



2011-2012 Registration and Information Packet

Thank you for your interest in the Seward Tsunami Swim Club. This registration packet contains general information about our club as well as registration forms.

Please read through the entire packet to become familiar with the operation of our club. Then separate the first 5 pages and save them in a handy spot for future reference. The last 6 pages are forms for you to fill out and return, and include the following:

- STSC club registration form
- USA Swimming (USS) athlete registration form
- Photo Permission Form
- Scholarship form, if you desire. (Due date 11/11/11. Earliest possible submission suggested. Awarded first come/first served)
- Code of Conduct (parents- please read the with your swimmer and **both** sign at the bottom)
- Volunteer sign-up sheet
- Include a check payable to STSC for registration fees and first month's dues for each swimmer you are registering.

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
Seward Tsunami Annual Fee	\$15	\$15	\$15
USA Swimming Annual Fee	\$65	\$65	\$65
First month's dues (1/2 normal rate)	<u>\$22.50</u>	<u>\$30</u>	<u>\$35</u>
Total:	\$102.50	\$110	\$115

There is a \$5 discount on monthly club dues, after the first month, for swimmers in a family with two or more swimmers in the club. (The first swimmer pays full dues, and additional swimmers receive the \$5 discount.)

- Return all (6) registration forms and payment to:

410 4th Avenue
(Dr. Moriarty's office)

-OR-

STSC
P.O. Box 2328
Seward AK 99664

-OR-

A coach or board member
on deck on the FIRST
of practice.

*** EACH SWIMMER MUST HAVE THIS INFORMATION ON FILE BEFORE THEY *
WILL BE ALLOWED TO SWIM WITH THE CLUB**

Questions?

Please contact Robyn Audette at 224-3271, or Eileen Eavis at 224-2929

STSC, P.O. Box 2328, Seward, AK 99664, stsc_feelthewave@yahoo.com // www.sewardtsunamis.com

SEWARD TSUNAMI SWIM CLUB (STSC) is a developmental and competitive swim team that provides a supervised aquatics program for Seward area youth ages 5-18. STSC is a member of Alaska Swimming, Inc., the local swimming committee of United States Swimming (USS), which is the national governing body for the sport and the organization which registers and insures athletes, sanctions events, and conducts competitions and development programs. Last season our membership included 60 swimmers from 39 families.

ORGANIZATION: STSC is a non-profit organization, tax-exempt under section 501 (c) (3) of the IRS code. We have a two-member paid coaching staff and an eight member volunteer Board of Directors which conducts the daily business of the organization. The **vitality** and **success** of our club, however, depend on the support and participation of parents. This year we will host one swim meet in April, our main fund-raising event, Swim-a-thon, in March, and our annual awards banquet at the beginning of May, in addition to monthly swim meets. These are fun, family-oriented events with opportunities for everyone to participate and contribute to their success.

A season start-up parent information meeting is scheduled for October 24, 2011 at 7 p.m. in the elementary school library. Board meetings take place on the second Monday monthly and parents are invited to attend. Additional parent meetings which will be geared toward your swimmer(s) and their development in the sport, rather than club operations, will be scheduled later in the season and announced via e-mail. If you are interested in learning more about club operations, or in serving on the Board of Directors, please contact any board member.

COACHES AND BOARD MEMBERS:

Coaches:

Matt Hershock, Head coach	224-6623	seabeancafe@gmail.com
Tara (Ganser) Craytor, Assistant coach	362-1555	tcraytor@kpbsd.k12.ak.us tara_fye20@hotmail.com

Board Members:

Peggy Hamner, President	422-2998	p1hamner@gmail.com
Brooke Degnan, Vice President	884-1629	brickplus5@gmail.com
Eileen Eavis, Secretary	224-2929	jhe@arctic.net
Robyn Audette, Treasurer	224-3271	saudette@ak.net
Binget Nilsson, Safety/Meet Coord.	224-2324	nilsson@gci.net
<small>Please consider volunteering,</small> Member-at-large		
Nita Hollingsworth, Member-at-large	362-3335	nitahollingsworth@yahoo.com
Suzette Waelti, Member-at-large	224-6449	cammwaelti@arctic.net

COMMUNICATION: Our primary means of communication will be via e-mail. This is how you will receive information about changes in practice schedules, upcoming meets, club news, and even your monthly billing invoice. Please check your e-mail regularly. Our e-mail and website addresses are listed at the bottom of this page.

