



www.swimsouthbay.org

Welcome to the Swim South Bay (BAY). We are in our second season as the premier USA Swimming year-round youth team in the Bay Area. This New Swimmer Packet has been prepared by our staff to help your family get off to a great start with the team.

At BAY, we view swimming as good, clean, wholesome fun. We train our swimmers to associate fun with their time spent in the sport and hope to start children on paths to lifelong health and fitness. Perhaps the greatest benefits of our program are the life skills our swimmers will develop, including self discipline, time management and sportsmanship.

Our aquatics staff emphasizes individual and team growth through professional guidance that stresses a thorough knowledge of the sport, a healthy lifestyle and spirit of sportsmanship. You entrust your children to our coaching staff and we hope to provide them with a safe and nurturing environment. We seek to provide an opportunity for all water lovers, regardless of age and ability, to reach their highest personal potentials as both people and athletes. We understand that winning is much more than a place at the end of a race or score at the end of the game. Our staff is committed to helping your children grow in character, physical development and skill. Most importantly, we hope your water lovers will have fun!

BAY was founded with the premise of teaching “balance” to our swimmers. Too many youth sports of today take the “all or nothing” approach to sports and to life. Our staff believes there is more to life than swimming and we encourage our athletes to experience all it has to offer. We hope our swimmers learn to love our sport just as much as we do, but encourage them to live beyond the pool. There are ways to maintain a healthy balance between family, school and sports. We believe BAY offers such a balance while allowing our participants to grow, learn and excel in the pool. Many of our athletes have already found swimming to be their “calling” and have BIG goals ahead of them. Our goal is to meet the needs of each and every swimmer, encouraging and training all to reach their individual goals.

The Swim South Bay Coaching Staff and I are dedicated to the success and improvement of our team as a whole and each individual swimmer. We are confident that you will enjoy the BAY experience and wish you success in your swimming endeavors.

Good luck, have fun and swim fast,

Marisa Watts Cozort
Head Coach/Founder of BAY
marisa@swimsouthbay.org

Mailing Address:
1583 Phantom Avenue
San Jose, CA 95125

Pool Address:
2281 Plummer Avenue
San Jose, CA 95125
office (408) 979-3320



**PACIFIC
SWIMMING**

Membership Information

Swim South Bay (BAY) offers a free one-week trial to any swimmer interested in joining the team. Once they become BAY members, all swimmers must pay monthly dues. Membership fees are as follows:

- Annual Team Registration Fee: \$160 per swimmer (for JV, Varsity and Senior swimmers only, if joining after 2/1, fee is \$80.)
- Monthly swim fees based on swim group assignment:

Group	Fee
Race Team	call for info
Gold	\$80
Junior Varsity (JV)	\$ 90
JV+	\$100
Varsity	\$120
Senior	\$140

Monthly swim fees are the principal source of income. Because BAY is dependent upon regular receipt of these funds for a substantial portion of its income, it is an essential obligation that fees are paid each month and on time. The fee structure is based year round participation of each swimmer (regardless of illness, vacations, summer plans, etc). Swim fees are due each month no later than the 10th of the month. There is a late charge of \$10.00 for fees that are received after the 10th of the month for which they are due. If such late payments are repetitive, swimmers may not be permitted to continue with their practice sessions until all amounts are paid. Questions about billing and fees should be directed to Head Coach, Marisa Watts Cozort, (408) 979-3320.

Team Equipment

All equipment and apparel can be purchased online at our website (www.swimsouthbay.org) Swimmers should wear a team cap when racing (if they wear one!) and a solid navy suit (off-site meets only.) All other apparel is optional. We sell short sleeve t-shirts, long-sleeve t-shirts, sweatshirts, hats and parkas. Check our site for details and pricing.

