

JERSEY STORM SWIMMING 2009-2010 - TEAM REGISTRATION PACKET

TRAINING GROUP DESCRIPTIONS, PRACTICE DAYS AND TIMES

SENIOR GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:45-7:30 PM	4:45-7:45 PM	4:45-7:30 PM	4:45-7:45 PM	4:45-7:00 PM	6:45-10:45 AM

The Senior Group is our top training program, designed for those swimmers who are committed to a year round program that is focused on swimming at the regional & national level. Workouts will be held 6 days per week and will include in-water training as well as a 5x per week dryland program designed to introduce the athlete to muscular flexibility, muscle building, and core strength. Swimmers will also benefit from advanced training routines, an in depth nutritional analysis, and an extensive goal plan each season. Swimmers in this group will be required to maintain 85% practice attendance and participate in all assigned meets. Annual commitment is required.

JUNIOR GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:45-7:30 PM	NO PRACTICE	4:45-7:30 PM	NO PRACTICE	4:45-7:00 PM	6:45-9:30AM

The Junior Group is our top level age-group program for athletes with USA Swimming. Swimmers in this group should be focused on conditioning themselves for competition while continuing stroke development. Practice will be offered 4 days per week. All swimmers in this group will practice Monday, Wednesday, Friday, and Saturday with those days including in-water training and a stretching and dryland routine. Swimmers are encouraged to maintain 80% practice attention and attend all meets assigned by the coaches.

High School Warm Up program:

Jersey Storm is looking for dedicated athletes who wish to train for the upcoming high school swimming season. Jersey Storm offers training to these athletes from September 10-November 15. Swimmers selecting this option may not compete in USA swim meets during the high school swim season (November 13-March 3). High School Warm Up program swimmers schedule and expectations are the same as the Junior Group members.

GOLD GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NO PRACTICE	4:45-6:15 PM	NO PRACTICE	4:45-6:15 PM	NO PRACTICE	9:00-10:30 AM

The Gold Group is our mid-level age group practice. Emphasis will be place on continuing stroke development as well as building an aerobic conditioning base needed for competition. Practices will be offered 3 days per week including in-water training and a stretching and dryland routine. Swimmers are encouraged to maintain 80% practice attendance and attend all assigned USA swim meets.

SILVER GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NO PRACTICE	6:00-7:00 PM	NO PRACTICE	6:00-7:00PM	NO PRACTICE	9:15-10:30 AM

The Silver Group is our developmental group of swimmers ages 9 and older. Emphasis is on the continued teaching of the four competitive strokes as well as starts, turns, and finishes. Swimmers are encouraged to attend 2 out of 3 practices offered per week. Swimmers will compete in local swim meets as assigned by the coaches.

BRONZE GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NO PRACTICE	6:00-7:00PM	NO PRACTICE	6:00-7:00PM	NO PRACTICE	9:15-10:30 AM

The Bronze Group is our developmental group of swimmers ages 8 and younger. Emphasis is on the continued teaching of the four competitive strokes as well as starts, turns, and finishes. Swimmers are encouraged to attend 2 out of 3 practices offered per week. Swimmers will compete in local swim meets as assigned by the coaches.

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TRAINING GROUP PRICES & PAYMENT SCHEDULE

Group	Season	1 *	2	3	4	5	6	Total
		<i>w/ Reg.</i>	<i>Oct. 10</i>	<i>Nov. 10</i>	<i>Dec. 10</i>	<i>Jan. 10</i>	<i>Feb. 10</i>	
Senior	<i>Annual Only</i>	290	290	290	290	290	290	1740
	<i>Annual</i>	250	250	250	250	250	250	1500
Junior	<i>Winter Only</i>	165	165	165	165	165	165	990
	<i>Winter/Spring</i>	212	212	212	212	212	212	1272
	<i>High School</i>	200						200
	<i>Annual</i>	194	194	194	194	194	194	1164
Gold	<i>Winter Only</i>	130	130	130	130	130	130	780
	<i>Winter/Spring</i>	165	165	165	165	165	165	990
	<i>Annual</i>	155	155	155	155	155	155	930
Silver	<i>Winter Only</i>	105	105	105	105	105	105	630
	<i>Winter/Spring</i>	133	133	133	133	133	133	798
	<i>Annual</i>	155	155	155	155	155	155	930
Bronze	<i>Winter Only</i>	105	105	105	105	105	105	630
	<i>Winter/Spring</i>	133	133	133	133	133	133	798

