



2010 Registration

Saturday, February 27	Sal's Tacos 400 C Street	10am – 2pm
Saturday, March 6	Round Table Pizza 2105 Town Center Plaza	10am – 2pm
Saturday, March 13	Round Table Pizza 2105 Town Center Plaza	10am – 2pm

2010 Registration Costs

1 st swimmer	\$110
2 nd swimmer	\$95
3 rd swimmer	\$85
4 th swimmer	\$50
5 th swimmer	No Charge

Additional Charges:

\$ 50.00 – Per Family – Parent hours deposit. The \$50 deposit will be cashed and will on request be returned at the end of the swim season if your family has reached the 20 hours of work contribution.

\$ 25.00 - The City of West Sacramento charges an additional, per swimmer, for use of the Recreation Center facility. Please include in your payment to the Swim Team.

New Swimmers: All new swimmers are required to bring a copy of birth certificate.

LATE FEES: Each swimmer registered after March 13, 2010 will be charged a \$10.00 late fee, so make sure to Sign up as soon as registration begins.

REFUNDS: Any swimmer who quits before the Blue & White Meet will receive a Pro-Rated Refund.

PRE-SEASON MEETING: Saturday – MARCH 20th, River City Pool

Mandatory for all parents

If you are unable to register on the above dates, please see our website for Registration forms and contact our registrar, **Alex Silva @ 806-8017** or email her at: anw9001@wavecable.com or you may contact any one of the board members.

NEW SWIMMERS: All **NEW** swimmers must be evaluated to see what their swimming ability/level is.

EVALUATIONS: This is ~~MANDATORY FOR ALL NEW SWIMMERS~~. Dates and Times will be announced at Pre-Season Meeting. Pre-Season Meeting is mandatory for all parents swimmers are welcome.

PRACTICES: LOCATION: RIVER CITY HIGH SCHOOL, 1 RAIDER WAY WEST SACRAMENTO

TIMES: Practice Times will be available at the Pre-Season Meeting, March 20th, and will be posted on our website. Pre-Season Meeting is mandatory for all parents.

If registration packets are not complete they will not be accepted. All complete packets are to be turned in to Alex Silva. In an effort to help the environment Parent Handbooks will be available on-line. If you need one printed out please speak to any board member.



For WSST Use Only:	
<input type="checkbox"/>	League Application Completed & Signed
<input type="checkbox"/>	League Medical Consent Signed
<input type="checkbox"/>	Birth Certificate (Copy Attached)
<input type="checkbox"/>	WSST Team Registration
<input type="checkbox"/>	Media Release Form
<input type="checkbox"/>	Picture Received
<input type="checkbox"/>	Proof of Rec. Registration

2010 Emergency & Contact

Swimmer Information:

Last Name: _____ First Name: _____ Middle Initial: _____

Birthdate: _____ Age (as of June 15, 2010) _____

Swimmer Shirt Size: _____

MEDICAL CONDITIONS, if any (allergies, etc.) _____

Medications taken on a regular basis: _____

Primary Parent/Guardian Contact Information:

Name: _____ Relationship: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Office Phone: _____

Cell Phone: _____ Email (optional): _____

Secondary Parent/Guardian Contact Information:

Name: _____ Relationship: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Office Phone: _____

Cell Phone: _____ Email (optional): _____

In case of an emergency, if parent cannot be reached please notify:

a) Name _____ Telephone _____

Relationship to Swimmer _____ Cell/pager _____

b) Name _____ Telephone _____

Relationship to Swimmer _____ Cell/pager _____

Doctor's Name _____ Telephone _____

Dentist's Name _____ Telephone _____

NEW SWIMMER PROBATIONARY CONSENT

<p>All potential new swimmers who pass the evaluation will be placed on a 3-week trial period. At the end of 3 weeks, they will be re-evaluated by our coaches and it will be determined at that time if they will be able to continue on the team. If they are not allowed to continue, half of the registration amount will be returned to the swimmer.</p> <p style="text-align: right;"><i>INITIAL HERE</i> _____</p>

Please return this portion with the registration forms and payment.

