

2017-2018 Metroplex Aquatics Swimmer Registration



Date: _____

Swimmer Full Legal Name: _____

Date of Birth: _____ M F

Address: _____ City: _____

State: _____ Zip: _____

Current USA Registration: ____ Yes ____ No

USA Swimming Registration Number: _____

Monthly Dues:

_____ # Days per Week

_____ \$ per month

Parent / Guardian Information:

Name 1: _____ Name 2: _____

Home Phone: _____ Home Phone: _____

Cell Phone: _____ Cell Phone: _____

Receive Texts: Y / N Carrier _____ Receive Texts: Y / N Carrier _____

Email: _____ Email: _____

Emergency Contact (not listed above)

Name: _____ Home Phone: _____

Relationship: _____ Cell Phone: _____

All of the following must be completed BEFORE your child will be allowed to begin swimming with the team.

- _____ Metro Texoma Registration Form
- _____ USA Registration Form
- _____ Copy of Birth Certificate, Passport or Legal ID
- _____ Liability / Medical Release Form
- _____ Swimmer Code of Conduct Form
- _____ Parent / Guardian code of Conduct Form
- _____ Concussion Awareness Policy
- _____ Financial Policy Form
- _____ Anti-Bullying Policy
- _____ Merchandise/Uniform Policy

Office Use Only:

_____ **Group**

_____ **Start Date**

_____ **Metro Team Unify**

_____ **Email Update**

_____ **USA Fees Mailed**

_____ **Paperwork Filed**

Release of Liability for Minor Participants
Read Before Signing

IN CONSIDERATION OF _____, my minor child/ward, being allowed to participate in any way in the Denison Parks and Recreation Swim Team Program, related events and activities, the undersigned acknowledge, appreciates and agrees that:

1. The risk of injury to my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child's participation; and,
3. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from the participation and bring such attention to the nearest official immediately; and,
4. I myself, my spouse, and my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself, my spouse, my child, and on behalf of my /our heirs, assigns, personal representatives, and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releases from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____
(Parent/Guardian Signature) (Print Name) (Date Signed)

UNDERSTANDING OF RISK

I understand the seriousness of the risks involved in participating in this program. My personal responsibilities for adhering to rules and regulations, and accept them as a participant.

X _____
(Participant Signature) (Print Name) (Date Signed)

Swim Team Medical Release

****Please Print****

Name _____ Date of Birth _____

Medical Information

Do you now, or have you ever had a heart problem? YES, NO

Are you diabetic? YES NO

Have you sustained an injury to any major joint or to the back? YES, NO

If yes, what is the nature of the injury? _____

Do you take any medications regularly? YES, NO

If yes, please list the medication, frequency, and dosage. Continue on the back if necessary.

Have you had, or do you experience seizures? YES, NO

If yes, please explain. _____

Please list any other limitations or other medical conditions that would affect your ability to participate in an aquatic program. _____

Waiver of Liability

I hereby represent that I am the parent or legal guardian of the student named above and that the information provided hereby is true and correct to the best of my knowledge.

Date _____ Signature _____

Permission for Photography/Videotaping

I, _____, am the parent/legal guardian of _____, who participates in a DENISON PARKS AND RECREATION DEPARTMENT program. I understand that from time to time DPARD, or its agents, may photograph or videotape its athletic programs for promotional purposes and that my child may be included randomly in such photography or videotapes, I hereby grant permission to the CITY OF DENISON and the DENISON PARKS AND RECREATION DEPARTMENT to use such pictures or images of my minor child for promotional purposes only (non-commercial purposes) and do hereby waive any and all claims for compensation to me or to my child for such photographs or videotapes. This grant and waiver shall be effective until withdrawn by me in writing and delivered to DPARD.

Parent/Legal Guardian Signature

Metroplex Aquatics Parent & Swimmer Code of Conduct



As a member of the Metroplex Aquatics Texoma (METRO), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of METRO. The following behavior guidelines state the principles METRO expects all members to demonstrate and uphold.

METRO is fortunate to have 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, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with METRO 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 Head Coach oversees the direction of the staff.

PART I – PARENTS CODE of CONDUCT

- 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.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help METRO achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. METRO win gracefully, lose graciously and congratulate their opponents either way
- Be an active participant in all fundraising events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.

