

## Arden Sharks Swim Team—2017 Season Information

Welcome to another year of the Arden Sharks Swim Team! All children up to the age of 18 are welcome. No experience is necessary, *but children should be able to get across the pool, one lap (any way)*. Non-swimmers are welcome to attend morning practice by sign-up. Coaches give excellent lessons during practice and children become confident swimmers, get fit and learn endurance and commitment. Private lessons with the coaches are also available to improve stroke technique and swim skills.

Coaches on staff for the summer 2017 season are Head Coach Chris Burslem, assisted by Omarr Bashir, Tori Homan, Autum Falstad and Piara Biggs. Also, special guest Seth van Neerden will be conducting a few clinics throughout the season.

The 2017 schedule is as follows:

- **MANDATORY MEETING for Parents** - Tuesday, May 30, 6:00 -7:00 p.m.
  - Parents will meet poolside (Lower Gild Hall in case of rain) - please bring your calendars, checkbooks, and completed registration (there will be blank forms for those who don't bring them).
  - We will ask **EVERY** family to sign-up for at least one job at each meet. Descriptions and sign-up sheets will be available at the meeting.
  
- **STROKE AND TURN CLINIC/REFEREE TRAINING** – Dates TBD
  - Stroke and Turn Judging is something that we historically have struggled to find volunteers for. It would be great if we can get a few people trained in order to spread the job out. No experience is necessary.
  
- **PRACTICES** – Kids are expected to practice 5 times per week.
  - May 31 – Evening practices (for all proficient swimmers) will begin Monday – Friday from 6:00 – 7:00 p.m. When raft night starts (6/14), there will be no Wednesday evening practices, and there will be no evening practices on swim meet nights.
  - June 12 – July 21 – Morning practices will begin Monday – Friday from 8:30 – 9:30 a.m. for 12 and under and those attending ACRA; 9:30 – 11:00 a.m. for all others.
  - June 17 – July 8 - Saturday morning practices (for all swimmers) will be offered from 10:00 – 11:00 a.m.
  
- **MEETS** – Please be sure to let Coach Chris know by text or email if your child cannot make a meet.
  - **Thursday, June 22** – Arden vs. High Point at Arden, Friendly Meet
  - **Tuesday, June 27** – Arden vs. Crestview at Arden
  - **Thursday June 29** – Arden vs. Green Acres at Green Acres
  - **Thursday, July 6** – Arden vs. Lane at Arden
  - **Tuesday, July 11** – Arden vs. Fair Blue at Fair Blue
  - **Thursday, July 13**– Arden vs. JCC at JCC
  - **Saturday, July 15** – Classic Meet at Graylyn Crest, 8 am
  - **Friday, July 21** - Invitationals at JCC; 5 pm; 13-18 year olds
  - **Saturday, July 22** – Invitationals at JCC; 8 am; 8-12 year olds
  
- **EVENTS**
  - **Car Wash** - June 10, 10:00 a.m. – 2 pm; at the Exxon at Silverside and Foulk Road
  - **Pep Dinner** - Monday, June 26, 6 pm; Poolside
  - **Water Ice Party** – July 6<sup>th</sup> after the meet; Poolside
  - **Lap-A-Thon** – July 17; Pool
  - **Awards Dinner** - Monday, July 24, 6:00 p.m.; Poolside
  - **Team Trip** - Wednesday, July 31, Site TBD
  - **Swim Team Picture** – Thursday, June 29, 9:15 am (Rain date Friday, June 30)
  
- **TEAM SUITS**: Ask at the Swim Shop for the Arden team suit and get a discount. (Same suit as last year.)



**PERMISSION SLIP FOR DRY LAND EXERCISES  
OUTSIDE OF POOL (i.e., Buzz Ware field)**

I give permission for the Arden Swim Team coaches periodically to take my child(ren), \_\_\_\_\_  
\_\_\_\_\_ outside of the pool area, as  
needed for dry land exercises to the Buzz Ware Field or other nearby area.

