

2008 - 2009

SYNCHRONIZED SWIMMING

NEW CANAAN



**YMCA
AQUIANAS**

TEAM REGISTRATION AND PARENT'S MEETING:

SATURDAY, SEPTEMBER 13th, 2008 @ 10:00 am

FIRST PRACTICE: SEPTEMBER 13th

11:30 – 1:00 pm – bring sneakers

SANDRA VALLES MAHONEY

Head Synchronized Swimming Coach

(203) 966-4528, Ext. 153

Kristin Faig – Administrative Support

(203) 966-4528, Ext. 131

Kfaig@newcanaanymca.org

2008-2009

Welcome to a **new** season of Synchronized Swimming! We had another great season last year thanks to everyone's hard work and dedication. I am confident that the 2008-2009 Season will build on this success.

Enclosed you will find the team registration packet. The packet contains information and forms which **MUST be completely filled out** and returned BEFORE September 13th, 2008 with all fees due.

The forms are very important - the start of practice and organizing the teams will be delayed if they are not returned promptly. **All forms must be returned to Kristin Faig (by mail at New Canaan YMCA, 564 South Ave, New Canaan, CT 06840, by fax 203-972-7738, by email kfaig@newcanaanymca.org or in person before the first practice and team meeting. Team registration and parent meeting will be held on Saturday, September 13th at 10:00 am in the multipurpose Room 2.** There will be an informational meeting for parents and athletes.

❖ **Jr/Sr will have Land Only 9/16, 9/18 and 9/20 – Times to be announced.**

The coaching staff and I look forward to seeing you in September. We are very excited about the start of another championship season. If you have any questions regarding registration please contact Kristin Faig at kfaig@newcanaanymca.org or 966-4528 x131, or me at ncasynch@hotmail.com or 966-4528 x153..

Sandra

Sandra Mahoney
Head Synchro Coach

GUIDELINES FOR ALL SYNCHRONIZED SWIMMERS

1. All swimmers must be in good health and have a medical release form signed by the parent/guardian to participate.
2. All fees must be paid in full or by installment by the specified dates.
3. All swimmers will conduct themselves in a professional manner during practices, meets, clinics, and travel in a manner that is respectful of coaches, officials, other athletes, chaperones, parents and facilities.
4. Smoking or the use of alcohol or drugs is prohibited at any time. (Coaches should be informed of prescription/over-the-counter medications.)
5. Swimmers are expected to take direction from the coaches without debate.
6. Swimmers will refrain from indecent language or actions that would embarrass the program, team or coaches at the Y, in public and on the internet.
7. Swimmers will display good sportsmanship and represent the YMCA in a positive manner at all times.
8. While traveling, a swimmer may not leave the team at any time without permission from the coaching staff.
9. Swimmers are expected to take proper care of all team equipment.

Failure to comply with any one of these standards will result in disciplinary action. Such action may include, but not be limited to:

- A. If traveling, dismissal and return home at the athlete's expense.
- B. Disqualification from one or more events.
- C. Suspension from the NEW CANAAN YMCA AQUIANAS for a definite or indefinite period of time with or without the terms of probation.

I, as a member of the New Canaan YMCA Aquianas, fully understand and agree to abide by the conduct established by these standards.

Name

Swimmer's Signature

Parent/Guardian Signature

Date

New Canaan YMCA

Competitive Aquatic Teams

Code of Conduct

The mission of the New Canaan YMCA (NCYMCA) competitive teams is to encourage participation and the pursuit of excellence in all aspects of the sport and encompasses the ideals of the four core values of Caring, Honesty, Respect and Responsibility. NCYMCA grants the privilege of membership to individuals and organizations committed to that mission. The privilege of membership may, therefore, be withdrawn or denied at the discretion of the NCYMCA at any time where NCYMCA determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate.

The following standards will be upheld at all times by all athletes involved in the NCYMCA competitive aquatics programs. Failure to abide by these standards will result in action taken by the NCYMCA. A first offense will mandate a parent/ coach meeting to discuss the athlete's behavior. A Second offense will result in a parent/ coach meeting and a possible one week suspension for that athlete from the YMCA. A third and final offense of these standards will result in expulsion from the YMCA with no refund. In the case of vandalism a monetary fine will be assessed as well. An infraction of any of the following standards is considered an offense.