Enrollment

Participation in our year round swim team program is continuous. Once enrolled, you are in active standing with our swim club for one season, until you select to discontinue the program. Continual enrollment means your child remains on our roster month after month, and you are billed the monthly dues every month. You must register to attend most of our special events, including meets, clinics and off-site social events. For your convenience, you can enroll through our aquatics office's sign-up list or email Marisa directly.

Please pay close attention to deadlines; as we cannot accommodate late requests. Enrollment remains effective for one season. Once the season ends (end of July 2010), your re-enrollment is required to secure space on the team the following season. **NO SWIMMER IS AUTOMATICALLY ENROLLED IN THE NEW SEASON.**

If we have reached the maximum number of participants in a practice group, your swimmer will be placed on a waiting list. Once a spot opens up, the first person will be contacted. The swimmer may wish to waive this spot on the team but remain on the list for an opening in a later month. We will continue down the list until the spot is filled. We can not guarantee a spot will open up for any waitlisted swimmer, no matter their previous affiliation with the team.

Discontinuing the program

It is your responsibility to inform us in advance if planning to leave the program. Please email Marisa if your child will be discontinuing the program, for a short duration or indefinitely, before the last active month of participation commences. (For example- to cancel swim team for December, please submit your withdrawal no later than November 30.)

Swim Meets

To sign up for a meet, please respond to the email requesting meet participation. Follow the directions on the team website. Late entries are not accepted for meets. Due to the increased competition popularity, we may be denied entry into a meet despite submission prior to the deadline.

We swim in C/B/A+ Meets, Intersquad Meets and selected Invitationals. Our sports ranks swimmers based on their times for each stroke, distance and gender in an age group. These age groups are: 8 and under, 9-10, 11-12, 13-14, 15 and up. When a swimmer first starts competing, they will either enter with a C qualifying time or no time. As the swimmer progresses, they obtain improved times reaching for BB, B, A, JO, AA, AAA, AAAA, PRT and NRT times, each qualifying them for different levels of competition.

Parents are expected to attend swim meets with their swimmers. Please do not leave your child alone for the long day at the meet. The coaches will be there to coach your swimmers, not supervise them in between events. Our club may also be required to fill a lane with timers-- a great way to meet other parents and learn more about the sport!

Communication

We are proud of our integrated communication system and hope that you will stay current on all Aquatics events. Please keep your membership info current on our TeamUnify website (with any changes of your address, email and contact numbers.)

- **Email-** Once a week, we send a “News from the Pool” email with updates and reminders for the following week.
- **Telephone-** We will only call you if something unexpected has happened. If your swimmer has not been at practice for a week, and we don’t know why, we will call to check on things.
- **Pool Bulletin Board-** Get the scoop at a glance from our bulletin board outside the Aquatics Office. You’ll find many fun and interesting things for the kids AND parents to read!

If you have concerns regarding your swimmer, please discuss all issues with your child’s coach before or after practice. **PRACTICE TIME IS NOT THE TIME TO HAVE CONVERSATIONS WITH YOUR SWIMMER’S COACH-** that is coaching time for your swimmer! Coach Marisa is available to discuss concerns regarding the program, your swimmers or the team via email, personal meeting or over the phone (please leave a time that is convenient for her to call you back.)

Supporting your Swimmer

- Encourage positive thinking
- Communicate with your child’s coach
- Make sure you have all the information you need: Are you on our email list? Updated contact info?
- Encourage consistent attendance
- Encourage time management with swim practice and school work
- Attend your swimmer’s meets
- Volunteer with and for your swimmer
- Encourage healthy habits (adequate sleep, nutritious food and plenty of water)
- Let your coach be the coach

Please refrain from attempting to “coach” your child, as they are likely to listen to your advice, which impedes upon the lessons we are teaching. Please address any concerns with your swimmer’s coach or Coach Marisa in private. We appreciate your cooperation and look forward to providing your swimmer with the most professional, personal and advanced coaching techniques available.



