



P.O. Box 294, Augusta, NJ 07822

### TEAM REGISTRATION

As a condition of membership on our team, we require: new swimmers to our team to meet a certain level of swimming competency; for each family to donate one hot meal or dish for our concession stand (sign-ups at practices prior to our first meet); one case (24 cans/bottles) of beverages (water, soda, sports drink, etc.); and to volunteer at no less than four meets (sign-ups at practices prior to our first meet- no experience necessary, and training will be provided); and to oblige by to our attendance policy: Families shall make every attempt to have their swimmers at practice regularly. Although attendance at all meets is encouraged, swimmers must participate in no less than 50% of our scheduled home meets AND in no less than 50% of our scheduled away meets.

Parent/Guardian Name: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address \_\_\_\_\_ Sending District/Town: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Swimmer's Name(s)	Boy/Girl	Age as of 7/1/11	Date of Birth

Does your child have any allergies or other medical conditions which will effect, or be effected by, swimming?  
 Yes ( ) No ( ) If yes, please explain:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Are your child's immunizations up to date?  
 Yes ( ) No ( ) If no, please explain:

Family Physician: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Fees: Please note that fees do not include the cost of suits and apparel. No refunds given after June 14<sup>th</sup> unless accompanied by a doctor's note.

**1 Child**  
\$80

**2 Siblings**  
\$130

**3+ Siblings**  
\$150

Make Checks Payable to the "Kittatinny Barracudas Swim Team"

Please sign only if acknowledging that all of the information provided is accurate, that you have fully read and understand all family obligations and the "10 Commandments for Swimming Parents". You further agree to indemnify the Kittatinny Barracudas, and its coaches and Board of Trustees, as well as Kittatinny Regional High School, for any costs or liabilities which they may incur as a result of my child's participation on the Kittatinny Barracudas Swim Team.

Parent/ Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Do not write here (Office Use Only)

Cash	Check	Check #	Initial	Total



## Parent/Family Obligations

Our swim team depends on the involvement and efforts of parent volunteers to assist in running our team, meets, and working collaboratively with other teams from the Wallkill Valley Swim Conference to insure the best possible experience for our young swimmers.

As a condition of membership on our team, among other commitments, we require parents from each family to volunteer at no less than four meets. Parents should sign-up at the table during the first few practices of the season; first come, first serve. Families that do not sign up will be assigned jobs. No experience necessary, and training will be provided.

**REFEREE:** Responsibilities include timely starting of each swim meet; ensuring that the proper number of timers, stroke judges, finish judges and starter are assembled and briefed about the proper procedures to be used in timing and observing the various strokes. The referee is responsible for ensuring that all times and order of finishes are recorded and appear satisfactory prior to signaling to the starter to start the next heat. He/she will be responsible for ensuring that the timers clear their watches prior to the start each heat. In the event a stroke judge disqualifies a swimmer for a stroke infraction, the referee will immediately inform the coach of the swimmer who had the infraction and not until that time will the next heat begin. At the end of each meet the referee will sign the meet's heat sheets as witness that the scores are correct.

**TIMERS:** Responsibility will be to time the lane you are assigned by the referee. Each swim meets home or away needs one timer per lane plus two backup timers. Timers will start their watches when they see a flash/smoke or hear a sound from the starter's gun. The timers will stop their watches as soon as any part of the swimmer's body hits the pole or dock. If at any time during the heat your watch is malfunctioning or you just missed the start please call for back up. The backup timers will start their watches at the start of each heat just in case someone's watch malfunctions, or the timer missed the start. If the times of any particular group of two timers begins to drift too far apart the referee has the option of asking the backup timer to time that particular lane to determine if the watch is malfunctioning. **DO NOT CLEAR YOUR WATCH UNTIL THE REFEREE SIGNALS YOU TO DO SO.**

**STROKE JUDGE:** There will be two stroke judges observing all swimmers in each heat. They will ensure that the swimmers are performing the various strokes correctly. If they observe a swimmer performing an illegal stroke, they will indicate this by raising their hand and informing the referee that an illegal stroke has occurred in that lane. The swimmer may be disqualified from the heat. Before becoming a stroke judge you must attend a mandatory preseason stroke clinic. Works with person from opposing team.

**MARSHALL:** Responsible for ensuring that all the swimmer's are summoned to the on-deck area and arranged into their particular heats. They will ensure that all swimmers are informed of which lane they will be swimming in and will usher each heat to the starting blocks.

**RIBBON WRITERS:** Responsible for completing the backs of each place winner's ribbon with their name, event, age group, time, stroke, and meet. Works with person from opposing team.

**SCORER/MEET MANAGER SOFTWARE OPERATOR:** Receives times from the deck recorder, arrives at average times and with a scorer from the other team, determines finishing place of swimmer's and keeps a running score. Works with person from opposing team.

**DECK RECORDER:** Responsible for recording the times of each swimmers times, and the finish judge's order of finishing and relaying this information to the scorer.

**STARTER:** Responsible for ensuring that each heat is started properly. The starter will give instructions to each heat's swimmer's as to the commands he will use to start each heat. If the starter observes a false start, he/she will fire the starting pistol repeatedly to get all swimmers' attention.

**FINISH JUDGE:** Responsible for visual accounting of the order to which the swimmers finished.

**ANNOUNCER:** Responsible for announcing all-important information. The announcer will start all meets with the Pledge of Allegiance. The Wallkill Valley Swim Conference Philosophy. He/she will announce all heats, winners and their finishes.

**CONCESSION STAND:** Responsible for helping set up food stand, receiving money, serving food items, and cleaning up after the meet. Persons willing to prepare some foods ahead of time, or help with the shopping are also needed.

**CHAPERONE:** Responsible for watching all the swimmers that are waiting in the gym; making sure that maintain a degree of order and are not wondering around the hallways.

**SET-UP:** Responsible for arriving prior to the meet and making sure that the equipment is set up and that the facilities (pool deck, gym, hallways) are ready.

**CLEAN-UP:** Responsible for staying after the meet and making sure that the equipment is put away and that the facilities (pool deck, gym, hallways) are clean.

**VERSATILE POSITION- WILLING TO FILL IN AS NEEDED**



## 10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC  
Former Director of Club Services, USA Swimming

### **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

**II. Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

**III. Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

**IV. Thou shalt only have positive things to say at a swimming meet.** You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

**V. Thou shalt acknowledge thy child's fears.** New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not

ready. Remember your job is to love and support your child through all of the swimming experience.

**VI. Thou shalt not criticize the officials.** Please don't criticize those who are doing the best they can in purely voluntary positions.

**VII. Honor thy child's coach.** The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**VIII. Thou shalt be loyal and supportive of thy team.** It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

**IX. Thy child shalt have goals besides winning.** Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

**X. Thou shalt not expect thy child to become an Olympian.** There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.