

2011

SWIM TEAM



RIVER PLACE
COUNTRY CLUB

RULES AND CONDITIONS—2011

- 1) Swimmers must be current Members of River Place Country Club in good standing
- 2) Swimmers must have Cap, Goggles, and TEAM Swimsuit. It is mandatory that all swimmers wear the same team swimsuit.
- 3) Fees include meet registration, coaching, league fees, team pictures, insurance, ribbons and medals.

First Child	\$190.00
Each Additional Child	\$160.00
- 4) **NO FEES WILL BE REFUNDED** after Tuesday, May 17th, 2011 (after the 1st Meet).
- 5) Both the Medical Release Form and Family Registration Form must be filled out, signed, and on file in order for your child to participate on the swim team. New for 2011 – all registration and consent forms will be filled out online, at:
<http://www.teamunify.com/Home.jsp?team=recahslrpr>
- 6) The coaches retain the right to dismiss a swimmer who is uncooperative or not following club/safety rules. Swimmers must abide by all pool rules and conduct themselves in a courteous manner toward other swimmers and adults or run the risk of being removed according to the coaches'/Board's discretion.
- 7) Parents are required to volunteer for a minimum of **4 meets** during the swim season. Areas requiring volunteers are: Timers, Ready Bench, Ribbons, Stroke Judges and Age-Group Parents. Without this assistance, swim meets will not run efficiently. Your help is needed and appreciated!
- 8) Swimmers must be able to swim one (1) length of the pool without stopping **by the time they are entered into their first meet** and must have familiarity with most of the basic strokes (freestyle, backstroke, breaststroke and butterfly). Swimmers do not need to know all 4 strokes.
- 9) Parents may attend practices, but are asked to stay off the pool deck, out of the pool and not to interfere with practice. Please save questions for the coaches until after practice.
- 10) ***Siblings are not allowed in the pool including the deep end or the baby pool during swim meets or practices.***
- 11) Swimmers must be on time to practice. Swimmers should be at practice at least 5 minutes before their age group start time to warm up.
- 12) Occasionally, due to weather, practices may be called off in the middle of a practice. Please keep aware of weather changes if you are away from the club.
- 13) The coaches will assess the skill level of each swimmer and decide where to place swimmers in relays.
- 14) All children must have a guardian responsible for them at each meet, for the **entire** meet.
- 15) If you need to leave a meet early, please notify the age group parent for your child's age group and the coach.
- 16) Please do not ask to change or remove your child from pre-assigned events during a swim meet. If a change must be made, this change must be approved and managed by the coach.

Swim Meet Information

1. **Communication:** Email is our primary method of communication. Please make sure that we have the most current email address in order to reach you.
2. **Meet Entries:** All meet entries are done online. You will receive an email request prior to each meet which will instruct you on where to go to select events for your swimmer. Generally, meet entries close the Wednesday preceding a meet for Saturday meets, and the Tuesday preceding a meet for Friday meets. Questions pertaining to meet entry can be answered by Cathy Francis at cafranci@cisco.com.
3. **Scratches:** If your swimmer cannot attend the meet after she/he has already been signed up, please contact Cathy Francis and copy Karen Peterson (krobs1@yahoo.com) so that she/he can be scratched from their scheduled heat/relay.
4. **During the Meet:** Please put your children in their appropriate age group upon arriving at a meet. There is a sign for each age group with a parent group coordinator located at each sign. If, for some reason, there is no coordinator, please stay with your child until they arrive. Please instruct your child to remain at their age group location at all times. There are 3 places your child can be at a meet: 1) Bathroom 2) Swimming 3) At their designated age-group location.

All Age-Group Parent volunteers must stay in the location of their group at all times with the exception of bringing the swimmers to the ready bench. Additionally, the Age-Parent volunteer will write on the child's shoulder his or her name only. If you would like to fill out your child's events on their arm or leg, that is fine.

5. **Who Can Be in the Pool:** Some facilities have more than one pool. Swimmers and their siblings are not allowed in adjacent pools during meets for safety reasons. Only competing swimmers may be in the water during their respective races.
6. **Volunteering:** Your swimmer will not be allowed to swim at a meet until the Volunteer Coordinators, Dionne Schaffner and Stephanie O'Connell, have your volunteer sign up sheet in their hands. If you are scheduled to volunteer, it is extremely important that you fulfill your obligation. If you cannot volunteer for an assigned date, *YOU WILL NEED TO FIND YOUR REPLACEMENT* and you will also need to let your volunteer coordinator know ASAP. It is not the Volunteer Coordinator's responsibility to find your replacement.
7. **Relays:** If your child is participating in a relay, it is *extremely* important that you stay for the relay. Leaving early and not participating in your assigned relay will affect three other swimmers!
8. **Results / Ribbons:** Most teams post results during the meet at an approximate one hour lag from the time the event completes. Ribbons will be available the Tuesday following each meet and will be in a file box made available at swim team practice. Each family will have a file with their name on it, where their children's ribbons will be located. Heat winner ribbons are handed out real time during the meets.

For any other questions, please contact Karen Peterson at krobs1@yahoo.com.

GO RAPIDS!