Swim South Bay Membership

Please sign and return to the office with a check payable to "Swim South Bay"
Mail to: Swim South Bay, 1583 Phantom Avenue, San Jose, CA 95125

Last name	First Name	MI	Birthdate	Gender	Group	School/grade	T-shirt Size
_____	_____	_____	_____	_____	_____	_____	YM AS AM AL
_____	_____	_____	_____	_____	_____	_____	YM AS AM AL
_____	_____	_____	_____	_____	_____	_____	YM AS AM AL
_____	_____	_____	_____	_____	_____	_____	YM AS AM AL

Address: _____ Primary Email: _____
 City/Zip: _____ Home Phone: _____
 Parent/Guardian: _____ Cell Phone: _____
 Parent/Guardian: _____ Cell Phone: _____
 Swimmer lives with: both parents one parent guardian
 Parents are: married divorced separated widowed

Emergency contact information if parents cannot be reached:
 Name: _____ Phone: _____
 Family Physician: _____ Phone: _____
 Family Dentist: _____ Phone: _____
 Special Medical Information (including allergies.) Please use the reverse side of the form if necessary): _____

Medical Insurance Company: _____ Policy #: _____

Is your child severely allergic to a bee sting? NO YES If yes, please advise.
 Is your child taking any medications? NO YES If yes, please list medications.
 May we use your child's photo (individual or group picture) on our BAY website? YES NO

MEMBERSHIP

In consideration of the privilege of membership in the Swim South Bay program, we the parents/guardians of the above swimmer(s) hereby hold the team, its employees and Presentation High School free and harmless from any liability for injuries or damages they, or our swimmer(s) may incur as a result of our swimmers(s) participation in team activities, including practice sessions, and we assume the team's responsibility for the same. Also, as parents/guardians of the above swimmer(s), we agree to payment of swim fees, and team fees as described above or as amended by Swim South Bay.

 Parent Signature and date

 Parent Signature and date

INITIAL PAYMENT
(make checks payable to SWIM SOUTH BAY)

\$140 Senior Team _____
 \$120 Varsity _____
 \$100 JV+ _____
 \$ 90 Junior Varsity _____
 \$80 Gold _____
 \$50 Fitness Swim _____

\$varies Race Team (M/W or T/Th)
 Time/Fee _____

\$160 Annual Team Fee _____
 (*Senior, Varsity, JV+, JV and Gold only, \$80 after 2/1)

**Team fee covers all on-site event/swim meets, parties and activities. Race Team fee is included in the seasonal charge. All off-site meets have additional fees charged to your account. If you are currently USA-S registered for the 2009-2010 calendar year, we will transfer your membership*

EMERGENCY

In case of emergency, I understand every attempt will be made to reach our family physician. If he/she is not available, I give my permission to use the closest medical facility. I also authorize the appointed team representative to approve medical or dental treatment for my child in my absence described above or as amended by Swim South Bay.

 Parent Signature and date

 Parent Signature and date

FOR OFFICE USE ONLY

Check: _____ Date: _____
 Amount: _____ Entered: _____

New Swimmer Checklist

At the end of your free trial week, you should turn in the following items to your coach.



- Membership Application
- Initial Payment
- BAY Waiver and Release of Liability
- Parent Volunteer Form
- Login to the team website

Congratulations!- You are now officially a member of Swim South Bay!

Swim South Bay Waiver and Release of Liability- Minor

Participant's Name _____ Age _____ Phone _____

Name of Parent or Legal Guardian _____

Address _____

City _____

Emergency Phone Number _____

In consideration of the acceptance of my application for membership in, and maintenance of membership in, Swim South Bay, hereafter 'BAY', and my participation in practices, training, events and meets, I agree to the following:

