



COAST GUARD BLUE DOLPHINS SWIM TEAM

2010-2011 HIGH SCHOOL PREP PROGRAM

The Coast Guard Blue Dolphins Swim Team is a self-sustaining, 501-c3 non-profit organization. The CGBD Board of Directors is responsible for the financial soundness of the Team. It is only through prudent management of our resources, and a clear understanding of the following financial obligations and procedures by each family, that the team will continue to provide a quality program for current and future swimmers.

PROGRAM CONCEPT: The high school prep practice group is primarily for high school-aged swimmers who enjoy the benefits of the sport and want to balance the demands of swimming with other activities. It will also provide an excellent opportunity to prepare for high school swimming and later in the year, summer league swimming.

- Swimmers in this group are ages 13-18 and devote 30-40% of their training sessions toward maintenance of superior stroke techniques and turns and are utilizing the remaining 60-70% of their practice toward conditioning.
- This practice group can expect to swim 3,200 to 5,000 meters/yards per day.
- The swimmers will be members of the CGBD Team and will be encouraged to participate in meets within the local area to help track progress.
- They will always have the opportunity to increase their level of participation and move into the senior program after consulting with the coaching staff.
- We offer the following sessions and practices:
 - Three 12-week sessions
 - September 20 to December 18, 2010 (week off for Thanksgiving)
 - January 3 to March 26, 2011
 - March 28 to June 18, 2010 (week off for spring break)
 - Practices are available at two locations at the following days & times:
 - USCG Reserved Training Center-Yorktown (Monday, Tuesday, Thursday, 5:40-7:30 pm; Saturday, 8:15-10:00 am)
 - William & Mary Student Recreation Center (Monday, Tuesday, Wednesday, Friday, 5:40-7:30 pm)

LEARNING OBJECTIVES:

- The first session will focus on stroke technique and building endurance prior to the high school season.
- The second session will focus on continued building of endurance and working race based training to re-enforce competition strategies for success.
- The third session will focus on technique as well as maintaining aerobic conditioning leading into the summer season.
- Each session will include but are not limited to the following practice objectives:
 - Develop efficient stroke technique in freestyle, backstroke
 - Learn an effective breaststroke & butterfly
 - Learn front & back flip turns
 - Introduce interval training techniques
 - Increase swimming endurance
 - Improve cardiovascular fitness
 - Provide necessary feedback to enhance swimming performance
 - Incorporate swimming activities into lifetime fitness habits
 - Explore alternative aquatic activities (summer league swimming competition or U.S. Swimming competition)

REGISTRATION: Families register online through the team website, <http://www.cgbdswimming.org>. Print and sign your confirmation email, download and fill-out the membership package, and mail the complete membership package and signed confirmation email to the team office (**CGBD Team Administrator, 607 Lotz Drive, Yorktown, VA 23692**).

- First session fees should be paid online or mailed with the completed membership package. Initial program fees are as follows: Session fee, \$375; administrative fee, \$50; and the USA Swimming/Virginia Swimming registration fee, \$62.

- Swimmers wishing to participate in swim meets will have to establish a \$50 meet escrow. Participation in swim meets is optional.
- Swimmers wishing to swim more than one session may do so by filling out the online renewal form and paying the session fee. The session fee should be paid online or by being sent to the team office. Administrative fee and USA Swimming/Virginia Swimming registration fee is paid once per swim year.
- Swimmers participating in all three sessions of the program will be able to swim our summer practice schedule free of charge. We anticipate the summer practice schedule to start June 20, 2011.

MEET ENTRY: Swimmers electing to participate in meets are responsible for maintaining a \$50 meet entry escrow account. Escrow monies are used to pre-register your swimmer and must be maintained monthly. There are no refunds for swimmers who enter and then do not attend a meet. Meet the fees are posted to your account when the team submits the entries to the host team. Families should anticipate meet entry fees to range between \$25 and \$40 per meet per swimmer depending on the number of events entered. The meet entry fees are made up of individual and relay entry fees as well as a VSI and CGBD surcharge.

FUNDRAISING: There are no fund raising requirements for the High School Prep program. Participation in Swim-a-thon is encouraged, not required.

PARENTAL INVOLVEMENT: There are no activity support requirements for the High School Prep program. Volunteering to work in one of the CGBD hosted meets is encouraged, not required.



