

2023 Stoney Glen Swim Team (SGST) Registration Packet

Stoney Glen Stingrays

www.sgstingrays.com

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Registration packet contains:

- ☐ Registration form (pages 1-2) – **required**
- ☐ Volunteer Job Sign Up Form (page 3) – **required**
- ☐ Medical Information Form (page 4) – **required**
- ☐ COVID/Liability Waiver (pages 5-6) – **required**
- ☐ Coach in Training application (page 7) – if applicable
- ☐ Useful Information (page 8-10) – keep for your records

Pages 1-6 are required for all swimmers. Bring registration forms to Sign Up Day (April 23 2-4pm) or contact Joseph Sandy, Team Treasurer (joseph.sandy2@gmail.com) to arrange a time to drop them off. Applications and Fees are due on or before May 15, 2023. **Applications from continuing swimmers received later than this date will result in a \$25 late fee. Registration for Summer 2023 closes on May 31, 2023.** Volunteer jobs will be assigned first come first served once payment is received.

Swimmers are eligible to join the team if they meet the following requirements:

- Are eighteen years old or younger as of June 1, 2023.
- Beginners 8 years old and under must be able to show a willingness to learn and should be able to **attempt** to swim one length of the pool unassisted by the 1st meet.
- Swimmers 9 years old and older must be able to swim two lengths of the pool unassisted by the 1st meet.

For non-swimmers - Introducing Rising Rays!

We realize that some children need a little extra help if they cannot yet swim. Swimmers will be assessed by coaches during the first week in the water. Swimmers who cannot swim or are fearful of the water will be placed in the Rising Rays group. Rising Rays will have special practice times at 8:00am and 8:30am with extra coaches and a lower swimmer:coach ratio. Rising Rays can move to other practice groups as their skill increases.

Swimmers in the Rising Ray program will be assessed an additional \$50 fee per child to cover the cost of extra instruction. Rising Rays are expected to participate in meets as soon as they can complete their required yardage.

2023 Stoney Glen Swim Team (SGST) Registration

Page 1

Parent Contact Information:

Parent/Guardian1 Name	Relationship to Swimmer(s)
Mailing Address	Email Address

Phone Numbers

Home:	Cell:	Work:
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Parent/Guardian2 Name	Relationship to Swimmer(s)
Mailing Address (if different)	Email Address

Phone Numbers

Home:	Cell:	Work:
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Additional Contact

Name:	Cell:	Email:
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Swimmer Information: Please list age as of 6/1/2023

Swimmer name			Gender	Age (as of 6/1/23)	Date of Birth	10 Year Stingray*
First	Middle	Last				
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

*began swimming with SGST in 2014

Graduating Senior (will be announced at final home meet and Champs)

Name:	High School:	Plans for next year (work, college, military, etc):
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National Anthem Singers: We need up to 3 singers for the season. They will be selected on a first come, first served basis.

Do you have a swimmer who would be interested in singing the National Anthem before a home meet?	Name:
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The undersigned agree that the Stoney Glen Homeowners Association, Oak Hollow Sports Club, and Stoney Glen Swim Team, including Members, Board of Directors, and Coaches shall not be liable for any claims if injuries or illnesses are sustained during practices, swim meets, and team activities. The Parent or Guardian is financially responsible for any health care required.

My signature certifies that I have completed the first four pages of this form, and that all information is current and correct.

Parent or Guardian Signature: _____ Date: _____

2023 Registration Fees

Make Checks payable to: SGST Questions?: Contact Team Manager ndilmore@live.com	Date Received: _____ Amount Paid: _____ Cash <input type="checkbox"/> Check No. _____
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Application and Fees are due on or before **May 15, 2023**. Returning members will be charged a \$25 late fee if registering May 16 or later. Payment must be received before swimmers may participate in meets.