* - First Payment includes the first installment plus the \$55 USA Swimming Registration fee. \$100 swim-a-thon fee is included in tuition total

** - The 6th and final payment may vary due to any overpayments, delinquent payments or Active Military Families discounts given during the season

TEAM BILLING POLICY

THE TEAM POLICY REGARDING THE PAYMENT OF TRAINING FEES FOR **WINTER, WINTER/SPRING OR ANNUAL** IS AS FOLLOWS:

1. A DEPOSIT IS REQUIRED **BEFORE SEPTEMBER 1ST** FOR EACH SWIMMER WITH YOUR REGISTRATION FORMS. THE DEPOSIT, WHICH IS LISTED ABOVE INCLUDES:
 - a. THE FIRST OF 6 PAYMENTS FOR YOUR CHILDS GROUP.
 - b. \$55 IS FOR THE REQUIRED USA SWIMMING REGISTRATION AND INSURANCE FEES BEFORE OCTOBER 1, 2009.
 - c. \$100 FOR THE REQUIRED MINIMUM FUNDRAISING THROUGH THE SWIM-A-THON. SWIMMERS THAT OBTAIN PLEDGES WILL HAVE THE AMOUNT OF THE PLEDGES UP TO THE \$100 TOTAL CREDITED TO THEIR ACCOUNT WHEN MONIES RAISED ARE TURNED IN.
 - d. SWIMMERS WILL NOT BE ALLOWED INTO THE POOL WITHOUT THE FULL DEPOSIT AND ALL REGISTRATION FORMS COMPLETED.
2. ON THE 1ST OF EACH MONTH, BILLS WILL BE SENT TO EACH FAMILY REGARDLESS OF THE BALANCE. ADDITIONAL EXPENSES MAY INCLUDE TEAM EQUIPMENT, MEET ENTRIES, FUNDRAISING, TRAVEL EXPENSES, ETC.
3. THE REMAINING 6 PAYMENTS WILL BE DUE ON THE 10TH OF EACH MONTH STARTING ON OCTOBER 10TH WITH THE LAST PAYMENT DUE ON FEBRUARY 10TH. PAYMENTS RECEIVED AFTER THE 20TH OF THE MONTH WILL BE ASSESSED A \$15 LATE FEE.
 - a. SWIMMERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY SWIM MEETS IF THEIR ACCOUNT IS OVER 30 DAYS PAST THE DUE DATE.
 - b. SWIMMERS WILL NOT BE ALLOWED TO ATTEND ANY PRACTICES OR JERSEY STORM FUNCTIONS IF THEIR ACCOUNT IS 60 DAYS PAST DUE

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FAMILY FUNDRAISING CONTRACT

(See team handbook for more info)

As one on the families that will enjoy the benefits of belonging to the Jersey Storm Swim Team, the following facts concerning the importance of the financial means of a well run volunteer organization are worthy of your recognition:

1. The Jersey Storm Swim Team funds its budget and activities from two main sources. The first source is the yearly dues and training fees that you have agreed to pay. The second source is through fundraising. Your contributions to both portions of the yearly budget are essential to the success of Jersey Storm Swimming.
2. The fundraising commitment undertaken by the Team's families generates a significant portion of the team's yearly budget. It is important for each family to understand how their help and participation helps the team meet its goals and budget. Jersey Storm fundraisers include the USA Swimming Sponsored Swim-A-Thon as well as hosting 3 USA Swimming Sanctioned Swim Meets during the winter season and 3 Mini Meets.