COAST GUARD BLUE DOLPHINS SWIM TEAM

RELEASE OF LIABILITY

I hereby release the U.S. Coast Guard Reserve Training Center-Yorktown, the Coast Guard Blue Dolphins Swim Team, its Executive Board and Coaches from liability resulting from any accident, loss of property, etc. that may occur on their premises during practice, at a meet, or in transit to or from same.

(Name of Swimmer)

Date: _____ Parent/Guardian Signatures: _____

I, _____ parent/guardian of _____ in consideration of the permission granted to me by the Commanding Officer, U.S. Coast Guard Reserve Training Center - Yorktown to use the following facilities: Pool, and, on occasion, transportation to and from meets at Yorktown, Virginia, do hereby for myself, my heirs, executors and administrators agree to hold harmless the United States Government, including any department or agency thereof, its agents and all military and civilian personnel, acting officially or otherwise, and to forever remise, release and discharge the Government of the United States, its officers and agents acting officially or otherwise, from any and all claims, demands, acts, or cause of action of every nature and character whatsoever in law or equity which may arise or occur as a result of any injuries which he/she may receive while using facilities as listed above.

Parent/Guardian Signatures: _____

Date: _____

PLEASE COMPLETE AND RETURN TO THE TEAM ADMINISTRATOR



COAST GUARD BLUE DOLPHINS SWIM TEAM

ASSUMPTION OF RISK & RELEASE

In agreeing to use the Fort Eustis Aquatic Center as a member of the Coast Guard Blue Dolphins Swim Team, I affirm that my general health is good and that I am not adversely affected by exercise, and that I am capable of engaging in activities of vigorous nature. I am aware of the possibility of accidental or other physical injury during the use of the Fort Eustis Aquatic Center and/or participation in programs conducted at the center by Coast Guard Blue Dolphins and co-sponsored programs with other agencies.

In consideration of participating at the Fort Eustis Aquatic Center, I do hereby agree to assume all risks of such injury and will hold harmless from any and all liability, actions, causes of action, claims and demands of every kind and nature whatsoever which I now have or which may arise of or in connection with my participation in activities while on the Coast Guard Blue Dolphins Swim Team or use of facilities owned by Fort Eustis Aquatic Center, its employees and staff. The terms hereof shall serve as a release and assumption of risk for my heirs, executors and administrators for all members of my family, including minors.

I have read this agreement and understand the activity in which I will be engaged. I have agreed to the conditions stated above.

NAME

SIGNATURE OF PARTICIPANT

ADDRESS

(SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OF AGE)

CITY/STATE/ZIP

IMPORTANT

Please note any physical limitations, medications or contraindications, such as heart condition, high blood pressure, diabetes, etc. that would limit your participation in any physical activity.

PLEASE COMPLETE AND RETURN TO THE TEAM ADMINISTRATOR



COAST GUARD BLUE DOLPHINS SWIM TEAM

ASSUMPTION OF RISK & RELEASE

In agreeing to use the College of William & Mary aquatic facilities as a member of the Coast Guard Blue Dolphins Swim Team, I affirm that my general health is good and that I am not adversely affected by exercise, and that I am capable of engaging in activities of vigorous nature. I am aware of the possibility of accidental or other physical injury during the use of the College of William & Mary aquatic facilities and/or participation in programs conducted at the center by Coast Guard Blue Dolphins and co-sponsored programs with other agencies.

In consideration of participating at the College of William & Mary aquatic facilities, I do hereby agree to assume all risks of such injury and will hold harmless from any and all liability, actions, causes of action, claims and demands of every kind and nature whatsoever which I now have or which may arise of or in connection with my participation in activities while on the Coast Guard Blue Dolphins Swim Team or use of facilities owned by College of William & Mary aquatic facilities, its employees and staff. The terms hereof shall serve as a release and assumption of risk for my heirs, executors and administrators for all members of my family, including minors.

I have read this agreement and understand the activity in which I will be engaged. I have agreed to the conditions stated above.

NAME

SIGNATURE OF PARTICIPANT

ADDRESS

(SIGNATURE OF PARENT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OF AGE)

CITY/STATE/ZIP

IMPORTANT

Please note any physical limitations, medications or contraindications, such as heart condition, high blood pressure, diabetes, etc. that would limit your participation in any physical activity.

