

Liability Waiver

As the parent/legal guardian of _____, I hereby grant permission for this minor to participate in all activities of this program. I assume all risks and hazards incidental to such participation, including transportation to and from such activities, and do hereby release and waive all claims against Old Dominion Swim League, Sterling Park Seahawks Swim Team of the Sterling Park Golf Swim & Tennis Club, host pools, volunteers, and other participants. I further grant permission for emergency first aid to be given to this minor in case of injury. Furthermore, if deemed necessary, I grant permission for this minor to be taken to the Emergency Room of a nearby hospital and its medical staff has my authorization to provide treatment which a physician deems necessary for the well being of this minor.

Parent/Legal Guardian Signature

Seahawks Swim Team Rules of Conduct

The following list of rules will be in effect for the summer 2006 swim team season. These rules will clarify expectations of swimmers during practices and swim meets.

1. All new swimmers must be able to swim 25 meters (1 length of the pool). Swimmers are permitted to hold on to the lane line if needed, but may not pull them self forward.
2. the coaches will determine if a prospective swimmer meets rule #1 above. The head coach will confer with a parent of each new swimmer to inform them of their child's ability and readiness to join the team.
3. Swimmers are expected to report to their assigned practice times each day. The first 10 minutes of practice is reserved for announcements and stretching exercises prior to getting in the water.
4. If a swimmer knows they will be missing a practice or meet that week, a written note from a parent is requested.
5. Any swimmer not following the coaches directions will be given one warning. On the second warning the swimmer will leave the pool and return to a designated area on the pool deck for a time out period. Should a third warning occur after the swimmer returns to the pool, they will leave for the remainder of that practice. The head coach may confer with a parent about any disruptive behavior.
6. In the event of misbehavior during swim meets, the swimmer may be removed from race events. A parent will be notified of the misbehavior and the coach's decision. The swim team board will be notified of the coach's decision.
7. Continued behavior problems will be brought before the swim team board, with the swimmer being removed from the team as a possibility.
8. During swim meets, the swimmers are expected to stay in their designated team area so the coaches and clerk of course can locate swimmers for upcoming events. Should a swimmer feel the need to leave the team area, they are to get permission from the head coach in advance. Any swimmer not in the team area when called for races may be removed from that event.

9. Due to the length of swim meets, certain snacks and beverages are permitted in the team area under the following guidelines:

a. healthy and light snacks are permitted and shall consist of such things as bananas, oranges, and Jell-O squares. Parents should visit with the head coach about other snacks at least one day in advance of any swim meet. Snacks such as nachos and/or cheese, hamburgers, hotdogs, ice-cream, carbonated drinks, or other heavy foods are not permitted.

b. the beverage of choice should be water. “ unless your workouts last more than two hours sport drinks are no more better for you than water...suggest drinking...non carbonated water 15 or less before your workout - whether your thirsty or not...” (Columbia One Source Magazine/winter 1996, pp.24, Reston Hospital Center).

c. the throwing of food or beverage will result in an automatic expulsion of that swimmer from the rest of that meet and will place them on probation for the next meet. A second offense may result in that swimmer being removed from the team for the rest of the season.

d. all swimmers are expected to place trash and remaining uneaten food in the receptacles when they are finished with them. After each swim meet, swimmers are expected to clean up their team area and leave it in good order.

10. All swimmers are to report to their designated team area 30 minutes prior to the start of the swim meets for warm up, stretching, announcements and lane warm up assignments.

11. Due to the large size of our team there may be times when swimmers are limited in the number of events they can swim. Every effort will be made to enter a swimmer in their strongest or preferred event(s). The head coach reserves the right to place swimmers where he thinks it will benefit both the swimmer and the team including strokes and age groups. Age group refers to the opportunity to swim up an age group. This usually occurs but may not be limited to, filling spots on a relay team with the best times available.

Parent Signature