EACH FAMILY'S FUNDRAISING REQUIREMENT IS AS FOLLOWS:

1. **SWIM-A-THON:** Each family and swimmer is required to support the Swim-A-Thon. The Swim-A-Thon is held each year and swimmer/family participation is mandatory.
 - a) EACH swimmer as part of their training dues has already contributed to the Swim-a-thon requirement in the amount of \$100 per swimmer.
 - b) Additional fundraising on the part of the swimmer is encouraged as Jersey Storm becomes the financial recipient of such efforts.
2. **SWIM MEETS:** Jersey Storm Swimming has the reputation of hosting well-run swim meets in the Middle Atlantic LSC. It takes approximately 50 people to run each session of every swim meet (4 to 6 sessions per meet) that we host during the winter season! The presence and participation of each one of these people is what assures SUCCESSFUL RESULTS for our team and swimmers. Jersey Storm Swimming will host three A/BB/C swim meets and three mini meets during the 2009-2010 swim season which require your assistance as follows:

MEET NAME	MEET LOCATION	MEET DATES	# SESSIONS PER FAMILY	
			2 Parent/Guardians	1 Parent/Guardian
A/BB/C Age - Group Meet	Fort Dix Indoor Pool	Oct 31 & Nov 1, 2009	2 Sessions	1 Session
A/BB/C/Mini - NJ State	GCIT (Sewell, NJ)	Dec 19 & 20, 2009	4 Sessions	2 Sessions
A/BB/C Age-Group Meet	Fort Dix Indoor Pool	Feb 20 & 21, 2010	2 Sessions	1 Session
October Mini Meet	Fort Dix Indoor Pool	Oct 18, 2009	Senior/Jr. swimmer required participation	
January Mini Meet	Fort Dix Indoor Pool	Jan 17, 2010	Senior/Jr. swimmer required participation	
February Mini Meet	Fort Dix Indoor Pool	Feb 7, 2010	Senior/Jr. swimmer required participation	

- (a) Each family will provide adult (no children except for mini meets) workers to satisfy the meet session requirements as indicated above.
- (b) If your family cannot help at any of the above meets, **IT IS YOUR RESPONSIBILITY TO FIND A REPLACEMENT TO COVER YOUR REQUIRED SUPPORT AT THE SWIM MEET.** You cannot make up sessions at another meet. You are still responsible to work even if your child is not swimming in the meet.
- (c) You must sign-up to work a position at each meet listed above. Volunteer worker sign-ups are posted on the team website prior to each meet.
- (d) At each meet session there will be a registration table for you to "sign in" when you arrive at the pool. It is your responsibility to make sure that you have signed in properly (or that you have arranged for a replacement to sign in for you). This is how your assistance will be tracked.
- (e) **Failure to satisfy these requirements will result in a sixty five dollar (\$65.00) charge PER SESSION not worked for that family for each required meet.**

I recognize the need for fundraising and my responsibility to help the team and our swimmers by participating in the above events. I will comply with the fundraising requirements established by Jersey Storm Swimming as part of my/our obligation to the team and will participate fully in all fundraising activities.

Parent/Guardian Signature: _____ Date: ____/____/____

JERSEY STORM SWIMMING 2009-2010 - TEAM REGISTRATION PACKET
INSURANCE WAIVER / RELEASE OF LIABILITY

*** PLEASE READ CAREFULLY BEFORE SIGNING.**

*** THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

Coverage under this USA Swimming insurance policy is as follows:

General Liability:

\$ 2,000,000 General Aggregate
\$ 1,000,000 Products/Completed Operations Aggregate
\$ 1,000,000 Each Occurrence (Including Personal Injury and Advertising Injury)
\$ 1,000,000 Participant Liability (signed Waiver/Release required)
\$ 50,000 Fire Legal Liability (Any one Fire)
\$ 5,000 Medical payments, per person (excluding participants)

Secondary Accident:

\$ 5,000 Accidental Death and Dismemberment
\$ 5,000 Excess Medical Coverage
\$ 1,000 Dental (maximum per claim)

There is a \$100 per claim deductible (\$250 if no other health insurance available). There are exclusions to this policy.

