

## **MEMBERSHIP INFORMATION**

The Aspen Swim Club (ASC) offers a free one-day trial to any swimmer interested in joining the team.

All swimmers must pay their swim dues in order to participate with the Aspen Swim Club. Membership fees are as follows:

- Seasonal Swim Club FAMILY Fee: \$50 per family
  
- Annual USA Swimming Registration Fee: \$56 per swimmer (paid upon joining the team and renewed each year)
  
- Seasonal swim training fees are based on training hours. Speak to the coaching staff if you have questions about how many hours per week that your swimmer should be training.

3 Hours per week \$ 140

4.5 Hours per week \$ 210

6 Hours per week \$ 280

8 Hours per week \$ 375

10 Hours per week \$ 470

\*\* in the Fall, inexperienced young developmental swimmers may participate in a special session during the Aspen School District "early release" Wednesday program for a fee of \$100.00 (plus the family fee and USA Swimming Registration)

Late fees may apply if registration received after the deadline for each season

## **TEAM EQUIPMENT**

The team provides kickboards, pull buoys and paddles for practice. Each swimmer should have goggles, a proper practice suit and a cap for those with long hair.

Team T-Shirts, suits and caps are available for purchase.

Additional team gear is available for purchase from Action Accents. Please use the order form online <http://www.aspenspeedos.org/SwimSuits.html>

Swimmer Name: \_\_\_\_\_

## **NEW SWIMMER CHECKLIST**

At the end of your free trial practice, you should turn in the following items to your coach.

- \_\_\_\_\_ Aspen Swim Team Registration Form
- \_\_\_\_\_ USA-S/CSI Registration Form
- \_\_\_\_\_ Release of Liability Form
- \_\_\_\_\_ Parent Volunteer Form
- \_\_\_\_\_ Code of Conduct
- \_\_\_\_\_ Gear Order Form (if desired)

## ASPEN SWIM TEAM FALL 2009 REGISTRATION

Swimmer's Name(s) and DOB:

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Parent's / Guardian's Name(s):

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Address:

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City: State: Zip:

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Home Phone: Cell Phone: Emergency Phone:

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Email: Other Email:

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Emergency Contact Information:

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### Team Fees Fall 2009/Spring 2010/Summer 2010

(Make check payable to: Aspen Swim Club)

Developmental (Wed only)	\$ 100.00
3 Hours per week: \$ 140	_____
4.5 Hours per week: \$ 210	_____
6 Hours per week: \$ 280	_____
8 Hours per week: \$ 375	_____
10 Hours per week: \$ 470	_____
Seasonal ASC Family Fee: \$50	\$ 50.00 (per family only)
USA-S/CSI Fee: \$56 (per swimmer)	_____
Tax Deductible Contribution:	_____
Late Fee (if applicable)	\$ 50.00
Total:	_____



# USA SWIMMING

## 2010 ATHLETE REGISTRATION APPLICATION LSC: Colorado Swimming, Inc

REG. DATE / OFFICE USE ONLY

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PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME		LEGAL FIRST NAME			MIDDLE NAME	

PREFERRED NAME	DATE OF BIRTH (MO./DAY/YR.)	SEX (M/F)	AGE	CLUB CODE	NAME OF CLUB YOU REPRESENT

FATHER/GUARDIAN LAST NAME	FATHER/GUARDIAN FIRST NAME	IF UNATTACHED ENTER ON MOTHER/GUARDIAN LAST NAME		MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY	STATE	ZIP CODE

AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN?  YES  NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?  YES  NO

IF YES, WHICH FEDERATION: \_\_\_\_\_

**DISABILITY:**

- A. Legally Blind or Visually Impaired
- B. Deaf or Hard of Hearing
- C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
- D. Cognitive Disability such as mental retardation, severe learning disorder, autism

**RACE AND ETHNICITY (You may make up to two choices if appropriate):**

- Q. Black or African American
- R. Asian
- S. White
- T. Hispanic or Latino
- U. American Indian & Alaska Native
- V. Some Other Race
- W. Native Hawaiian & Other Pacific Islander