Swim Team Registration Fees (paid by all swimmers)

1 st child (youngest) – \$130	\$
2 nd child (next by age) – \$90	\$
3 rd child – \$80	\$
4 th child – \$70	\$
5 th child – \$60	\$
Meet only swimmer – \$50 x _____ <i>USA Registered Year-round swimmer, Swim Metro Lifeguard, SGST coach or swimmer aged 15 & over with summer employment (documentation required)</i>	\$
Total Registration Fees:	\$

STO Fees (non-pool members only)

1 st child (youngest) – \$30	\$
2 nd child (next by age) – \$20	\$
3 rd and subsequent child(ren) – \$15 x _____	\$
Total STO Fees:	\$

Rising Rays Fee

Swimmers who cannot swim at least 25 yards independently will be placed in the Rising Ray program. There is an extra \$50 fee to cover the cost of this program. # of swimmers _____ X \$50	\$
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Swimmers unable to meet the above requirements by the second meet may be released and receive a refund, less \$40 per swimmer. No refunds will be given after the second meet.

Swimmers wishing to withdraw may do so prior to the second meet. They will receive a refund, less \$40 per swimmer. No refunds will be given after the second meet. Initials: _____

2023 Volunteer Job Sign Up

Parent involvement and support is essential for the success of our swim team. Meets are 100% run by parent volunteers. All families are required to list **at least one job you are willing to perform throughout the season**. Most positions require you to work at least half of every meet. Some jobs are home meet only but may require you to work the entire meet. There are a limited number of volunteer spots in each area. Positions are available on a first come first served basis and will be assigned once payment of all registration fees have been received by the Team Manager. If the area you have chosen has been filled, you will be placed in another volunteer area. Child(ren) may not be allowed to swim in meets if their parents do not volunteer.

My initials certify that at least one person in my family will volunteer at meets, as required.

Initials: _____

Announcer/Staging – lines swimmers up for events. Works at home meets and may assist at away meets.

Computer Operator* – Run the computer system to score meets. Training will be provided. Works home and away meets.

Concessions – Prepare food and/or work the concession area at all home meets. This is the most important fundraiser for the team.

Heat Ribbons – Handing out heat winner ribbons for all 10 & under events. Home meets only. **Great first year swim parent job!**

Hospitality – Serves beverages to all volunteers working the home meets.

Lane Monitor – Works behind the blocks to be sure swimmers are in proper lanes and heats. Works at home meets and may assist at away meets. **Great first year swim parent job!**

Meet Set-Up – Must arrive one to two hours before home meets to set up the pool deck. Some moderate/heavy lifting required. Some set up may be done the evening before the meet.

Merchandise – Sells team merchandise during home meets and during specified practices.

Mite Parent – Responsible for keeping track of all swimmers 8 and under. Works home and away meets.

Referee* – Chief Official at the meet. Oversees the Strokes and Turns Judges as well as the Starter. This is a very important position and requires experience and training. Training will be provided.

Ribbons – Helps place stickers on ribbons during the second half of the meet. Works home and away meets.

Runner – Delivers timer sheets and DQ cards to scoring table at home meets. Must be constantly moving.

Scan Judge – Calls the place order of the swimmers as they finish each race. Each team provides one pair of judges. Sits at the finish line during meet time. Works both home and away meets. Must be 21 years of age.

Scorer – Prepares the timer sheets for input to the computer. Must pay attention to detail and have a high degree of accuracy. Works home and away meets.

Starter* – Calls the swimmers to the blocks and starts each heat. Works home meets

Strokes & Turns Judge* – Observes the swimmers in the water and watches for illegal strokes or turns. Training is required. Works home and away meets. Must be 21 years of age, unless USA Swimming qualified.

Substitute – Willing to be moved from regular position to fill in open position to cover for vacations, etc. **Thank you!**

Timer – Times events with a stopwatch. Front row view of the meet. Works home and away meets. **Great first year swim parent job!**

Wherever – Placed wherever the need is greatest. Our favorite volunteers!

Volunteer #1			Willing to sub in another job if needed?
Name:	Email:	Cell Phone:	
1 st Volunteer Job Choice	2 nd Volunteer Job Choice	3 rd Volunteer Job Choice	<input type="checkbox"/>
Volunteer #2			
Name:	Email:	Cell Phone:	
1 st Volunteer Job Choice	2 nd Volunteer Job Choice	3 rd Volunteer Job Choice	<input type="checkbox"/>
Volunteer #3			
Name:	Email:	Cell Phone:	
1 st Volunteer Job Choice	2 nd Volunteer Job Choice	3 rd Volunteer Job Choice	<input type="checkbox"/>

*requires training that will be provided at no cost.

