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FOR HEALTHY LIVING
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2020-2021 Caiman's Competitive Swimming Registration Information



**ALL NEW SWIMMERS
MUST BE EVALUATED
BEFORE
REGISTRATION.**

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Director of Competitive Swimming
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bfazzino@newcanaanymca.org



Greetings to all, and welcome to the 2020-2021 competitive swim season.

The Caimans Swim Team is a YMCA and USA swim program that is lead by a professional coaching staff under the direction of the New Canaan YMCA. The program is structured to promote personal character development through constant challenges and competitive opportunities. Our dynamic and energetic coaching staff bring many years of combined experience to the program and is excited to lead and teach our young athletes. We are committed to the YMCA's four core values; Respect, Honesty, Caring, and Responsibility, as well as promoting athletic success at all levels. Please visit our website at www.ncyac.org to learn more about our staff.

Our program thrives on volunteerism, so we expect all of our swim team families to get involved. Our goal remains to make this program a family oriented program. In order to meet this objective, the Swim Team Parents Association requires that all families earn a minimum number of volunteer credits by helping out at swim team events and functions throughout the year. Information on these requirements can be found on our team

website, www.ncyac.org.

We thrilled to have your child and your family involved in our program. More in depth information is available on our team website as well. There you will be able to learn more about the Caimans practice philosophy, structure and coaching coverage.

Please be sure to go through this packet in its entirety, there is a lot of information. There is also an additional handbook that has more in depth policies in procedures included.

Caiman Coaches



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Team Fees - Registration is online only

Squad	Program Fee	Splash Fees	USA/CT reg.	Team Dues**	Total
Senior	\$2814	\$400	\$77	\$325	\$3616
JO	\$2399	\$350	\$77	\$325	\$3151
Stars	\$1970	\$300	\$77	\$325	\$2672
Pride	\$1520	\$250	\$77	\$325	\$2172



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New Canaan Community YMCA, Inc.

Acknowledgment of Risk, Waiver, Release, Indemnification and Covenant Not to Sue

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in its entirety. By signing this agreement, you give up your right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of your use of the New Canaan Community YMCA, Inc. (“New Canaan Y”) facilities or equipment and/or participation in the New Canaan Y’s programs, now or at any time in the future.

Acknowledgment of Risk

I acknowledge and agree that participation in the New Canaan Y programs and the use of the New Canaan Y’s facilities or equipment comes with inherent risks. I have full knowledge and understanding of the inherent risks including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with such participation and use, and that said list in no way limits the operation of this Agreement.

Waiver, Release, Covenant Not to Sue & Indemnification

In consideration of my use of the New Canaan Y’s facilities or equipment and/or participation in the New Canaan Y’s programs, I, on behalf of myself, my heirs, representatives, executors, administrators, assigns and any minor children named in the associated New Canaan Y Membership Agreement, (hereinafter collectively referred to as “Releasers”), agree to waive, release and discharge the New Canaan Y, its branches, officers, directors, employees, board of directors, volunteers, agents, representatives and insurers (“Releasees”) from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Releasers may have, now or in the future, against Releasees on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of the New Canaan Y’s facilities or equipment without regard to location, or participation in the New Canaan Y’s programs without regard to location, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

Releasers covenant and agree that they will not assert any claim or initiate any legal or other action against any Releasees with respect to any matter covered by the foregoing waver and release. Releasers acknowledge and agree that if they should hereafter make against any Releasee any claim or demand or commence or threaten to commence any action, claim or proceeding otherwise prohibited by this Agreement, this section may be raised as a complete bar to any such action, claim or proceeding. Unless prohibited by law, the applicable Releasees may recover from Releasers all costs incurred in connection with such action, claim or proceeding, including attorneys’ fees if it is determined that any such action, claim or proceeding is

prohibited by this Agreement.

Initial



In consideration of my participation in the New Canaan Y's programs and /or use of the New Canaan Y's Facilities or equipment, Releasors further agree to indemnify and hold harmless Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to my use of the New Canaan Y's facilities or equipment without regard to location, or participation in the New Canaan Y's programs without regard to location.

