmer's Signature: _____

Print Name: _____

2nd Swimmer's Signature: _____

Print Name: _____

3rd Swimmer's Signature: _____

Print Name: _____

TEAM POLICIES

- While we strive to provide a fun learning environment to our swimmers, safety will always be our top priority. Diving and jumping will only be done when instructed by a coach. Swimmers may not attend practices, meets or team functions until the appropriate forms are filled out. THIS IS STRICTLY FOR LIABILITY REASONS.
- For the safety of swimmers, USA Swimming mandates an open-door policy. At Cedar Crest High School, parents are restricted to the spectator gallery. At the YMCA, parents will be asked to sit outside of the pool deck area. There is a glass window that you may watch the whole practice. We ask for this cooperation to help keep the kids focused on the coaches and not the distractions from the side lines. If you would have a question or a concern about your child or the team, please see the coach at the end of practice. You are also more than welcome to set a time to meet with them before or after practice, not during practice.
- The team's primary form of communication is through emails and e-newsletters from the coaches. In order to receive information in a timely manner, it's important to provide us with the email address that you have the most access to and check it regularly. Emails from the coaches will be blind-carbon copied to everyone in order to keep your information private. We will NEVER give your information to anyone without your permission.
- Deadlines are very strict. Information is distributed as early as possible. We will not delay orders or meet entries, please do not ask.
- Our team's success is determined by having as many swimmers compete at our meets, showing their skills and how much they've improved with the help of the coaches. Please plan on attending all meets, especially dual meets.
- Swimmers' events in dual meets are selected by the coaching staff in order to give our team the best chance to win. Less developed swimmers will be given the opportunity to practice their skills during exhibition races. Swimmers may select their events for invitational meets but coaches are always available to make suggestions. Coaches will have final say on ALL relays. Please do not request specific events.
- Promptness is key: Swimmers arriving late to practice miss important stretching and warm-up procedures and risk injuries to themselves. Swimmers who do not arrive to a meet by our scheduled warm-up time will be changed to exhibition events and taken out of relays wherever necessary.
- As in school, all swimmers develop at different rates and different ages. It's not uncommon to see a brand-new swimmer be faster than someone who has been on the team for a few seasons. The most important thing to keep in mind is personal improvement and helping the team achieve its goals.
- Don't coach your child. Our coaches are very skilled and very experienced. Even for parents who know swimming well, the most important relationship to hold is the parent/child relationship.
- Support everyone all the time. We ask that everyone remain at a meet until the conclusion and the final score is announced. Many of our meets are determined by the final few relays and it's super exciting when all the swimmers and parents stay to cheer everyone on.
- All families must volunteer. This sport is more dependent on parent volunteerism than any other sport. Please be sure to sign up to assist during meets and practices. The coaching staff is always welcoming to parents who wish to get involved. Parents who don't volunteer will be volunteered.
- Team Caps are a requirement, this is part of our uniform.
- Remember that we are guests at all facilities that we attend. To ensure we continue to be invited to these facilities, all people representing our team must act accordingly.

OUR COACHES PROMISE...

- ...to always keep your child's safety as our first priority. We will refrain from unsafe practice procedures and always be alert for unsafe conditions. At least two coaches will remain at all functions until all swimmers have left.
 - ...to strive for smiles. Some swimmers are rewarded by personal achievements, some by improvement, some by the fun of being in the water and some just by being a part of our team. Our goal is to leave each child with feelings of satisfaction and self-worth.
 - ...to put the team before individual needs. While many teams and many sports cater to superstar athletes, FSC-LEBY will always keep the best interest of the team ahead of any individual accomplishments.
 - ...to emphasize being a complete person. Many of our swimmers spend as much time during their young lives with a swim coach as they do with anyone else. We will always support strong moral values as well as the importance of being a well-rounded individual. Swimming plays a large part in the lives of coaches and swimmers, but it should never be the only focus of either.
 - ...to support the process of healthy competition. We will help swimmers learn and grow from the triumph of victory and agony of defeat. It is often said that athletes who are never defeated, never grow. The same is said for those who are never victorious.
 - ...to be fair. Many times during practices and meets, swimmers will be corrected for inefficient strokes and insufficient efforts. All swimmers will be corrected and treated equally, NO MATTERWHAT.
 - ...to challenge each child. As stated before, everyone has a different level of ability and commitment and varying goals. Our job as coaches is to challenge every child every night and day to become the very best they can be in achieving those goals.
 - ...to recognize the positives. Swimmers will always be recognized and rewarded for what they do correctly.
 - ...to correct the negatives. Coaches will always guide swimmers in the right direction.
 - ...to be approachable. Please feel free to ask the coaches questions at the appropriate times. Coaches are here to help parents as much as we help swimmers. If a coach does not know how to answer your question, we promise to point you in the right direction.
 - ...to be caring. Over the course of a season and a swimmer's time with our team, they will experience many ups and downs both in the sport and personally. We promise to always help swimmers find a positive path through every situation.
 - ...to be honest. Coaches will always answer questions honestly and directly. Coaches will also encourage swimmers to be honest and to give honest efforts in all aspects of life.
 - ...to be respectful. Coaches will display good sportsmanship towards swimmers, parents, coaches and officials from our team and others and expect the same from team members.
 - ...to be responsible. Our coaches will always be prepared for practices, meets and other team functions. Practices will be well organized and start on time.
 - ...to attempt to instill a life-long love for swimming. Our coaches have had connections with the sport and everyone in it for many, many years. We strive to give each child the opportunity to grow to love the sport as much as we do.
- ...to be appreciative of all those who volunteer their time to allow the sport and the team to carry on. While our coaches are very happy to have the opportunity to coach swimming, we understand that it is not possible without the support of the parents and the enthusiasm of the swimmers. Before the season starts we would like to take this opportunity to thank you in advance.