

2010

SWIM TEAM



RIVER PLACE
COUNTRY CLUB

RULES AND CONDITIONS—2010

- 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 18th, 2010 (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.
- 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** (in addition to the Mock Meet) during the swim season. Areas requiring volunteers are: Timers, Ready Bench, Computer Table, Ribbons, Starters, Stroke Judges and Age-Group Parents. Without this assistance, swim meets will not run efficiently. Your help is needed and appreciated! For the Mock Meet, everyone will be required to volunteer (this is for learning experience). It is always possible that you may not be needed for all 4 meets.
- 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 6 & under 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 cathyfrancis@austin.rr.com.
3. **Scratches:** If your swimmer cannot attend the meet after she/he has already been signed up, please contact Cathy Francis and copy Diane Byrne (db0526@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 Coordinator, Cynthia Minyard, has 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, is it 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 Diane Byrne at db0526@yahoo.com.

GO RAPIDS!

Rapids 2010 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 15	Austin Country Club	at ACC
Friday, May 21	Barton Creek Country Club	at BCCC
Friday, May 28 *Memorial Day Weekend	Rollingwood	at RW
Saturday, June 5	Lake Hills	at WACC
Friday, June 11	Lost Creek Country Club	at LCCC
Friday, June 18	Westwood Country Club	at WW
Friday, June 25 * Medal meet	Barton Creek West	at BCW
Monday, June 28	All League qualifier meet	at WW

Tentative Practice Times – 2010

(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 4th (Tuesday - Friday)

6 Years and Under	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 9th (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
6 Years and Under	10:45 AM - 11:30 AM

Your child's age group will be determined by their age as of 5/1/10.
These times may change slightly at the coaches' discretion.
All practices held at the River Place Country Club.

Events Schedule - 2010

Wednesday, March 10th 2010

Registration Opens at Summer Camp Open House
Kids Night 5 – 8PM

Tuesday, May 5th 2009

Parent Meeting

Meet the coaches and Q&A about swim team
RPCC / 7:00PM - 8:00PM

Sunday, May 16th 2010

Kick-Off Party!!!

RPCC Pool

Monday, June 7th 2010 (tentative)

Rapids Fun Day and Team Photo

Time TBD

Sunday, June 27th 2010

Awards Ceremony at the Pool

River Place Country Club

Time TBD

2010 Board Members

President	Diane Byrne	db0526@yahoo.com
Volunteer Coordinator	Cynthia Minyard	cmminyard@gmail.com
Hospitality/Activity Chair	Jody Scalpati	jody@scalpati.com
Computers	Cathy Francis Hallie Patterson	cafranci@cisco.com hpatters@austin.rr.com
Ribbons/Medals	Tzatzil Willebeek-LeMair	tzatzil@tcdcfitness.com
Stroke Judge Coordinator	Sheri Martin	sheri.martin@hp.com

River Place Rapids - Family Registration 2010

Family (Last) Name: _____

Member Number: _____

Home Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email (Very important! Email is required and is the primary mode of communication)

SWIMMER(S) INFORMATION:

1st Child

Last Name: _____ First Name: _____ Birth Date: ___/___/___
M__ F__ Age as of 5/1/10: _____ Year Round Swimmer? Y / N

2nd Child

Last Name: _____ First Name: _____ Birth Date: ___/___/___
M__ F__ Age as of 5/1/10: _____ Year Round Swimmer? Y / N

3rd Child

Last Name: _____ First Name: _____ Birth Date: ___/___/___
M__ F__ Age as of 5/1/10: _____ Year Round Swimmer? Y / N

4th Child

Last Name: _____ First Name: _____ Birth Date: ___/___/___
M__ F__ Age as of 5/1/10: _____ Year Round Swimmer? Y / N

PARENT / GUARDIAN INFORMATION:

Mother: _____ Work Phone: _____

Employer: _____ Cell Phone: _____

Father: _____ WorkPhone: _____

Employer: _____ Cell Phone: _____

I agree to volunteer for four (4) swim meets (in addition to the Mock Meet) during the 2010 swim season. I understand my swimmer(s) will not swim in a meet until the Board has received my sign-up sheet.

Signature

Date

Volunteer Sign-Up Sheet 2010

Parent's Name: _____

Swimmer's Name & Age: _____

Swimmer's Name & Age: _____

Swimmer's Name & Age: _____

Phone: _____ E-Mail: _____

You will be required to volunteer for at least four (4) swim meets (in addition to the Mock Meet). 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)

- ___ 5/15.....River Place vs. ACC
- ___ 5/21.....River Place vs. BCCC
- ___ 5/28.....River Place vs. RW
- ___ 6/5River Place vs. LH
- ___ 6/11.....River Place vs. LCCC
- ___ 6/18.....River Place vs. WW
- ___ 6/25 (Medal Meet!).....River Place vs. BCW

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 2010

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