FINANCES: Club expenses include coach salaries and payroll taxes, pool and lifeguard fees, insurance, USS registration fees, staff training and certification fees, equipment, awards, and travel costs associated with distant meets. Income is derived primarily from yearly registration fees, monthly dues, and Swim-a-thon - our one major fund-raiser, which takes place in March. STSC also actively pursues charitable contributions from businesses and civic organizations.

FAMILY FINANCIAL OBLIGATIONS:

Registration fees: Annual registration fees are mandatory and are collected at the beginning of the season. The STSC annual fee is \$15.00. The USA Swimming (USS) annual fee for 2012 is \$65.00, which pays for membership in United States Swimming through December 31st 2012. This membership provides insurance for swimmers, and allows them to take part in USS sanctioned swim meets.

Monthly Club Dues: Dues are based on training group placement and are to be paid by the 5th of the month for the upcoming month's swim practice. Invoices are sent via e-mail during the last week of the previous month. There is a \$5 discount on monthly club dues for swimmers in a family with two or more swimmers in the club. The first swimmer pays full dues, and additional swimmers receive the \$5 discount. Dues may be waived, *by prior arrangement*, if a swimmer will be absent from the pool for a period of a month or more. It is the parent's responsibility to inform the treasurer of upcoming long-term absences or if their swimmer will end the season early. Families will be expected to pay for invoiced dues if they fail to inform the treasurer of absences before the month in question begins. Notification should be via e-mail or snail mail at the addresses listed below. Payment of club dues and equipment fees must be kept current for continued participation by swimmers.

2011-2012 Monthly Dues:	Bronze A and B	\$45.00
	Silver	\$60.00
	Gold	\$70.00

Equipment: Each swimmer will need a swim suit, cap, and a pair of goggles at every practice. Silver and Gold level swimmers are required to bring a water bottle to every practice. Suits, caps, and goggles are available, at cost, for club members through our club swim store located in the team locker on the pool deck. Prices are listed, and purchases should be recorded on the clipboard provided. Swimmers may make cash purchases, but a *parent* must sign for purchases which they wish to appear on their monthly club invoice. Purchase of a team suit to be worn at meets is optional, but encouraged. Again this year the team suit will be any black suit of your choice. Club swim caps will be available for purchase and will complete the team "uniform" for meets. Some team suits will be available from the club store. An informative article, written by one of our own senior swimmers, is posted on the club website and provides the information needed to make an informed swim suit purchase. Because the club can not control access to the locker rooms, swimmers should either lock their belongings in a locker or carry their belongings onto the pool deck during practice. Combination locks are available at several stores locally. The Club will not be responsible for lost or stolen items.

Meets and Travel Costs: Meet fees are charged by the swim club hosting each meet and are variable. There is a flat fee per swimmer for participation, plus a smaller fee charged per event for each swimmer. These fees generally range from \$20.00 to \$35.00 depending on the number of events. Once a swimmer is registered for a meet these fees must be paid, even if the swimmer does not attend the meet. In order to prevent miscommunication regarding meet attendance a parent signature will be required on a meet sign-up form on the pool deck for each meet. Fees will be added to each family's monthly invoice. Parents are responsible for transporting their swimmers to meets, or for arranging travel with other club members. Food and hotel costs for overnight meets are also the responsibility of parents. We will generally attend one meet per month during the swim season, and only one is held in Seward.

SWIM-A-THON:

Swim-a-thon is our annual fundraiser in which swimmers earn money for our team by swimming lengths of the pool. Swimmers have a two-hour period to swim up to a maximum of 200 lengths, or 5000 yards. Swimmers collect pledges from businesses, family, neighbors, etc. prior to swimming. Since Swim-a-thon is our sole yearly fundraising event, it is important that all swimmers participate. Each swimmer is expected to collect a *minimum* of \$100.00 in pledges.

SCHOLARSHIPS AVAILABLE:

STSC is able to offer financial aid to swimmers through the fundraising efforts of the entire club and matching grants solicited from local businesses. Scholarship monies may be applied to registration costs, monthly dues, meet fees, and one practice suit plus one pair of goggles from the STSC store. Those swimmers who are awarded scholarships will be asked to commit to:

- 1.) regular attendance at practice and willingness to complete the swim season (Nov-May)
- 2.) participation in the annual Swim-a-thon
- 3.) parent volunteer participation in the home swim meet

Since we would like to help as many families as possible, the scholarship amounts (up to 50% of season cost) will be decided once all applications are received and reviewed. Please see the application located on a later page in this packet. We encourage you to apply!