**MAKE CHECK PAYABLE TO:**

**ASPEN SWIM CLUB**

**MAIL APPLICATION & PAYMENT TO:**

**ASPEN SWIM CLUB  
P.O. BOX 12341  
ASPEN, CO 81612**

REGISTRATION FEE	
USA Swimming Fee	\$46.00
LSC Fee	\$10.00
<b>TOTAL DUE</b>	<b>\$56.00</b>

YEAR LAST REGISTERED: \_\_\_\_\_ IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2009, ENTER (N/A)

CLUB CODE: \_\_\_\_\_ LSC CODE: \_\_\_\_\_ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: \_\_\_\_\_

SIGN HERE x \_\_\_\_\_  
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept at 719/865-4578 if you do not wish to receive those mailings.

Check if you would like to learn more about USA Swimming's community initiatives

Check if you would like to receive the electronic USA Swimming Newsletter (max of 12 issues of one or more)

**THE ASPEN SWIM CLUB  
ACKNOWLEDGMENT OF RISK  
PARENT'S RELEASE OF LIABILITY AND INDEMNITY AGREEMENT**

**PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS AN ACKNOWLEDGMENT OF RISK AND A RELEASE OF CERTAIN CLAIMS AND A WAIVER OF CERTAIN LEGAL RIGHTS. "PARENT" MEANS THE UNDERSIGNED PARENT OR LEGAL GUARDIAN SIGNING ON BEHALF OF HIM/HERSELF AND ON BEHALF OF THE MINOR CHILD(ren) ("CHILD") NAMED BELOW. "CLUB" MEANS THE ASPEN SWIM CLUB.**

Participation in any sporting activity carries with it an inherent risk of injury which may range in severity from minor to long-term catastrophic. Although serious injuries are not common in swimming, it is impossible to eliminate this risk.

**SWIMMER MUST OBEY ALL SAFETY RULES, NOTIFY COACHING STAFF OF ANY AND ALL PHYSICAL INJURIES, AND FOLLOW A PROPER CONDITIONING PROGRAM.**

Parent warrants and represents that the Child is in good health and there are no special instructions regarding the Child which have not been provided in writing to the Club. Parent has and agrees to maintain valid and sufficient medical and accident insurance for the Child throughout the time that the Child participates in any Club activities. The undersigned Parent understands that this is his/her sole responsibility, and releases the Club from any claim and/or responsibility for providing such coverage for the Child. The undersigned Parent **HEREBY COMPLETELY RELEASES** the Club, and their subsidiaries, representatives, agents, affiliates, officers, directors, shareholders, parent companies, servants and employees (collectively the "Released Parties") from **ANY AND ALL LIABILITY** and/or claims that the undersigned Parent may be entitled to bring on his/her own behalf that arise from the Child's or Parent's participation in any Club activity, including any claim based on **NEGLIGENCE OR BREACH OF WARRANTY**. The undersigned Parent further **AGREES TO DEFEND AND INDEMNIFY AND HOLD HARMLESS** the Released Parties from any and all claims that the undersigned parent might be entitled to bring on his/her own behalf and any claims brought by third parties which arise in whole or in part from the Child's or Parent's participation in any Club activity. In consideration of engaging in Club Activities, PARENT, on behalf of him/herself and his/her Child, agrees that all claims for injury and/or death for Parent or Child shall be **GOVERNED BY THE LAW OF THE STATE OF COLORADO AND EXCLUSIVE JURISDICTION** for any such claim shall be in County or District Court of Pitkin County, Colorado. This Agreement shall be binding to the fullest extent permitted by law. If any provision of this Agreement is found to be unenforceable, the remaining terms shall be enforceable. The undersigned Parent or legal guardian acknowledges that he/she is signing this Agreement on behalf of him/herself and on behalf of the Child, who is a minor, and that the Child is bound by all the terms of this Agreement. This Agreement shall be binding upon the Parent's and Child's assignees, subrogors, distributors, heirs, next of kin, executors and personal representatives.

**AUTHORIZATION TO OBTAIN MEDICAL CARE**

Parent authorizes the Club and their authorized personnel to obtain medical care for the Child or to transport the Child to a medical facility or hospital if, in the opinion of such personnel, medical attention is needed. Parent agrees that upon the Child's transport to any such medical facility or hospital that the Released Parties shall not have any further responsibility to the undersigned Parent or Child. Further, the Parent agrees to pay all costs associated with such medical care and related transportation provided for the Child and agrees to indemnify and hold harmless the Released Parties from any costs or claims arising from such medical care and related transportation.