_____ New Swimmer

_____ Returning Swimmer

NORTHERN CALIFORNIA SWIM LEAGUE

Application for Swimmer Registration

2010 Swim Season

Swim Team Name _____

E-Mail Address: _____

Applicant's Name _____ **Gender** _____
(First) (Initial) (Last)

Name as it appears on birth certificate (if different than above) _____ Birth Date _____
(Month-Day-Year)

_____ (First) (Initial) (Last) Age on **June 15, 2010** _____
Mailing Address _____ Home Telephone _____
(Street) (City) (Zip)

1st Parent/Guardian: _____ 2nd Parent/Guardian: _____

CONSENT FOR MEDICAL TREATMENT AND LIMITATION OF LIABILITY

- A. If you cannot contact me, as the parent or legal guardian of the Applicant, I hereby consent to the administration of emergency medical care to the Applicant as prescribed by a duly licensed doctor of medicine or doctor of dentistry. This care may be given as necessary to preserve the life, limb and well being of the Applicant.
- B. I hereby consent to the Applicant's participation in any and all activities relating to the Northern California Swim League (the "League"), including but not limited to swim meets, both formal and informal, swim practices, social events and transportation to and from these activities.
- C. To the best of my knowledge, the Applicant is in good physical and emotional condition and health such that there are no restrictions on the Applicant's ability to participate in any of the activities of the League, including but not limited to swim meets, swim practices, social events and transportation to and from said activities.
- D. I hereby expressly assume all risks and hazards associated with the Applicant's participation in the League, waive and release the League from all liability for said risks and hazards, and agree to defend, indemnify and hold the League harmless from and against any and all claims, actions, damages, liabilities, costs and expenses (including attorney's fees and legal costs) arising from or in any way connected with Applicant's participation in the League. For purposes of this paragraph D, the term "League" includes each of the following individuals and entities: the League and its directors, officers, officials, employees and volunteers; each member team of the League and its directors, officers, officials, employees, supervisors, coaches, members, parents, volunteers and participants of every type; and each member team's sponsoring club or entity.

(Date)

(Signature of Parent or Guardian)

(Printed Name of Parent or Guardian)

Has the Applicant been a member of any other swim team (other than high school or inter-collegiate team) during the **2010 calendar year**? **Yes** _____ **No** _____

If yes, give name, location and league affiliation of the other swim team and the dates during which Applicant was a member.

Has the Applicant competed in any swim meets or swim team practices (other than high school or inter-collegiate meets or practices) since **January 31, 2010**? **Yes** _____ **No** _____

If yes, please explain, including dates of practices and/or swim meets.

Has the Applicant registered with any other team in the Northern California Swim League for the **2010** season: **Yes** _____ **No** _____

If yes, give name of the swim team. _____

I have read, understand, and agree to Section 11.03 of the Northern California Bylaws (Page 2 on the back side of this form)

(Signature of Parent or Guardian)

BYLAWS OF THE NORTHERN CALIFORNIA SWIM LEAGUE

SWIMMER ELIGIBILITY

Section 11.03. Events Causing Ineligibility

- (a) If, between the time period commencing on February 1 and continuing through the completion of all four conference championship meets, an individual:
 - (i.) Swims in any United States Swimming-sanctioned meet; or
 - (ii.) Participates in any stroke-and-turn clinic in February or which does not comply with Section 12.06; or
 - (iii.) Practices with, or competes for, any swimming team other than the swimmer's Team; then said individual shall be ineligible to register and participate (or continue participating, as the case may be) in the League swimming season occurring in said calendar year.
- (b) For the period commencing February 1 and ending March 31 an individual shall be ineligible if that individual participates in any swim practice at the direction or supervision of any coach. For purposes of this section "direction" or "supervision" shall include any oral or written directions given by a coach to a swimmer.
- (c) Sections 11.03(a) and (b) notwithstanding, an individual will remain eligible to participate in a League swimming season if the individual participates on any of the following teams at any time between February 1 and the end of the League's swimming season:
 - (i.) High school swimming teams;
 - (ii.) Intercollegiate (junior college, community college, college or university) swimming teams;
 - (iii.) Water polo or synchronized swimming teams;
 - (iv.) Another Team of this League provided that either the individual's participation is limited to attendance at stroke-and-turn clinics sponsored by said other member Teams or the individual complies with Section 11.04 of these Bylaws;
 - (v.) A team which is a member of another recreational league, provided that said team has not practiced during the time period commencing on February 1 and running through March 31, and further that the individual complies with Section 11.05 of these Bylaws.
- (d) A participant who becomes ineligible after the League swimming season commences shall immediately cease participation in all League swimming meets remaining in the season. All points scored by the participant prior to the date of his ineligibility shall remain valid and in full force and effect. If a participant competes in a League meet while ineligible, all points scored by the participant and any relay of which the participant was a member shall be rendered null and void, and the participant shall be deemed disqualified from all said events.



WELCOME TO THE WEST SACRAMENTO DOLPHIN SWIM TEAM

PARENT HOUR DEPOSIT POLICY

West Sacramento Dolphin Swim Team is devoted to developing highly skilled youth swimmers who can successfully compete in the water with other youth swim teams. In order to accomplish this goal, the West Sacramento Dolphin Swim Team needs volunteer help from its swimmer families to assist with swim meets and fundraisers. Therefore, the parents / guardians of each swimmer are required to sign this Volunteer Contract and submit the requisite refundable fee which will only be refunded upon the successful completion of the required volunteer hours. The volunteer fees will be deposited at the beginning of the season and returned only on request to the swimmer's families at the end of the swim season and requirements are as follows:

\$50 per family - 20 volunteer hours required

Every swimmer's family must complete this Contract and pay the required deposit fee.