- Recognize that METRO coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- Support your professional coaches as they strive to do what is best for each METRO swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
- If you have concerns, you will address it with the appropriate coach in private.
- Maintain open and honest communication among all members of the METRO family. We reach our common goals by working together.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

PART II – PARENT – BASIC RESPONSIBILITIES

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Represent METRO with excellence, respect, team spirit, good sportsmanship, and politeness
- I will demonstrate good sportsmanship by maintaining control and conduct myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at all practices and meets. I understand that criticizing, name-calling, use of abusive language or gestures directed towards coaches, officials, volunteers, board members and any participating swimmer and/or parent of a swimmer is unsportsmanlike will not be permitted or tolerated and may result in disciplinary action
- Know your role. **Swimmers – Swim** / Coaches – Coach / Officials – Officiate / Parents – **Parent**
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.

- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved...be an official, work on the board, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at meets.
- Pay your fees on time.
- Know and uphold METRO rules, regulations, management and coach directives, and USA Swimming Rules that are designed to maximize the experience for all swimmers and parents.

PART III – SWIMMER CODE of CONDUCT

The undersigned athlete participating with/for the Metroplex Aquatics Texoma Swim Team (METRO) agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Swimmers are expected to remember that at practice, during swim meets, team activities and in public they are representing METRO. They should represent METRO with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected at all times to follow the directions of any member of the coaching staff, respect any instructions by officials and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Swimmers are expected to show respect, common courtesies and good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and other property used during practices, competitions and team activities.
- Swimmers should be punctual and arrive on time for all practices and meets and team events. Pool time is very valuable.
- Swimmers are required to attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with their coach.
- Swimmers must notify the coach in advance if they are planning to leave practice or swim meets early.
- Swimmers are expected to wear METRO team caps and team swim suits at all swim meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water. There will be a spirit shirt policy coming later in 2016-2017

- Swimmers will come to all team sponsored events in the appropriate attire.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.
- The coaches are there to help the swimmers. Swimmers are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, they are to ask questions politely.
- Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Indiscreet or destructive behavior will not be tolerated
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

PART IV – VIOLATION OF THE CODE – SWIMMERS

The coaches have the authority to impose the following penalties for violation of the Metroplex Aquatics Texoma Swim Team Code of Conduct. The penalties include, but are not limited to, the following:

The swimmer will be given a verbal warning.

The swimmer will be pulled out of practice in addition to a verbal warning and the coach will contact the parent.

The swimmer will need to be accompanied by a parent at practice for four (4) consecutive days.

If the swimmer continues his/her bad behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee for monthly dues.) If the swimmers disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further.

I agree that if I violate any of these rules, I will be subject to disciplinary action determined by the coaches, which may include expulsion from the team.

By placing your name below you agree that you have reviewed the Metroplex Aquatics Texoma Swim Teams Code of Conduct with the registered athlete and the athlete understands the Metroplex Aquatics Texoma Swim Teams Code of Conduct and that you (the parent/guardian) and the swimmer agree to abide by this Code and accept the penalties for not abiding by these.

SWIMMERS NAME _____

SWIMMERS SIGNATURE _____

DATE _____

PARENTS OR GUARDIANS NAME: _____

PARENT OR GUARDIANS SIGNATURE _____

DATE: _____

Financial Policy

Swim Team payments are collected once every month on the same number day as you did previously or the next practice day. If you pay on September 8, then the pass expires on October 8. This means on October 8 you are expected to pay for the next month of practice. If the day the pass expires is not a practice day, as in Oct 8 will be a Monday and your athletes only swim on Tuesdays and Thursdays, then you would pay on October 9, which is a Tuesday, but the payment date stays on the 8th and payment will cover until Nov. 8th. If your child does not attend practice, your payment due date will still be the same.

Swimmers are responsible for all meet fees. You will pay the pool and we will submit a check to the event. Money is due to the pool before the meet. If you do not attend the meet or miss your event, you still owe for the entry.

Tuition is due on time. (We will give a 1-day grace period for your convenience.)

After the 1 Business Day grace period, a \$5.00 late fee will be charged each week and added to your regular monthly tuition

No child will be entered in a swim meet unless all fees are paid up to date.

Please sign the following to indicate you understand the late fee policy.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

CONCUSSION INFORMATION SHEET



**HEADS UP
CONCUSSION**

This sheet has information to help protect your swimmer from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
-

- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A POSSIBLE CONCUSSION?