**I HAVE CAREFULLY READ THIS AGREEMENT, UNDERSTAND ITS CONTENTS AND SIGN IT WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE.**

\_\_\_\_\_  
**PRINTED NAME OF PARENT/LEGAL GUARDIAN or PARTICIPANT**

\_\_\_\_\_  
**SIGNATURE OF PARENT/LEGAL GUARDIAN (if under 18) or PARTICIPANT DATE**

\_\_\_\_\_  
**PARTICIPANTS NAME(S) PRINTED**

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

## **PARENT VOLUNTEER INFORMATION**

Supporting your child in swimming can be one of the most rewarding experiences in the sport. You may time at meets, help at fundraisers, organize group social events, or become a certified USA Swimming Official. Whatever your role may be, your child's experience with the Aspen Swim Club has much to do with your positive support.

Please initial at least one event and sign the form to return on the next page.

\_\_\_\_\_ **Aspen Swim Club Hosted Swim Meets**

The Aspen Swim Club hosts several swim meets over the course of the year. These meets are a substantial portion of our fundraising efforts each year. They are also part of our responsibility to supporting the sport, and provide great venues for our swimmers to race

\_\_\_\_\_ **Timing at Meets**

Each team that attends meets is expected to provide timers based on the number of swimmers they bring to the meet.

\_\_\_\_\_ **Social and Fundraising Events**

Each family is expected to volunteer to assist in either a social event, or a fundraising event during the course of the year.

Each family should select at least one of the following activities in which they would assist.

- \_\_\_\_\_ **Swim-a-thon (June)**
- \_\_\_\_\_ **Annual Memorial Day Picnic (May)**
- \_\_\_\_\_ **Annual Swimmer Recognition Dinner (August)**
- \_\_\_\_\_ **Group Parent/Activity organizer**
- \_\_\_\_\_ **Timing System Training**
- \_\_\_\_\_ **Meet Officiating**

**Swimmer Name** \_\_\_\_\_

**Aspen Swim Club  
Code of Conduct**

To assist the Aspen Swim Club's goals of maximizing an individual's potential as a swimmer, contributing to an athlete's development as a person, and maintaining an effective and efficient operation to provide a rewarding and enriching experience for all its members and athletes, the Club expects all its members and athletes to adhere to the following Code of Conduct:

**General**

1. Athletes and members are expected to be respectful of the coaches, parents, volunteers and fellow athletes associated with the Club.
2. Athletes are expected to continually strive to perform at their best.
3. Athletes and members are expected to conduct themselves in a manner that contributes to a healthy team environment and to be encouraging to fellow teammates.
4. Athletes and members are expected to refrain from illegal drug and alcohol use. Any infraction of this policy will result in immediate dismissal from the team, subject to reinstatement at the board's discretion.

**Practice**

1. Athletes are expected to be on time for their respective practice sessions.
2. Athletes are expected to pay attention to their coaches, to be respectful and to avoid disruptive behavior at all times.
3. Athletes are expected to complete assigned sets, absent prearranged exceptions with the coach(es).
4. Athletes are expected to avoid arriving for practices late or leaving practices early, absent prearranged exceptions with the coach(es) prior to the commencement of practice.

**Meets**

1. Athletes are expected to wear the team swimsuit (either team or speed suit) and, if the Athlete wears a swim cap, the team swim cap.
2. Athletes are expected to be at the pool, to have checked in with the coach(es), and to be ready to swim, at the designated warm-up time for each session.
3. Athletes are expected to check in with the coach(es) both prior to and after each event in which the athlete participates.
4. Athletes are expected to be respectful of other competitors and the host facility at all times.
5. If an athlete has registered for an event and will not attend, for any reason, the athlete is expected to notify the coach as soon as possible, to accommodate others who may be relying upon the presence of such athlete to fill the roster.