2023 Medical Information Form

This form will be maintained by the coach at practice and meets in case of an urgent medical situation.

Parent/Guardian1

Name:	Home:	Cell:	Work:
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Parent/Guardian2

Name:	Home:	Cell:	Work:
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Doctor:

Name:	Phone:
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Additional Emergency Contact1

Name:	Home:	Cell:	Work:
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Additional Emergency Contact2

Name:	Home:	Cell:	Work:
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Swimmer name First	Middle	Last	Allergies	Date of Birth	Allergic to Medication	Exercise Induced Medical Problems

Please tell us anything about your swimmer(s) that may help us (previous swim experiences, fears or anxieties, behavior concerns).

The undersigned agree that the Stoney Glen Homeowners Association, Oak Hollow Sports Club, and Stoney Glen Swim Team, including Members, Board of Directors, and Coaches shall not be liable for any claims if injuries or illnesses are sustained during practices, swim meets, and team activities. The Parent or Guardian is financially responsible for any health care required.

Parent or Guardian Signature: _____ Date: _____

MINOR PARTICIPANT WAIVER, LIABILITY RELEASE AND INDEMNIFICATION OF ALL CLAIMS & 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 and the named minor's 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 the named minor's participation in Stoney Glen Stingray Swim Team Programs, now or any time in the future.

Acknowledgement of Risk

I, in my legal capacity as the parent/guardian of the minor named below, do hereby acknowledge and agree that participation in Stoney Glen Stingray Swim Team programs or activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with Stoney Glen Stingray Swim Team participation, 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 Stoney Glen Stingray Swim Team program participation and that said list in no way limits the operation of this Agreement.

Coronavirus/COVID-19 Warning & Disclaimer

Coronavirus, COVID-19 is an **extremely contagious** virus spread 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 Stoney Glen Stingray Swim Team programs or accessing Oak Hollow Sports Club and Stoney Glen Pool could increase the risk of contracting COVID-19.** Stoney Glen Stingray Swim Team in no way warrants that COVID-19 infection will not occur through participation in Stoney Glen Stingray Swim Team programs or accessing facilities Stoney Glen Stingray Swim Team utilizes.

Photo Release

I agree to grant to SGST and its authorized representatives permission to record on photography film and/or video, pictures of my swimmer(s)'s participation. I further agree that any or all of the material photographed may be used, in any form, as part of any future social media posts, publications, brochure, or other printed materials used to promote SGST, and further that such use shall be without payment of fees, royalties, special credit or other compensation.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of my participation in any Stoney Glen Stingray Swim Team program or activity, I, the parent/guardian of the minor below, agree to release and on behalf of myself and the minor named below, my heirs, representatives, executors, administrators, and assigns, **HEREBY DO RELEASE STONEY GLEN STINGRAYS SWIM TEAM**, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of actions, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, the names minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future against Stoney Glen Stingray Swim Team 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 Stoney Glen Stingray Swim Team facilities/equipment or participation in Stoney Glen Stingray Swim Team programs whether that participation is supervised or unsupervised however the injury or damage occurs, including but not limited to the negligence of Releasees.

In consideration of the named minor's participation in Stoney Glen Stingray Swim Team, I, the undersigned parent/guardian of the named minor, agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of actions, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to the named minor's Stoney Glen Stingray Swim Team program participation.

I hereby certify on behalf of myself and the named minor that I have full knowledge of the nature and extent of the risks inherent in Stoney Glen Stingray Swim Team program participation and that I, on behalf of myself and the named minor, am voluntarily assuming said risks. I understand that I and the named minor will be solely responsible for any loss or damage, including personal damage, property damage, or death, the named minor sustains while participating in Stoney Glen Stingray Swim Team programs and that by signing this agreement, I on behalf of myself and the named minor, HEREBY RELEASE Releasees of all liability for such loss, damage, or death. I further certify that the named minor is in good health and has no conditions or impairments which would preclude his/her safe participation in Stoney Glen Stingray Swim Team programming.