Assumption of Risk

I certify that they I have full knowledge of the nature and extent of the risks inherent in my and my minor children's participation in New Canaan Y programs and use of the New Canaan Y's facilities or equipment and that I am voluntarily assuming said risks. I understand that I am solely responsible for any loss or damage, including personal injury, property damage, or death associated with participation in any of the New Canaan s programs or use of the New Canaan Y facilities or equipment and that by signing this Agreement Releasors release Releasees from all liability for such loss, damage, or death. I further certify hat I and my minor children are in good health and have no conditions or impairments which would preclude our safe participation in any programs or use of the New Canaan Y's facilities or equipment. In the event of an emergency requiring medical care, the New Canaan Y is hereby authorized to use its best efforts to obtain whatever medical treatment it deems necessary or appropriate under the circumstances.

Coronavirus / COVID-19 Warning & Disclaimer

Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. **COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in the New Canaan Y's programs or accessing the New Canaan Y's facilities could increase the risk of contracting COVID-19.**

Initial

The New Canaan Y in no way warrants that COVID-19 infection will not occur through participation in New Canaan Y programs or accessing the New Canaan Y facilities.

Releasors expressly agree that the foregoing waiver and release is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, Releasors agree that the balance shall, notwithstanding, continue in full force and effect.

The undersigned hereby gives permission for photos or videos of himself/herself and his/her children while participating in New Canaan Y activities to be used for promotional purposes (Contact Membership Director if permission **not** given).

I certify that I am of lawful age and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

IN WITNESS WHEREOF, this instrument is duly executed this _____ day of _____, in the year _____.

Signature

Name (Print Clearly)



Membership Agreement

All participants must have a valid membership throughout the season. I authorize the YMCA to automatically charge the payer’s credit card or bank account on file at the YMCA for membership renewal.

Payment Agreement

All activity fees are due in full at time of registration, unless a payment plan has been accepted via on-line registration or a signed agreement is obtained at the YMCA. The payment plan schedule must be adhered to or the participant may be denied access to the activity until payments have been brought up to date. If payer accepted the payment plan option, the payer agrees to have the credit card on file charged or payment deducted from a bank account per the schedule on the receipt regardless if registered participant is or is not continuing to participate in the activity.

Refund Agreement

- 50% refund 2 weeks prior to season start date
- 25% refund 1 week prior to season start date
- 0% refund once season starts

Medical Refund:

Should the participant cancel due to medical reason pertaining to the activity, a pro-rated refund less a \$15 service charge will be issued provided the following is submitted to the YMCA team administrator and approved by Team Director.

1. Written notification stating date of injury and cause of injury.
2. Written verification by physician confirming cause of injury and date participant may be expected to return to activity, if appropriate.

I have read and agree to the above policies.

Parent/Guardian Name (Printed) Date

Parent/Guardian Signature Date



Step 1- A Guide to Online Registration System: Program Registration

You can access our new registration system by clicking [here](#) or by clicking on any of the Online Registration links on the New Canaan YMCA website.

Each family has one account. Your username is the primary email address that is on file with the Y. Once entering this email address as your username, click "forgot password" to create your password.

1. Login to NCYMCA website: <https://www.newcanaanyymca.org/>
2. scroll down to registration button and click
3. <https://www.newcanaanyymca.org/registration>
4. [Click here to access our online registration system](#)
5. Enter user name and password
6. under Online Services, click on Register for Activities
7. In the search box, enter the name of your team or activity (partial name will work)
8. Scroll down to the activity you would like to register for and click on the blue hyperlink to be brought to the activity description
 - **ALL REQUIRED FORMS AND WAIVERS WILL BE AVAILABLE ON THE RIGHT-HAND SIDE OF THE SCREEN (click the name of the activity and you will see the registration packet on the right).**
 - **ALL FORMS MUST BE DOWNLOADED, COMPLETED AND RETURNED TO THE Y BEFORE YOUR CHILD WILL BE PERMITTED TO PARTICIPATE IN ANY TEAM PRACTICE OR ACTIVITY.**
9. click on Add to Cart to select and begin registration for the activity
10. In the "Who will be participating in the Activity?" box, click on the arrow and select the participant.
11. Click "Next"
12. If a Payment Plan option is available, you may agree to the Payment Plan or click on the "X" in the top right corner of the pop-up to pay for the activity in full
13. You can register another participant, continue shopping or Proceed to Shopping Cart
14. Read and agree to all Waivers
15. Print your receipt to display payment and payment plan information.