I/We hereby agree to the volunteer conditions set forth by the West Sacramento Dolphin Swim team and understand my/our failure to complete the required volunteer hours will result in the forfeiture of my volunteer deposit.

Signature: _____

Date: _____

Print Name: _____

Signature: _____

Date: _____

Print Name: _____

All parent volunteer times are due no later than July 19, 2010 to Rebecca Hartman. Requests for refund of parent volunteer deposit is due (post marked or requested in person) no later than July 31, 2010

(If requests are not received by July 31st, 2010 the deposit will be considered a donation to the team.)



PARENT PARTICIPATION

Parent Volunteer Positions

The WSST is a large organization that depends on the participation of all our swimmers' parents. Each family must contribute a minimum of 20 hours over the course of the swim season (and beyond!). Only in this way can the WSST provide the full benefit to each swimmer that they deserve.

There is a large array of jobs and responsibilities to choose from to complete the required 20 volunteer hours. It does not have to be difficult and can actually be quite easy to contribute much more if you just get involved. All of our kids deserve the best that we can give them. Stay involved throughout the season and watch how successful OUR swim team can be. You may just end up having as much fun as the kids!

The following is a list of the volunteer positions available:

HOME MEETS

Meet Referee
Stroke-and-Turn Judges
Starter
Announcer
Computer Room
Snack Bar
Meet Set-up
Meet Tear-down
Ready Bench Coordinators
Timers
Lane Writers
Runners
Parent Group Leaders
Hospitality

AWAY MEETS

Ready Bench Coordinators
Stroke-and-Turn Judges
Timers
Lane Writers
Parent Group Leaders

GENERAL

Parent Group Leaders
Phone Tree
Fundraiser Help

There are obviously many positions to fill during our season. With everyone's' continued participation, no one will be stuck with more than their fair share. Please consider the above volunteer positions carefully and stay involved. We can all make the 2009 season the best yet!



MANDATORY REQUIREMENTS

THE FOLLOWING IS MANDATORY FOR ALL SWIMMERS:

- ◆ **ATTENDING THE PRE-SEASON MEETING MARCH 20TH**
SWIMMERS ARE WELCOME, PARENTS ARE MANDATORY
- ◆ **COMPETE IN THE BLUE AND WHITE MEET**
- ◆ **COMPETE IN 3 DUAL MEETS**
- ◆ **COMPETE AT CHAMPIONSHIPS**
- ◆ **ATTEND AT LEAST 3 PRACTICES PER WEEK**

THE CODE OF CONDUCT FOR SWIMMERS AND PARENT/GUARDIAN IS ATTACHED.

WSST MANDATORY REQUIREMENTS AND CODE OF CONDUCT

I/We have read and agree to the Mandatory Requirements and Code of Conduct for Swimmers and Parent/Guardian. I/We understand all items in both the code and violation to code of conduct documents, and will abide by the same. In addition, I/We will instruct any spectators I/we invite to the swim team events of the code of conduct.

Parent/Guardian Signature _____

Date: _____

Parent/Guardian Signature _____

Date: _____

Swimmer Signature _____

Date: _____



SWIMMER'S CODE

- Swim to develop your physical, mental, social, and emotional fitness.
- Be generous when you win.
- Be generous when you lose.
- Always be fair, no matter the cost.
- Accept the decisions of the officials with good grace.
- Believe in the honesty of your competition.
- Conduct yourself with honor and dignity.
- Sincerely applaud the efforts of your teammates and opponents.

Attend practice regularly. All swimmers are required to swim a MINIMUM of three days a week. (Please contact a Coach or Board Member if you expect a swimmer to be missing practice more than 3 days in one week)

PARENT'S CODE

- Make participation in swimming a positive experience for your child and others.
- Your swimmer and other swimmers need positive reinforcement, rather than criticism.
- Relieve competitive pressure, not increase it. A child is easily affected by outside Influences.
- No advantages except those of superior skills should be sought.
- Officials and opponents should be treated and regarded as honest.
- The opponents are necessary friends. Without them, your child could not participate.
- Winning is desirable, but winning at any cost defeats the purpose of the sport.
- Losing can be a triumph when your swimmer has given their best.
- Applaud good swims by your team and by members of the opposing team.
- Encourage your child to be gracious in victory and turn defeat to victory by working toward improvement.
- In swimming, as in life, treat others as you would have them treat you.