- Athletes will treat their coaches, teammates, chaperones, opponents, meet officials, and all other YMCA employees with respect at all times.
- Athletes will refrain from participating in any illegal activities, including, but not limited to using alcohol or any other illegal drug throughout the season. Any incident resulting in public arrest may warrant immediate expulsion from the NCYMCA.
- Athletes are to use the boys and girls locker rooms unless they are over the age of 18 or have special permission to use other changing areas, and will treat the shower areas, locker rooms, and all New Canaan YMCA property with respect at all times.
- Athletes will treat all meet facilities with the same respect that they show the facilities of the New Canaan YMCA. This includes hotel rooms and any other place that the team visits.
- Athletes must enter the water only when told to do so by the coaches, and must never enter the water when a coach is not on deck.
- Athletes will refrain from indecent language or actions that would embarrass the program, team or coaches at the YMCA, in public and on the internet.

- CONTINUED ON BACK -

TRAVEL ONLY

- Athletes may not leave the team at any time without permission from the coaching staff. Doing so will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- A curfew will be established by the coaching staff at the meet/event. Violating curfew will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- Rooms must be kept clean. Failure to do so may result in a monetary fine.
- Members of the opposite sex are prohibited from entering each others rooms without a chaperone present. Violation of this policy will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- Athletes will respect and obey, without question, the chaperones' directives for both safety of the individual and the harmony of the team. Violation of this policy will result in disqualifications from one or more events. A second offense will result in the athlete being dismissed from the meet/event and sent home at their parent's expense.
- All athletes will refrain from any illegal or inappropriate behavior that detracts from the image of the NCYMCA or is detrimental to our performance objectives. Any violation of this sort will result in immediate dismissal from the meet/event and suspension from the team for the remainder of the calendar season. No refund will be awarded and coaches retain the right to withhold the release of the athlete.
- The coaching staff reserves the right to create any additional guidelines at the site of the meet/event.
- *ANY INFRACTION OF THE ABOVE WILL RESULT IN IMMEDIATE ACTION AND PRIOR TO THE RETURN TO THE PROGRAM A PARENT/COACH CONFERENCE MUST BE HELD.*

Athlete's Name: _____

PLEASE PRINT

Athlete's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____

New Canaan YMCA Aquianas

Photo Release Form

The New Canaan YMCA Aquianas have permission to use photographs of my child for publicity of the New Canaan YMCA Aquianas Synchronized Swimming Team. These may include but are not limited to the New Canaan Aquianas website, YMCA brochures, newspaper articles, team brochures, or publicity material.

Please note: **On the website, no names will appear with the child's photograph.**

Swimmer's name: _____

Parent signature: _____

Date: _____

2008 – 2009 Aquianas Practice Schedule

TEAM	MON	TUE	WED	THUR	FRI	SAT	SUN
A Team	<i>Greenwich</i> 6:30-7:30pm Land 7:30-9:30pm Pool	<i>New Canaan</i> 6:00-8:00pm Land	<i>Greenwich</i> 6:30-7:30pm Land 7:30-9:30pm Pool ♦♦♦♦♦♦ Small Routine Scheduled ♦♦♦♦♦♦	<i>New Canaan</i> 4:00-5:00pm Land 5:00-8:30pm Valles Pool		<i>New Canaan</i> 9:00-10:00am Land 10:00-1:30pm Team 1:30-2:30pm Small Routine Scheduled	<i>New Canaan</i> 7:00-8:00am Valles Pool ♦♦♦♦♦♦ Small Routine Scheduled ♦♦♦♦♦♦ 8:30-12:30pm Valles Pool
Junior B Team		<i>New Canaan</i> 4:00-6:45pm Valles Pool 7:00-8:00pm Land	<i>Greenwich</i> 6:30-7:30pm Land 7:30-9:30pm Pool	<i>New Canaan</i> 4:00-5:00pm Land 5:00-8:30pm Valles Pool		<i>New Canaan</i> 11:00-3:00pm Small Routine Scheduled	<i>New Canaan</i> 4:00-5:00pm Land 5:00-8:00pm Valles Pool
13/15 Age Group Team			<i>Greenwich</i> 6:00-8:30pm Land 7:30-9:30pm Pool	<i>New Canaan</i> 4:00-5:00pm Land 5:00-8:30pm Valles Pool	<i>New Canaan</i> 5:00-8:30pm Valles Pool		<i>New Canaan</i> 4:00-5:00pm Land 5:00-8:00pm Valles Pool
13/18 Stars			<i>Greenwich</i> 6:30-7:30pm Land 7:30-9:30pm Pool		<i>New Canaan</i> 5:00-8:30pm Valles Pool		<i>New Canaan</i> 4:00-5:00pm Land 5:00-8:00pm Valles Pool
11/12 Age Group		<i>New Canaan</i> 4:00-7:00pm Valles Pool	<i>New Canaan</i> 4:00-7:00pm Valles Pool		<i>New Canaan</i> 5:30-8:00pm Valles Pool	<i>New Canaan</i> 9:00-10:00am Land 10:00-2:00pm Valles Pool	
11/12 Stars			<i>New Canaan</i> 4:00-7:00pm Valles Pool		<i>New Canaan</i> 4:00-7:30pm Valles Pool	<i>New Canaan</i> 11:00-12:00pm Land 12:00-2:00pm Valles Pool	
10/Under Stars	<i>New Canaan</i> 5:00-8:00pm Rec Pool				<i>New Canaan</i> 5:30-7:30pm Rec Pool	<i>New Canaan</i> 1:00-3:00pm Valles Pool	