1. **Release** I acknowledge my willingness to participate in all the activities of the BAY. I understand that some activities of the may be the subject of liability insurance protection but that some activities may not be protected by liability insurance. Therefore, in consideration of the benefits to me from my participation in the activities of the BAY, and other good and valuable consideration, I, the undersigned, except as herein otherwise agreed, hereby irrevocably and unconditionally releases, acquits and forever discharges BAY and each of its present and former officers, directors, coaches, sponsors, employees, volunteers, predecessors and successors in interest, heirs, executors, administrators, agents, representatives, insurers, attorneys and assigns, and all persons acting by, through, under or in concert with any of them, from any and all charges, complaints, claims, liabilities, obligations, controversies, damages, actions, causes of action, suits, rights, demands, costs, losses, and expenses arising out of the participation in functions of the BAY including, but not limited to, travel to and from BAY functions. The undersigned further agrees to indemnify, defend and forever hold BAY harmless from any and all claims [including any cost of defending claims whatsoever made by any person or entity arising out of the participation by myself in the functions of the BAY. The release contained herein is not meant to prevent a legitimate claim for injury or death from being submitted to the current policy of liability insurance maintained by BAY. However, this release does apply to any claim that is not covered by such liability insurance, and/or exceeds the policy limits of such liability insurance.

2. **Supervision of Minors** BAY coaches, staff, assistants and volunteers assume no liability for supervising minors except during regular practice, competitions, training and instruction.

3. **Assistance With Equipment**, Pool Covers, Lane Lines Parents or minors who assist BAY before or after a swim team practice with equipment, pool covers, or lane lines assume all risk or injury. I understand that there is a risk of injury as a result of being struck by another swimmer/diver or his /her equipment.

4. **Use of Diving Boards** I assume all risks of any accident, serious injury or death relating to my use or misuse of any diving board, diving platforms. I understand that the pool deck, bottom, sides, and starting blocks cannot be guaranteed to be smooth or free of defects, and that there is the risk of injury as a result of tripping or striking an unknown object.

5. **Assumption of Risk** I realize that swimming and diving expose the participant to risks of serious injury and even death. I also realize that BAY activities could not be conducted unless I am willing to assume all consequences of these risks. Therefore I assume full responsibility to inform myself as to all dangers and risks and I sign this Accident Waiver and Release of Liability as a legally binding method of personally assuming all of these risks.

6. **Fitness** I certify that I am in good physical condition and have not been advised otherwise by a qualified medical person. I understand that there is a risk of injury to muscles, tendons, ligaments, joints, ankles, knees, and legs while practicing and competing.

7. **Likeness or Image** I understand that during my activities with BAY, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by BAY and/or assigns.

8. **Construction** This Accident Waiver and Release of Liability shall be constructed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

9. **Rules and Regulations** I agree to accept and abide by the rules and regulations of the team named above and Presentation High School.

I hereby certify that I have read this document and I understand its content.

Print Name _____

Age _____

Signature _____

Date _____

(Swimmer's if under 18 years old, parent or guardian must sign)

Parent Guardian Waiver for Minors (under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act and release said parties on behalf of the minor and the parents or legal guardian.

Print Parent's or Guardian's Name _____

Signature of parent or guardian _____

Date _____

Parent Volunteer Information

Supporting your child in swimming can be one of the most rewarding experiences in sport. You may be timing at meets, helping at fundraisers, organizing group social events, or becoming a certified USA Swimming Official. Whatever your role may be, your child's experience with Swim South Bay has much to do with your positive support. PLEASE INITIAL each requirement and sign the form to return on the next page.

_____ Timing at meets- Each team that attends meets in expected to provide timers based on the number of swimmers they bring to the meet. Each family is expected to time one shift over the course of the meet. Positions will be 1.5-2 hours in length, depending on the meet..

_____ Swim-a-thon- Each family is expected to volunteer in one of the two swim-a-thons during the course of the season. Positions can include counting laps, sponsoring a swimmer or securing donations from local vendors for sustenance for the participants.

_____ Team Activities- Our swimmers will be participating in a variety of events throughout the season. Some will be at the pool, some will be away. If you are interested in helping coordinate and organize our swimmers, let us know! (Events include movie days, beach clean-ups, volunteer work and group parties.)