\_\_\_\_\_  
**(Parent/Guardian Signature)**

\_\_\_\_\_  
**(Print Name and Date)**

## Arden Swim Team Medical Release

Swimmer Last Name: \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

Phones: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Birthdate: \_\_\_/\_\_\_/\_\_\_

### **Contact Information in event of illness or injury (in addition to the above information)**

1. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone numbers: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone numbers: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

### **Emergency Information**

Insurance company \_\_\_\_\_ Policy holder \_\_\_\_\_

Policy number \_\_\_\_\_ Group Number \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone number \_\_\_\_\_

Hospital preference \_\_\_\_\_

Does your child have any serious medical conditions (i.e. allergies, asthma, diabetes, seizures) or take any emergency medication that coaching staff or emergency medical personnel should be aware of in order to provide care? If so, please describe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of most recent Tetanus booster \_\_\_\_\_

The following procedure will be followed if your child experiences sudden illness or injury. 1) A coach will call the emergency contacts. 2) If a parent can not be reached an ambulance will be called in order to transport the swimmer to a local hospital. 3) A coach will continue to try to contact the parents and family physician if no one is reached. In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**NBSL Eligibility**

1. Swimmers on NBSL Teams must be members of their swim club on the same basis as non-swim team members. All swimmers must be active dues paying members of an NBSL League Pool. “Swim team only” memberships are not permitted, nor are memberships limited to the swim team season. An exception will be given to only those NBSL League Pools with summer camps existing before January 1, 2010 and are grandfathered by the NBSL.
  2. The age group of a swimmer for the entire season is determined by his or her age as of June 1. Swimmers with birthdates on June 1 will be assumed to have reached the higher age.
  3. A swimmer is eligible to compete so long as their age is less than 19 as of June 1 of the current year – i.e., a swimmer’s age must be 18 or under on June 1.
  4. A swimmer must swim for **only one** Summer Recreational Swim League from May 1 – August 31 of the current season – e.g., may not swim for both Suburban and NBSL. Participation on a USA Swimming or YMCA short or long course competitive swim team shall not be considered a violation of this rule.
  5. A swimmer is required to swim in **at least two** NBSL dual meets during the current season in order to participate in an NBSL Championship meet. Exceptions to this rule must be approved by the NBSL.
  6. A swimmer must swim for only one NBSL League Pool during the current swim season. A family may be represented on only **one** swim team during the season. Exceptions to this rule must be approved by the NBSL.
  7. For NBSL competitions, employees are not eligible to swim for that team unless they were a bona fide member during the previous season.
  8. A swimmer who participates in any NBSL sanctioned event must have a parent’s or guardian’s signature on the **Eligibility Agreement form** prior to participating in an NBSL event.
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**Eligibility Agreement**

*I have read the NBSL Eligibility Rules provided to me by my league pool and acknowledge that any infraction of these rules will result in both individual and team penalties for the current season. Such penalties will include and not be limited to the following:*

- ***restriction of a swimmer from any NBSL sanctioned event during the current season***
- ***forfeiture of a meet for a team who swims an ineligible swimmer in dual meets/champs during the current season***

**1<sup>st</sup> Swimmer’s Name:** \_\_\_\_\_

**1<sup>st</sup> Swimmer’s birth date:** \_\_\_\_\_

**2<sup>nd</sup> Swimmer’s Name:** \_\_\_\_\_

**2<sup>nd</sup> Swimmer’s birth date:** \_\_\_\_\_

**3<sup>rd</sup> Swimmer’s Name:** \_\_\_\_\_

**3<sup>rd</sup> Swimmer’s birth date:** \_\_\_\_\_

**4<sup>th</sup> Swimmer’s Name:** \_\_\_\_\_

**4<sup>th</sup> Swimmer’s birth date:** \_\_\_\_\_

**5<sup>th</sup> Swimmer’s Name:** \_\_\_\_\_

**5<sup>th</sup> Swimmer’s birth date:** \_\_\_\_\_

**Parent’s/Guardian’s Signature:** \_\_\_\_\_

**Swim Club:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*Note: All swimmers must have at least one parent’s/guardian’s signature prior to participating in an NBSL event.**