Rapids Tentative 2011 Meet Schedule

(Meets are generally Friday evening or Saturday morning – final dates are subject to change and will be agreed upon between the competing swim teams)

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>
Saturday, May 14	Westwood Country Club	at WW
Saturday, May 21	Austin Country Club	at ACC
Saturday, May 28 *Memorial Day Weekend	Barton Creek West	at BCW
Friday, June 3	Barton Creek Country Club	at BCCC
Friday, June 10	Rollingwood	at RW
Friday, June 17	Lost Creek Country Club	at LCCC
Saturday, June 25 * Medal meet	Lake Hills	at LH

Tentative Practice Times – 2011

(Practice times may vary slightly based upon the number of swimmers per age group in order to optimize time in the water for each swimmer)

Starting Tuesday, May 3rd (Tuesday - Friday)

5 & 6 Year Olds	3:45 PM - 4:30 PM
7 and 8 Year Olds	4:30 PM - 5:30 PM
9 and 10 Year Olds	5:30 PM - 6:30 PM
11 Years and Up	6:30 PM - 7:30 PM

Starting Tuesday, June 7th (Tuesday - Friday)

11 Years and Up	7:45 AM - 8:45 AM
9 and 10 Year Olds	8:45 AM – 9:45 AM
7 and 8 Year Olds	9:45 AM - 10:45 AM
5 & 6 Year Olds	10:45 AM - 11:30 AM

Your child's age group will be determined by their age as of 5/1/11.
These times may change slightly at the coaches' discretion.
All practices held at the River Place Country Club.

Events Schedule - 2011

Wednesday, March 9th 2011
Registration Opens at Summer Camp Open House
Kids Night 5 – 8PM

Tuesday, May 3rd 2011
Parent Meeting
Meet the coaches and Q&A about swim team
RPCC / 7:00PM - 8:00PM

Thursday, May 5th 2011
Time Trials
RPCC Pool

Wednesday, May 11th 2011
Kick-Off Party!!!
RPCC Pool

Monday, June 6th 2011 (tentative)
Rapids Fun Day and Team Photo
Time TBD

Sunday, June 26th 2011
Awards Ceremony at the Pool
River Place Country Club
Time TBD

2011 Board Members

President	Karen Peterson / Cathy Francis	krobs1@yahoo.com cafranci@cisco.com
Computers	Cathy Francis	cafranci@cisco.com
Volunteer Coordinators	Stephanne O'Connell Dionn Schaffner	docsec222@aol.com dionn@stanfordalumni.org
Hospitality/Activity Chair	Jody Scalpati Laneigh Hudson	jody@scalpati.com laneigh@austin.rr.com

Volunteer Sign-Up Sheet 2011

Parent's Name: _____ Member Number: _____

Swimmer's Name & Age as of 5/1/11: _____

Swimmer's Name & Age as of 5/1/11: _____

Swimmer's Name & Age as of 5/1/11: _____

Phone: _____ E-Mail: _____

You will be required to volunteer for at least four (4) swim meets. Your child will not be officially on the team and able to participate at meets until the volunteer dates are submitted. You are responsible for finding a replacement if you are unable to volunteer on the date that was originally requested.

Yes, I can volunteer for the following meets. (Select 4 meets to volunteer)

___ 5/14.....River Place vs. WW

___ 5/21.....River Place vs. ACC

___ 5/28.....River Place vs. BCW

___ 6/3River Place vs. BC

___ 6/10.....River Place vs. RW

___ 6/17.....River Place vs. LC

___ 6/25 (Medal Meet!).....River Place vs. LH

Volunteer Positions (Select 3 volunteer positions, number by preference)

___ **Age-Group Parent** – Stays with swimmers throughout meet; lines swimmers up for ready bench.

___ **Ready Bench** – Assist in lining up the swimmers for each event, heat and lanes, and get them to the starting blocks in the correct order and on time.

___ **Ribbons** – Mark the official time for each swimmer in a heat; record the order of finishes; and attaching labels to ribbons.

___ **Stroke Judge** – Must attend a stroke judge's clinic. Evaluates swimmers strokes to make sure they are being performed correctly.

___ **Timer** – Equipped with stop watches; timers are assigned one lane to time for every heat of the entire meet.

* An e-mail will be sent out the week prior to each meet to remind all volunteers who are signed up and for which position. Thank you in advance for everyone's cooperation!!

Medical Release Information 2011

MEDICAL INFORMATION:

Physician Name: _____

Physician Address: _____

City: _____ State: _____ Zip: _____

Physician Phone: _____

Hospital Address: _____

City: _____ State: _____ Zip: _____

Hospital Phone: _____

(PLEASE PRINT CLEARLY!)

EMERGENCY CONTACT PERSON(S):

Name: _____ Phone: _____

Address: _____ Cell Phone: _____

Name: _____ Phone: _____

Address: _____ Cell Phone: _____

Please read and sign statement below.

I, _____, do hereby give my permission and approval for participation of the above child/children, in all activities sponsored by River Place Country Club, and I assume all risk and hazard incident to such participation, including transportation to and from such activities. Accordingly, I waive, release, indemnify, and I agree to hold harmless River Place Country Club, all coaches, club officers, officials, participants, Rapids Swim Team Board, and parents from any claim arising out of injury to my child/children while participating in any and all activities, including, but not limited to transportation to and from all practice swim sessions and meets. Further, I know of no impairment or deficiency, physical health or otherwise, that would limit or prohibit my child/children from participating in practice sessions or meets. I agree to advise and make known to River Place Country Club and all coaches of any change in the physical health or any condition that would limit or prohibit my child/children from participation.

Parent/Guardian Signature

Date