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children’s or teens’ chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - » Work with their coach to teach ways to lower the chances of getting a concussion.
 - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - » Ensure that they follow their coach’s rules for safety and the rules of the sport.
 - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

I have received information on Concussion and awareness

Signed _____ Date _____

Swimmer Print Name _____

Signed _____ Date _____

Guardian Print Name _____

SPLASH OUT BULLYING PLEDGE.

ANTI BULLYING PLEDGE I understand that bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. I understand that bullying happens when a person or group of people want to have power over another or use power to get their way, at the expense of someone else. I understand that bullying can also happen through cyberspace: through the use of e-mails, text messaging, instant messaging, Face book and other social media. I understand I can be prosecuted for cyber bullying as well as other forms of bullying. As part of my community and my swim team, I WILL:

•**S.A.F.E. is an acronym to help remember what to do and how to act when being bullied.** S.A.F.E. stands for: **S**peak up, **A**sk an adult for help, **F**ind your role, **E**nd it quietly.

- Pledge to be a part of the solution.
- Eliminate taunting from my own behavior.
- Encourage others to do the same.
- Do my part to make my community safe for others.
- Not let my actions or words hurt others.
- Not use social media to hurt others.
- If others will not be part of the of the solution, I WILL

Swimmer Signature _____

Date _____

Swimmer Name _____

Guardian Signature _____

Date _____

Guardian Name _____

Merchandise Policy

*September 1 Metro entered contract with Adidas, it is important that you abide by the requirements outlined below.

Ordering Requirements

- Order a team suit for each swimmer once per year. Upon joining the team, you need to order within 30 days.
- Order both a backpack within 3 months of joining and warm-up (both jacket and pant) for each swimmer within 6 months. You will not be required to order these items again for 3 years. The only exception to this rule is for swimmers who qualify for Olympic Trials, Sr. Nationals, and Jr. Nationals – they get these items for free.
- For other merchandise (such as practice suits, fins, snorkels, etc.), order Adidas when you are ready to purchase the item. Don't continue to buy other brands, unless Adidas doesn't offer it. For example, Adidas doesn't offer Tempo Trainers.
- Team suits, backpacks, and warm-ups must be ordered through the [Metro Custom Gear Gear Ordering Form](#).
- These requirements apply to all Metro swimmers across all Metro locations, even if they do not go to meets.

Meet Requirements

- Only Adidas gear can be worn at meets.
- If swimmers are not in compliance, they will not be allowed to swim. This includes a team suit, backpack, and warm-up. No combination of Adidas and another brand will be allowed. In addition, swim caps can only have Adidas and Metro logos.
- Wear Adidas goggles if possible. We want every swimmer to make an effort to be all Adidas. However, if Adidas goggles do not work, you may choose another brand.

Swimmer Benefits

Swimmers will receive the following benefits for free, providing that they are compliant with the Swimmer Benefit Requirements (outlined below).

Time Qualification	Parka	Polo Shirt*	Warm-ups*	Backpack*	Top Suit (currently Carbon)	Secondary Suit (currently R-EVO)*	T-Shirt	Swim Cap	Estimated Total Benefits**
Olympic Trials	✓	✓	✓	✓	✓		✓	✓	\$862.90
Sr. Nationals		✓	✓	✓	✓		✓	✓	\$742.90
Jr. Nationals			✓	✓	✓		✓	✓	\$707.90
Sectionals						✓	✓	✓	\$415.00
TAGS						✓	✓	✓	\$415.00
First A Time								✓	\$5.00
First BB Time								✓	\$5.00
First B Time								✓	\$5.00

*Does not apply to relay-only swimmers. Sectionals and TAGS swimmers can upgrade to top suit by paying the difference.

** Estimated benefit value based on female suits and current prices – male benefits will be about \$75 less.

Swimmer Benefit Requirements

- Swimmer benefits for TAGS apply once per year.
- Swimmer benefits for meets above TAGS (such as Sectionals, Nationals) apply twice per year, providing the swimmer has the cut. So, if a swimmer goes to both short-course and long-course championships in 2014, they will receive the items twice.
- Tags and Sectionals swimmers may choose to upgrade from the secondary suit (currently ---) to the top suit (currently ----) for a fee. Boys' fee is \$80, while girls' fee is \$110 per suit as of 1/2016.
- A swimmer must swim at their championship meet in order to receive the benefits.

In order to receive benefits for TAGS, Sectionals, Jr. Nationals, and Sr. Nationals, swimmers must be available for relays. This includes the last two days for short-course meets and all days for long-course meets.