NEW SWIMMERS ONLY

Previous swimmers are still active do not re-register, just log in

Step 2- A Guide to Online Registration System: Team Unify Registration

1. Go to www.ncyac.org
2. Click on the registration tab at the top of the screen.
3. Returning members please use your existing account information. New members please follow the directions on the screen to register and create an account.
4. Your account WILL NOT be active until its is approved by a system administrator or Swim Directors.
5. Once your account has been approved you will need to add your credit card information.
 - Sign in to your account (once approved).
 - Click on the "My Account" tab on the left side of the screen.
 - Click on "My Account" in the new drop down menu on the left.
 - Click on "Payment Setup" under your name.
 - Add credit card information.
6. This credit card will be used once your splash fee deposit has been depleted.
7. If Team Unify registration is not completed, you will not receive Team/Coach emails. Please register ASAP.



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2020-2021



Caimans' Swim Team Swimmer's Medical Profile

Name of Swimmer: _____ Gender: _____ DOB: _____
 Address: _____ Telephone: _____
 Emergency Contact: _____ Relationship: _____
 Home phone: _____ Cell phone: _____
 Insurance Company and Policy #: _____
 Physician's Name: _____ Telephone: _____

Health History

Allergies: (check if applicable)

Chronic/Recurring Illness:

Seasonal Allergies _____	Earaches _____	Throat Problems _____
Asthma _____	Sinus _____	Infections _____
Insect Sting _____	Heart _____	Stomach _____
Drugs (specify) _____	Epilepsy _____	Diabetes _____
Foods (specify) _____	Other _____	

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 child's medical history? _____

Medical Release

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

Signature (parent/guardian): _____ Date: _____



NURTURING THE POTENTIAL FOR EVERY CHILD AND TEEN

Program Information Sheet

Our Pick up Policy: is in conjunction with our **No Child Left Alone Policy** which states that no child under the age of 12 may be left alone at the YMCA and must be under the supervision of a caregiver, program leader, or coach. (Please

New Canaan Community YMCA Program
PICK-UP AUTHORIZATION

Participant's Name: _____

Parent/Guardian: _____

Parent/Guardian: _____

I give permission for the parents/guardians listed above and the following people to pick up my child and respond to emergencies at any time during the program session.

1 _____ Home phone: _____

Relation to child: _____ Work/Cell phone: _____

2 _____ Home phone: _____

Relations to child: _____ Work/Cell phone: _____

3 _____ Home phone: _____

Relations to child: _____ Work/Cell phone: _____



CODE OF CONDUCT FOR OLDER YOUTH AND TEENS AND SOCIAL MEDIA COMMUNICATIONS – AQUATIC TEAMS

The New Canaan YMCA is a youth-serving, community-based membership organization dedicated to providing an environment which nurtures the potential of every child. Participation in the organization's programs is subject to the observance of the organization's rules and procedures. The activities outlined in the following list are strictly prohibited. Any program member, staff, or volunteer leader who violates this code is subject to discipline, up to and including removal from the program.

- Abusive language toward a staff leader, volunteer, or another program member
- Possession or use of alcoholic beverages or illegal drugs on New Canaan YMCA property or reporting to the program while under the influence of drugs or alcohol
- Bringing onto YMCA property dangerous or unauthorized materials such as explosives, firearms, weapons, or other similar items
- Discourtesy or rudeness to a fellow program member, staff leader, or volunteer
- Verbal, physical, or visual harassment of another program member, staff leader, or volunteer
- Actual or threatened violence toward any individual or group
- Conduct endangering the life, safety, health, or well-being of others
- Failure to follow any agency policy or procedure
- Bullying or taking unfair advantage of any program member
- Failing to cooperate with an adult supervisor, leader, or mentor
- Not demonstrating the YMCA values of honesty, caring, respect, and responsibility
- Participating in any social media behavior (i.e. texting, Facebook, Snap Chat, etc) or conduct which specifies negative actions or verbiage towards another program member, YMCA staff, or volunteer.
- Any harmful deportment, in or out of the New Canaan YMCA, which reflects on our organization or others associated with our organization.