I, _____, the enrolled participant and/or the parent/guardian of the participant agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death. The participant hereby agrees to participate in the Jersey Storm Swim Team Swimming / Lesson Program and hereby agrees to indemnify and hold harmless Jersey Storm Swimming, the Jersey Storm Swim Team, its coaches, officers, directors, agents and employees against any and all liability resulting from an injury that may occur to the participant while participating on the team. The participant also agrees to indemnify Jersey Storm Swimming for any damages incurred arising from any claims, demand, action or cause of action by the participant. The participant authorizes any representative of Jersey Storm Swimming to have the participant treated in any medical emergency during their participation on the team. Further, the participant and/or the parent/guardian agree to pay all costs associated with medical care and transportation for the participant.

I have noted below any medical/health problems of which the staff should be aware:

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH THE FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Swimmer's Name *(Please Print)*: _____

Parent/Guardian Signature: _____ Date: ____/____/____

Participant Signature *(if over 18)*: _____ Date: ____/____/____

JERSEY STORM SWIMMING 2009-2010 - TEAM REGISTRATION PACKET
INTERNET / WEB SITE
PARENT / GUARDIAN CONSENT FORM

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image and personally identifiable information to be published on the Jersey Storm web site.

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, Jersey Storm Swimming wants to celebrate your child and his/her accomplishments. The law requires that we ask for your permission to use information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes swimmer names, photo or image, residential addresses, e-mail addresses, meet results, and phone numbers.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the team and such recession will take place upon receipt.

Parents/Guardians should also be aware that swimmer's name, age (as of the first day of the meet, year only), club and seed time shall appear on the "meet entry information" pages on the website of the host team and swimmer's name, age (year only), club, and results shall appear on the "meet results" pages on the website of the host teams for all meets the swimmers have placed entries, regardless of actual participation. Mid-Atlantic Swimming and USA Swimming may similarly post swimmers entries/results, as well as rankings/records of outstanding achievements. No other identifying information shall be included without additional approval. When entering a swimmer for the USA Swimming meet, parents/guardians are providing approval for this information to be posted.

Please check one of the following choices:

- I/We **GRANT** permission for a **photo/image** that includes this swimmer **without any other personal identifiers** to be published on the team's public Internet site.
- I/We **GRANT** permission for this swimmer's **photo/image, meet results, and name** to be published on the team's public Internet site.
- I/We **DO NOT GRANT** permission for photos/images or other personal information that include this swimmer to be published on the team's public Internet site.

Swimmer's Name *(Please Print)*: _____

Parent/Guardian Signature: _____ Date: ____/____/____

Participant Signature *(if over 18)*: _____ Date: ____/____/____

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INSTRUCTIONS FOR VEHICLE PASS

Please be aware that a pass is required for EACH driver that plans on driving to drop off / pick up your swimmers from Jersey Storm Swimming. After you have filled out the above paperwork please contact Jersey Storm for a base pass application.

Please make sure to fill out all the information that is needed. This form must be mailed back separately from the rest of this packet. The address is:

FORT DIX AQUATICS OFFICE
ATTN: CINDY HUTCHINS
PO Box H
FORT DIX, NJ 08640

Before the first day of practice you may pick up your pass at the visitor's center located near the Rt. 68 gate. You will be required to show your photo ID, Registration, and Insurance Card to the visitor's center in order to receive your pass. Each individual person must pick up his or her own passes. Spouses will not be allowed to pick up each other's pass since each driver will be issued a photo ID this year that is only valid to get on Fort Dix for the purpose of attending swimming functions at the indoor/outdoor pool. This pass will not be valid to get onto McGuire Air Force Base. Each driver will have to get their own pass including any drivers with permits. The DOD has agreed to set aside September 12, 2009 as a day for all Jersey Storm parents to get their photo ID taken at the visitor's center located at the RT 69 gate. You may get your picture taken earlier during the hours of 8 am -4 pm. If you don't get your ID processed by September 14, you will not be granted access to the base until you do. The access list this year is only good for one week so it is important to get your photos taken by September 12, 2009.

If you have any questions, please contact us at your earliest convenience.