NEW CANAAN YMCA
AQUIANAS SYNCHRONIZED SWIM TEAM
2008 – 2009 REGISTRATION

ATHLETE'S NAME: _____ BIRTHDATE: _____
(First) (Last)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME TEL.# _____ E-MAIL: _____

CELL# _____ FAX #: _____

MOTHER'S NAME: _____ WORK #: _____

FATHER'S NAME: _____ WORK #: _____

YMCA MEMBERSHIP AND PROGRAM FEES

Please put a "✓" opposite the level which applies to the registering swimmer. **ONE FORM PER SWIMMER.**

	<u>TEAM</u>	<u>FEE</u>
_____	Stars/Intermediate	\$ 1,250
_____	12 & Under Team	\$ 1,520
_____	13-15 Team	\$ 1,823
_____	Jr/Sr	\$ 2,250



PLEASE NOTE: ALL swimmers must have a YMCA Full Membership throughout the 2008-09 season.

- Youth Membership (ages 6-14) \$218 + \$25 one time joiner fee for new members
- Student Membership (ages 15-18) \$395 + \$50 one time joiner fee for new members
- **ALL MEMBERSHIPS MUST BE PURCHASED AT THE YMCA FRONT DESK.**

METHOD OF PAYMENT:

Receipt #: _____

Team Credit Card: If you wish to earn miles for the team and help with travel expenses, please write a check payable to the "*New Canaan Aquianas*" and your YMCA fees will be paid on the team credit card.

Personal Credit Card: CC # _____ Exp. Date: _____

Aquianas Team Fees must be paid by cash or check made payable to "New Canaan Aquianas."

	<u>Age Group</u>	<u>Stars</u>
USSSI Registration fee of	\$ 66.00	\$ 66.00
Team Dues	\$ 275.00	\$ 150.00
Clothing Rental (Parka, Sweat suit, Bag, Cap & Towel)	\$ 65.00	\$ 25.00
Team Warm-up Swimsuit	\$ 70.00	\$ 60.00
Team Routine Swimsuit Rental (NOT small routine)	\$ 50.00	\$ 20.00
	\$ 526.00	\$ 321.00

2008-2009

SYNCHRONIZED SWIMMING PROGRAMS SWIMMER'S MEDICAL PROFILE

(To be filled out completely by parent or guardian)

Name of Swimmer: _____ Sex _____ Birthdate: _____

Address: _____ Telephone: _____

Insurance Company and Policy #: _____

In an emergency, notify: _____ Relationship: _____

Address: _____ Telephone: _____

Health History

Allergies: (check if applicable)

Hay Fever _____
Asthma _____
Ivy, Oak, etc. _____
Insect Sting _____
Drugs (Specify) _____
Foods (Specify) _____

Chronic/Recurring Illness:

Earaches _____ Throat Problems _____
Sinus _____ Infections _____
Heart _____ Stomach _____
Epilepsy _____ Rheumatic Fever _____
Diabetes _____ Other _____

Physician's Name: _____ Telephone: _____

Details relating to above _____

Medications being taken (name and explain): _____

Operations, injuries, special restrictions (explain): _____

Is there any further information you wish to add concerning your swimmer's medical history? _____

Medical Release Form

I hereby give permission for the above-named athlete to be medically administered to in case of emergency.

Signature: _____ Parent? _____ Guardian? _____

Date: _____

THIS FORM MUST BE COMPLETED AND RETURNED TO YOUR SWIMMER'S COACH. IF IT NEEDS UPDATING, PLEASE BE SURE THE COACH IS NOTIFIED