(Continued on next page)



SOCIAL MEDIA AND ELECTRONIC COMMUNICATIONS WITH MINOR ATHLETES

I. Content - All electronic communication from all coaches to minor athletes must be professional in nature.

II. Open and Transparent - Absent emergency circumstances, if an Aquatic Team Coach with authority over minor athletes needs to communicate directly with a minor athlete via electronic communications (including social media), the minor athlete’s legal guardian must be copied. If a minor athlete communicates to the Aquatic Team Coach (with authority over the minor athlete) privately first, said Aquatic Team Coach must copy the minor athlete’s legal guardian on any electronic communication response to the minor athlete.

When an Aquatic Team Coach with authority over minor athletes communicates electronically to the entire team, said Aquatic Team Coach must copy another adult.

III. Requests to Discontinue - Legal guardians may request in writing that their minor athlete not be contacted through any form of electronic communication by the club, LSC or by an Aquatic Team Coach subject to this Policy. The organization must abide by any such request that the minor athlete not be contacted via electronic communication, or included in any social media post, absent emergency circumstances.

IV. Hours - Text communications must only be sent between the hours of 8:00 a.m. and 8:00 p.m., unless emergency circumstances exist, or during competition travel.

V. Prohibited Electronic Communication - Aquatic Team Coaches with authority over minor athletes are not permitted to maintain private social media connections with unrelated minor athletes and such Aquatic Team Coaches are not permitted to accept new personal page requests on social media platforms from minor athletes, unless the Aquatic Team Coach has a fan page, or the contact is deemed as celebrity contact as opposed to regular contact. Existing social media connections with minor athletes must be discontinued. Minor athletes may “friend” the club and/or LSC’s official page.

Aquatic Team Coaches with authority over minor athletes must not send private, instant or direct messages to a minor athlete through social media platforms nor should the minor athlete do the same to Aquatic Team Coaches.

I have read and I understand the New Canaan YMCA Code of Conduct for Youth and Teens. I agree to abide by the rules described above and understand that I may be removed as a participant if I violate any of these rules.

Youth’s Name (please print): _____

Youth’s Signature: _____ Date: _____

Parent/Guardian (please print): _____

Parent/Guardian Signature: _____ Date: _____



TEAM PLAYER CONTRACT

I agree to swim events to which I am assigned by the coaching staff.

I understand the team relays and individual events are the most important and my commitment will be first and foremost to the team.

I understand that I am not guaranteed a relay spot.

I will disclose any regular practice conflicts (i.e. other competitive sports, extra-curricular activities, religious commitments).

I agree to make the minimum practice attendance required by my squad.

I understand that to move up to the next group, I must make the next groups minimum practice requirement.

I understand group movement is at the discretion of the coaching staff and based on many different factors not just how fast the athlete races at a meet or age.

I understand I cannot attend other squad practices without permission.

I will attend all meets unless discussed in advance with the coaching staff.

Athlete's Name (please print): _____

Athlete's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



GUIDELINES FOR ALL CAIMAN SWIMMERS

TEAM TRAVEL CONDUCT

1. All team members are reminded that when traveling with the team, you are representing yourself and NCY. Your behavior must positively reflect the high standards of NCY.
2. All swimmers traveling with the team will attend all team functions and are expected to know all travel/meeting schedules and strictly adhere to them.
3. Swimmers of opposite gender are not permitted in hotel rooms with each other unless supervised by a chaperone or coach.
4. Swimmers are to refrain from inappropriate physical contact.
5. When traveling, swimmers are expected to be quiet and respect the rights of teammates and other hotel guests.
6. While traveling, a swimmer may not leave the team at any time without permission from the coaching staff.

Failure to comply with any one of these standards will result in disciplinary action. Such action may include, but is not 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 Caiman Swim Team for a definite or indefinite period of time with or without the terms of probation.

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

Athlete's Name (Print): _____

Athlete's Signature: _____ Date: _____

Parent's Name (Print): _____

Parent's Signature: _____ Date: _____



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New Canaan YMCA Caimans

Photo Release Form

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

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

Athlete's Name (please print): _____

Athlete's Signature: _____

Parent/Guardian Signature: _____

Date: _____