TEAM STRUCTURE:

Swimmers are assigned to training groups according to their level of mastery of the four competitive strokes: freestyle, back stroke, breast-stroke and butterfly. Practices for bronze and silver swimmers are mainly instructional. Gold swimmers perform more lengthy work-outs - perfecting performance and training for championship meets. Practice times for all three groups overlap, so only lane lines separate them. Older swimmers serve not only as role-models for younger swimmers, but also as a friendly lap to sit in at meets. Everyone, regardless of training group, is encouraged to be an enthusiastic cheerleader for all team members.

2011-2012 SEASON PRACTICE SCHEDULE

Bronze A: (advanced)	M, W	3:15-4:30	Pick-up at 4:45+
Bronze B: (beginners)	T, Th	3:15-4:30	Pick-up at 4:45+
Silver (3 to 5 days/wk)	M-F	*3:15-4:45	Pick-up at 5:00
Gold	M-F	2:30-4:45	Pick-up at 5:00

*Silver swimmers who attend the Middle School may start practice with the gold swimmers at 2:30.

+Bronze swimmers may return to the pool deck after changing to wait for pick-up by 5:00 p.m.

Please respect our coaches' time. If you can not pick your swimmer up at the designated time please make alternate arrangements. Boys and Girls club is available to elementary school swimmers until 6:00 p.m.

If a practice must be cancelled, notification will be made via e-mail. **Please check your e-mail regularly.** In the event of an emergency pool closure, which sometimes happens when power loss or surges occur, schools will be notified, and announcements made to students over the school's PA system. Parents of younger swimmers – please talk in advance with your child about what he or she should do if this happens.

ROLE OF PARENTS: Because this is a parent-run organization, the level of involvement of member parents will ultimately determine its effectiveness. We can all best support our swimmers by: paying monthly bills on time, volunteering at Swim-a-thon and the home swim meet, driving our swimmer to meets, attending general membership meetings, picking-up our swimmer on time, checking e-mails regularly, making sure our swimmer has the equipment he or she needs, and lavishing all of them with praise as they give their best effort at practices and meets.

Seward Tsunami Swim Club Meet and Event Calendar 2011-2012

October 1-10 , 2011		Pre-registration - currently registered swimmers/siblings
October 11-		Registration for new swimmers on first come/first served basis
October 24		Parent information meeting – elementary school library, 7pm
November 7		Practice Starts - modified schedule. Check your e-mail for details
December 10		Sprint Champs Meet – Soldotna
December 16-January 2		Christmas Break – normal practice schedule
January 21, 2012		Kenai Swim Meet -OR-
January 21-22		Knik Winter Splash – Bartlett Pool
February 4 th		NLSC Valentines Day Meet – Bartlett Pool -OR-
February 4 th		Soldotna Swim Meet
February 17, 18, 19	**	Great Alaska Open (long course-meters)-Bartlett
February 24, 25, 26	**	Age Group Champs – Juneau
February 29		Swim-a-thon Kick-off party after swim practice
March 8-11	**	Senior Sectionals – Federal Way, WA
March 9-16		Spring Break – normal practice schedule
March 9-10		Homer Swim Meet (<i>unconfirmed</i>)
March 23		Swim-a-thon
March 30-April 1	**	Age Group Sectionals – Federal Way, WA
April 14		Seward Spring Splash – HOME MEET
April 26-29	**	Junior Olympics – Bartlett Pool
May 6 or 12		Season Finale – Homer (<i>unconfirmed</i>)
May 13		End of Season Banquet

** Swimmers must have qualifying times to attend these meets

CLUB SPONSORS:

Our sponsors have been generous to us in 2011!. Icicle Seafoods and Holland America Line each sponsored one of the six new starting blocks at the pool. Our club paid for one, and Subway of Seward sponsored the remaining three! Scholarship matching grants came from Major Marine Tours and the Y South Foundation, and the new club laptop, used to run home meets and prepare entries for away meets, was made possible by a grant from the Seward Community Foundation. Petro Marine Services helped to sponsor our home meet in April. Please take any opportunities you may have to thank the above sponsors, and the businesses included in the banner display at the pool. If you would like to become a sponsor please contact President Peggy Hamner or Treasurer Robyn Audette.