We have read and understand the above Code of Conduct, and agree to abide by its guidelines:

\_\_\_\_\_  
**Participant Printed Name & Signature**

\_\_\_\_\_  
**Participant Printed Name & Signature**

\_\_\_\_\_  
**Parent/Guardian Name & Signature**

\_\_\_\_\_  
**Participant Printed Name & Signature**

**Aspen Swim Club  
Parent Code of Conduct  
“Swimmers swim, Coaches coach, and Parents parent”**

The Aspen Swim Club is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, sportsmanship, loyalty, commitment, and hard-work. Your child will reap the benefits of swimming long after his/her participation with the Aspen Swim Club ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Board of Directors oversees the direction of the staff.

**CONDUCT EXPECTED OF ALL PARENTS**

1. Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
2. Demonstrate good sportsmanship during all practices, competitions, and team activities.
3. Be an active participant in all fundraising events and other team activities.
4. Encourage and support your child by permitting them to be timely for practices and competitions.
5. Recognize that Aspen Swim Club coaches are professionals and allow them to coach your child without interference during work outs and meets, including not being present on deck during practice or competitions, unless you are working at the practice or meet.
6. If you have concerns you will address it with the appropriate coach in private.
7. If your concerns are not alleviated after a meeting with the coach, contact the current Board President. The President will appoint an unbiased board member to meet with the concerned parent and coach. If the conflict is still not resolved, contact the Board President and he/she will set a time for the entire board, parent and coach to meet and discuss the issue. The Board will rule by majority. The Board is the final decision maker in this process. At which time the Board deems the issue resolved it will no longer be discussed.

8. If the parent has an idea to improve the Aspen Swim Club, or any suggestions, it must be submitted in writing to the current Board President at least two weeks before the next regularly scheduled Board Meeting. The President has the sole authority to decide if/when the Board will discuss the issue, and will relay that information to the parent as needed.

9. All parents are encouraged to attend all open Board Meetings. Check the calendar for the next meeting time.

### **BASIC RESPONSIBILITIES**

1. Get involved! Offer to be an official, volunteer for the Board, help with fundraisers!

2. To have a successful swim meet, it is required that if you have a child participating in a home swim meet at least one parent is working at the swim meet. Please check the Aspen Swim Club website or with a Board member for jobs you can help out with. You will be trained in any job, if needed. Many hands make light work. We appreciate your willingness to help!

3. Practice teamwork with all parents, swimmers, and coaches by supporting the values of discipline, loyalty, commitment, hard work.

4. Encourage team unity by being a strong example.

5. See that your swimmer is on time for practice and arrives on time for meet warm-ups.

6. Maintain self-control at all times.

7. Know your role. *Swimmers-swim Coaches-coach Officials-officiate Parents-parent*

8. Foster loyalty and commitment to the team by encouraging all swimmers, parents and coaches. Treat others as you expect your child to be treated.

9. Help your swimmer by focusing on their personal achievements. Drops in time, stroke improvement and endurance take time and patience. Help your child by keeping their performance in perspective.

10. No swimmer is valued over another swimmer, or regarded as less important in the Aspen Swim Club, no matter their ability. Cultivate this value in your child.

11. Call or meet with coaches during normal business hours or before/after swim meets. Do not interrupt or confront the coaching staff on the pool deck during practices/meets.

12. Trust your swimmer's and coach's decisions around commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.

13. Any questions about disqualifications, judging, etc should be directed to your swimmer's coach during an appropriate time.

14. Read and familiarize yourself and your child with the Aspen Swim Club Swimmer Code of Conduct. Your child's behavior will be held to this standard.

14. Fill out the end of the season program evaluation with input from your child. It is imperative that every family fill out a program evaluation. Everyone's opinion is needed to get a clear read on the entire group. This helps the Board prepare for future swim seasons.

We, as a Board, want you and you child to have a positive experience in the upcoming season! Our goal is to instill confidence, loyalty, enthusiasm, and a life long love of swimming. Help us reach this goal!

I have read and agree to abide by the Parent's Code of Conduct. I understand that non-adherence to the Codes of Conduct for Parents and Swimmers as set forth by the Aspen Swim Club Board, may result in disciplinary actions up to and including expulsion from the swim program and non-refunding of any fees.

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Parent's signature

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Date

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Swimmer's Name(s)