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CITY OF NEWPORT NEWS DEPARTMENT OF PARKS AND RECREATION
BRITTINGHAM-MIDTOWN AQUATIC CENTER

570 McLawhorne Drive, Newport News, Virginia 23601, (757) 591-4573

Authorization to participate in Aquatic Programs

(All parents or guardians of participants under age 18 must fill out this Authorization Form completely prior to participating in any Aquatic Programs at this facility)

Swim Team Name COAST GUARD BLUE DOLPHINS SWIM TEAM

Swimmer Name (Print) _____

Address _____
Street Address City State Zip

Phone (day) _____ (evening) _____ Date of Birth _____

IN CASE OF EMERGENCY CONTACT:

Name _____ Phone _____

Relationship to Participant _____

I understand that a shower is required before entering the pool.

(Please Initial)

I hereby grant permission for my child, _____ to participate in swimming, aquatic programs and all other aquatic activities presented by Newport News Department of Parks and Recreation to be held at the Brittingham-Midtown Aquatics Center, Magruder Pool, Doris Miller Pool, and the Huntington Park Beachfront. By signing and submitting the Risk and Release Form, the participant (and parent or guardian) whose signatures appear hereby assume full responsibility and understand all the risks associated with aquatic activities. Also, the participant (or parent or guardian) is responsible for any and all damages, losses, or injuries that he/she may incur, while attending or participating at these aquatic facilities, and hereby expressly waive all claims or causes against the City of Newport News, including their members, employees, agents, and sponsors and hereby waive all liability and responsibility for any injury that might occur to the participant.

My child does/does not have any illness or disorders that would prevent him/her from participating in aquatic programs or activities at these facilities. If he/she does, please explain:

AGREEMENT FOR EMERGENCY TREATMENT: In case of emergency, illness, or accident, if the staff cannot reach the parent, guardian or emergency contact, the staff has my authorization to administer first aid. The hospital emergency room staff has my permission to provide treatment which a physician deems necessary for the well being of the child.

I have read and understand the above statements.

Signature of Participant or Parent/Guardian _____ Date _____

Print Name of Parent/Guardian _____

Aquatic Staff Signature _____ Date _____

Review/Update Annually:		
_____ Date _____	_____ Initial _____	_____ Staff _____
_____ Date _____	_____ Initial _____	_____ Staff _____
_____ Date _____	_____ Initial _____	_____ Staff _____
_____ Date _____	_____ Initial _____	_____ Staff _____



COAST GUARD BLUE DOLPHINS SWIM TEAM

CODE OF CONDUCT

The Coast Guard Blue Dolphins (CGBD) Swim Team (athletes, coaches, and parents) are proud representatives of the United States Coast Guard Reserve Training Center - Yorktown, Virginia. Proper behavior has a positive influence on individual and team performance and projects a positive image for all to recognize and respect.

As a swimmer/athlete member of CGBD, I, agree to abide by the standards of conduct outlined below during the time I am participating with CGBD throughout the 2010-2011 swimming year:

1. Team members will display proper respect and sportsmanship toward fellow team members, fellow competitors, coaches, officials, parents, facility staff, and the public at all times, including during team practice sessions.
2. Team members will not engage in any inappropriate physical contact. Swimmers will not interact with another swimmer in a manner, which they would not be willing to use with any teammate of either gender.
3. Team members will not use obscene, profane, or abusive language in the presence of any swimmer, parent, or coach during or traveling to/from practices, meets, or team activities.
4. Team members will respect the host personnel at our practice facilities and abide by all rules concerning use of those facilities.
5. Team members are prohibited from possession and use of illegal substances and/or use of tobacco and alcohol. Likewise, swimmers will not abuse prescription or non-prescription drugs.
6. Team members will refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives which would include but is not limited to deck changing and possession of pornography.
7. At swim meets, all swimmers will adhere to team travel standards of conduct.
8. All swimmers will follow the directions of the coaching staff and/or chaperones when under team supervision.
9. All swimmers will follow the USA Swimming and Virginia Swimming recruitment policies.
10. Failure to comply with this Code of Conduct may result in, but not necessarily be limited to, any of the following actions:
 - a. Swimmer restricted from participating in some or all team activities.
 - b. Swimmer sent home at the swimmer's expense.
 - c. Swimmer suspended from the team.

Upon notification of any violation of the Code of Conduct, the coaches and/or the CGBD Board shall investigate the circumstances of the violation (as necessary) and notify the swimmer and his or her parent(s). The swimmer shall promptly be given the disciplinary action decided upon for the violation.

Swimmer's Name: _____	Swimmer's Signature: _____	Date: _____
Parent's Name: _____	Parent's Signature: _____	Date: _____

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