PHOTO PERMISSION FORM

Seward Tsunami Swim Club often takes pictures of swimmers during meets and other club events. We would like to be able to publish some of these pictures on our developing web site and in our season highlights DVD which is available for purchase by club members at the year-end banquet. This DVD is also used to promote the club and to solicit sponsorship monies. Please check the appropriate box below. Please remember that meet standings containing participant names are already published through Alaska Swimming and USA Swimming web sites in addition to our site.

I give my permission for the Seward Tsunami Swim Club to use my child's picture on the STSC web site and the Season Highlights DVD.

I **DO NOT** give my permission for the Seward Tsunami Swim Club to use my child's picture on the STSC web site nor the Season Highlights DVD.

Swimmer Name(s)

Parent Signature

Date

2011-2012 Registration Form Seward Tsunami Swim Club

Accurate contact information is important in the event of last minute pool closures.

List each swimmer's full name Ex: Jon Alexander Thomas	DOB MM/DD/YYYY	Medical Conditions/ Allergies/Medications

Father's Name: _____ Mother's Name _____

Mailing Address: _____

E-Mail Address (for billing): _____

E-Mail Address (for last minute contact): _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Emergency Contact
(Name & Phone Number): _____

Dear Parents,

Once you have read over the information packet, please initial the following:

- I have reviewed and understand my monthly dues commitment (beyond the initial USA Swimming and Club registration fee): _____
- I have reviewed, understand, and agree to help my swimmer(s) fulfill his/her Swim-a-thon commitment: _____
- I have reviewed, understand, and agree to support the Swimmer Code of Conduct, and club discipline policy: _____
- I have reviewed, understand, and agree to pick my swimmer up by the designated pick-up time for his/her swim group: _____
- I have reviewed, understand, and agree to notify the club if my child will be absent from practice for a month or more, or if he/she will end the season early: _____

Signature: _____ Date: _____

ARTICLE V: Code of Conduct

Section 1. Purpose

The purpose of this code is to express the expectation that all Seward Tsunami Swimmers will conduct themselves in a manner which reflects honorably on the sport of swimming, United States Swimming, Alaska Swimming, and this Club and community. Each coach and chaperone of the Seward Tsunami Swim Club is expected to set an example of conduct consistent with the spirit of this code.

Section 2. Code

For the safety and well-being of all members, Club members will:

- A. Attend scheduled workouts with a cooperative attitude and a willingness to work.
- B. Complete workouts without 'horseplay' and/or harassment of other team members in the pool or locker room
- C. Not possess or use alcohol, tobacco, or other controlled substances (exclusive of prescription medications).
- D. Not participate in vandalism, theft or damage to private or public property.
- E. Refrain from fighting, disorderly conduct, cursing, name calling, abusive language, obscene gestures, and displays of temper.
- F. Display courteous and positive behavior.
- G. Support all team members with encouragement and enthusiasm.

Section 3. Penalties of Enforcement

- A. Infractions of the code of conduct could result in one or more of the following suspensions at the discretion of the coaching staff.
 - 1. Suspension from practice.
 - 2. Suspension from all club activities.
 - 3. Suspension from meets.
 - 4. Suspension from the Seward Tsunami Swim Club.
- B. Reinstatement after suspension from the club may only be made after a meeting between a board member, head coach, swimmer, and the swimmer's parent(s) or guardian(s).

Please sign below to indicate that you have read and understand the Code of Conduct.

_____ Date _____
Swimmer's Signature

_____ Date _____
Parent/Guardian Signature

Parent Volunteer Participation and Specialties

Seward Tsunami Swim Club is successful because of our parent participation. The Club depends on parents to fill many volunteer roles. Some require a small time commitment and include on-deck parents, and helpers at swim meets and Swim-a-thon. Other jobs require a larger commitment of time and include Board positions, and board-appointed areas of responsibility. Please mark which position or job(s) you would be able to fill during the 2011-2012 season – although some involve special training; most simply require a willing heart. **Thank you for your participation.**

A Board position was recently vacated. We have an opening for one Member-at-large . Please contact Peggy H if interested!		Parent on deck-needed daily at the pool. Please list day of the week you are available from 3-3:45 pm	
Volunteer Coordinator	✓ (filled)	Bulletin board updating	
Club Store Coordinator	✓ (filled)	Time trial helper	
Travel Coordinator	✓ (filled)	Timer for meets – home and away	
Fundraising committee chairperson		Officials – need to get certified-see Peggy	
Fundraising committee member		Car-pool with other families to out-of-town meets and/or transport addn'l swimmers	
Website updating	✓ (filled)	Year-end banquet organizer	
Home meet director		Swim-a-thon organizer	
Publicist (writes articles for local news outlets)	✓ (filled)		