NOTE: A child's values and behavior in sports are guided by parental attitude toward their child, their opponents, the officials, and the coach. Criticism and disrespect for officials and opponents by overbearing parents bent on immediate success rather than long range benefits undermines the spirit and the purpose of swimming and adds undo stress to the sport.



VIOLATIONS TO CODE OF CONDUCT

The following actions will be considered violations of the Code of Conduct Codes. Penalties for these violations can be administered by the Meet Referee, Coaches, or Board Members, hereafter referred to as Official. These rules apply to all Swim team events, including but not limited to: Pre-Season Meeting, Practices, Meets, Championships, Meet of Champions and Awards Night.

1. No parent, coach, swimmer, or spectator shall: be guilty of an abusive attack on any participant, coach, official, or spectator at any practice, meet or event. Abusive attack includes use of inappropriate language.
2. No parent, coach, swimmer, or spectator shall: be guilty of objectionable demonstrations or dissent at official's decision.
3. No parent, coach, swimmer, or spectator shall: At any time lay a hand upon, shove, strike, or threaten a coach, swimmer, spectator or official.
4. No parent, coach, swimmer, or spectator shall: refuse to abide by an official's decision.

DISCIPLINARY GUIDELINES

Everyone has the potential to be a Winner. The objective of the program is to give every swimmer the opportunity to become as good as they desire. The purpose of these guidelines is to insure that this objective is achieved.

1. The use of foul language, derogatory statements towards teammates, coaches, parents, meet officials and the other team as well as uncooperativeness, fighting, inattentiveness, chronic complaining, or any un-sportsman-like conduct are ground for immediate removal. A written warning will be issued and a legal guardian must sign it before the swimmer will be allowed to return to practice.
2. Repeated misconduct may result in a suspension from practices and meets until a conference is arranged with the swimmer, Parents and the Coach. The Board will also be informed immediately thereafter as to the results of the conference.
3. If misconduct continues after the above conference, the swimmer will be suspended from practices and meets until a conference is arranged with the swimmer, Parent, Coach and the Board. The President or Vice President shall preside and the Board shall review the matter. Serious infractions may result in the swimmer being placed on suspension or the remainder of the swim season.
4. Any swimmer, parent or spectator, under the influence of drugs or alcohol will not be allowed on deck or at the pool at any time.



REFUND POLICY

All Refunds must be submitted in writing.

1. Fifty percent (50%) refund, if requested between April 9th and May 8, 2010.
2. Twenty-five percent (25%) refund, if requested between May 9th and May 16, 2010.
3. NO REFUND WILL BE GIVEN AFTER MAY 16, 2010.

Mail Written requests to:

West Sacramento Dolphin Swim Team
ATTN: Treasurer
P.O. Box 2402
W. Sacramento, CA 95691

Must be postmarked by the dates above

I have read and understood the above refund policy stated above:

Signature: _____

Date: _____

Print Name: _____

Signature: _____

Date: _____

Print Name: _____

**WEST SACRAMENTO DOLPHIN SWIM TEAM
MEDIA RELEASE FORM**

West Sacramento Dolphin Swim Team requests that each parent or parent guardian return a permission slip regarding use of their child's name or image for media purposes. Media may be in the form of public newspaper, television, radio or the West Sacramento Dolphin Swim Team web pages. Permission must be received from parents or parent guardians in order for swimmers to have their name and /or picture posted in any of these media.

Swimmer Name: _____ Age Group: _____

Relative to my child, I hereby give permission to:

- Allow a recognizable image, along with the first and last name in a still or video, in a local newspaper or news broadcast in connection with an event, award, or activity for the West Sacramento Dolphin Swim Team

Yes No

- Incorporate a recognizable digitized image, still or video, on our swim team Internet web page, to publicize an event, award, or activity for the West Sacramento Dolphin Swim Team

Yes No

- Use my child's first and last name on our swim team Internet web page in connection with an event, award, or activity for the West Sacramento Dolphin Swim Team

Yes No

Parent name: (Please Print) _____

Parent signature: _____

Date: _____



2010



May 15th 2010

Blue & White (Our Team only)
(Time Trials)

@ Home

MANDATORY

May 22nd 2010

West Sac vs. Arden Park

@ Home

June 5th 2010

West Sac vs. Sunrise

@ Home

June 12th 2010

West Sac vs. Roseville

@ Roseville

June 19th 2010

West Sac vs. FEC (Fulton El-Camino@ Home

June 26th 2010

West Sac vs. Del Norte

@ Home

July 3rd 2010

BYE

4th of July Weekend

July 10th 2010

West Sac vs. Fair Oaks

@ Fair Oaks

July 17th – 18th 2010

CHAMPIONSHIPS

@ ROSEVILLE

JULY 31ST – AUG. 1ST 2010

Meet of Champions

@ TBB