All parents will be asked to help with Swim-a-thon and our March home meet. Some of the jobs are listed below:

Swim-a-thon

- Lap counters
- Food
- Cash counters
- Set up-Clean-up
- Deck Helpers

Seward Home Meet

- Set up
- Hospitality Room
- Concessions
- Meet Director
- Advertising/Program
- Safety Marshal
- Ribbons/Awards
- Running timing system
- Timers

Please return this form with your swimmer registration forms. Thank You!

Parent Name

Seward Tsunami Swim Club Scholarship Application

STSC is able to offer financial aid to swimmers through the fundraising efforts of the entire club and matching grants solicited from local businesses. Scholarship monies may be applied to registration costs, monthly dues, meet fees, and one practice suit plus one pair of goggles from the STSC store. Those swimmers awarded scholarships will be asked to commit to the following:

1. Regular attendance at practice and willingness to complete the swim season.(Nov.-May)
2. Participation in the annual Swim-a-thon
3. Parent volunteer participation in the home swim meet on April 14, 2012.

Scholarship applications and awards are confidential.

Applicant Name _____

Parent Name _____

Mailing Address _____

Phone number _____

E-mail address _____

Scholarship requested (check one) _____ half _____ meet fees only

1. Explain applicant's desire and reason for joining STSC. (Please attach additional sheet if necessary)

2. Documentation of Need.

If your child qualifies for the school lunch program please attach a copy of the letter from the school district that verifies this fact. Or, you may choose to attach a brief explanation of the circumstances that have prompted this application. A scholarship committee member may contact you for further information. Scholarship applications will be processed as promptly as possible and you will be informed of the decision of the scholarship committee.

Please mail this application to:

STSC Scholarship Committee

P.O. Box 2328

Seward, Alaska 99664

Scholarship deadline (received): November 11, 2011



USA SWIMMING

2012 ATHLETE REGISTRATION APPLICATION

LSC: ALASKA SWIMMING

REG. DATE / OFFICE USE ONLY

REGISTRATION DATE grid

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME, LEGAL FIRST NAME, MIDDLE NAME

PREFERRED NAME, DATE OF BIRTH (MO./DAY/YR.), SEX (M/F), AGE, CLUB CODE (STSC), NAME OF CLUB YOU REPRESENT (Seward Tsunami Swim Club)

FATHER/GUARDIAN LAST NAME, FATHER/GUARDIAN FIRST NAME, MOTHER/GUARDIAN LAST NAME, MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY, STATE, ZIP CODE

AREA CODE, TELEPHONE NO., FAMILY/HOUSEHOLD E-MAIL ADDRESS, U.S. CITIZEN? (YES/NO), ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? (YES/NO)

- DISABILITY:
A. Legally Blind or Visually Impaired
B. Deaf or Hard of Hearing
C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
D. Cognitive Disability such as mental retardation, severe learning disorder, autism

- RACE AND ETHNICITY (You may make up to two choices if appropriate):
Q. Black or African American
R. Asian
S. White
T. Hispanic or Latino
U. American Indian & Alaska Native
V. Some Other Race
W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

STSC
MAIL APPLICATION & PAYMENT TO:
STSC (or if Unattached)
Valerie Mertz
3140 Nowell Avenue
Juneau, AK 99801
valeriemertz@gci.net

U.S. CITIZEN? [] YES [] NO
ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? [] YES [] NO
IF YES, WHICH FEDERATION:

REGISTRATION FEE table: USA Swimming Fee \$48.00, LSC Fee \$17.00, TOTAL DUE \$65.00

YEAR LAST REGISTERED: _____. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010, ENTER THAT CLUB CODE: _____. LSC CODE: _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: _____.

HIGH SCHOOL STUDENTS - Year of high school graduation: _____

SIGN HERE x _____ SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.
[] Check if you would like to learn more about the USA Swimming Foundation's initiatives
[] Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

STSC Parents:

This \$65.00 fee is included in the registration fees noted on page one of your registration packet. Please do not write a separate check. Return this form with your other STSC registration materials. We will register your swimmer with USA Swimming. Thank you.