Participant Name(s) (Print Clearly)

Parent/Guardian Signature

Date

Parent/Guardian Name (Print Clearly)

Coach in Training Program

Please fill out this application if you are interested in being a volunteer Coach in Training (CIT) for 2023. The program is open to swimmers **13 and over** who are interested in taking on a leadership role this summer. There will be an interest meeting early in the season.

Name:

Age:

How long have you been swimming for SGST?

Please write a paragraph about yourself to explain why you feel you would be a good CIT.

Examples to get you started:

- What swimming experience to you have?
- Do you have experience with younger kids (for example, babysitting)?
- Do you have leadership experience? (church youth group, summer camp, scouts)?
- Do you have coaching experience?
- Are you interested in learning more about coaching and maybe being a paid coach in the future?
- Are you CPR or Lifeguard Certified?
- Do you have any important qualities: maturity, patience, attentiveness, strength?

You don't need to have all of these qualities and there are other qualities you may have. These are just some ideas to get you started. Please tell us about yourself in the space below:

Important information – Please keep this page!

This information is an excerpt from the Team Handbook. Find the complete handbook on our website.

Website: <https://sgstingrays.com>

Stingray Team Facebook: <https://www.facebook.com/groups/TeamPresident/>

Stingray Parent Facebook: <https://www.facebook.com/groups/stoneyglenstingrays>

Email/Google Group: <https://groups.google.com/forum/#!forum/stoney-glen-stingrays>

Parent Meetings

Monday, May 15: **Informational Meeting for Parents/family members will be at the Pool**, during each practice time. All parents are encouraged to attend. Parents of first-time team members are **required** to attend one session.

Team Suits & Caps

All swimmers are required to wear a Stoney Glen Team suit during ALL meets. You may wear a team suit from a previous year. Second-hand suits may be available. Contact the team manager for information. If a swimmer wears a cap in a meet, it must be a team cap. Team caps are available for sale (\$13) at the merchandise table at home meets and from the Team Manager at any time. Swimmers may **not** wear a suit or cap from another team.

The vendor for swim team suits this year will be Virginia Swim Shop. Suits may be ordered at sign up day or online.

Cost for the 2023 Suits (including tax):

Female - \$45.79

Male - \$33.07

Link coming soon

Family Meet Responsibilities

Volunteer

All families are required to volunteer for at least one job they are willing to perform **throughout** the season. **Most positions require volunteers to work at least half of every meet.** Some positions require volunteers to work only home meets but may require them to work the entire meet. At a meet, if a head volunteer asks you to step up to fill a vacant slot, please do so if you are able. Meets may be halted if volunteer positions are unfilled.

Clean-up Crew/Concessions Donations

The first letter(s) of your last name determines the schedule for clean-up crew and concession donations.

1ST home meet: A-G

2nd home meet: H-M

3rd home meet: N-Z

Each family is required to assist at one home meet by staying to reset the pool at the end of the night. The first letter(s) of your last name determine the clean-up crew.

The first letter(s) of your last name also determine the Concessions Donation Schedule. **We are asking that you donate 12 individually wrapped dessert items, such as cookies, brownies, bars, Rice Krispie Treats, etc.** All of these items can be either homemade or store bought. Please deliver your items to Concessions prior to the start of the Home Meets. Each family who donates will be entered in a drawing for \$20 in free concessions food for that meet!

Stoney Glen Stingrays Southside Swim League 2023 Swim Meet Schedule

Week 1	Thurs. June 1	Home vs. SouthBend
Week 2	Thurs. June 8	Away @ Wood-Dale
Week 3	Thurs. June 15	Home vs. Chester Rec
Week 4	Bye Week	-Bye Week- No Meet
Week 5	Thurs. June 29	Home vs. SYC
Week 6	Thurs July 6	Away @ Rivers Bend
Week 7	Thurs. July 13	Away @ Battlefield Park

Championship meet info:

The Championship Meet will be held Friday and Saturday, July 21 and 22 at Battlefield Park.

The Friday session will be for the 11 & Older swimmers.

The Saturday session will be for the 10 & Younger swimmers.

Important Dates to Remember

April 22	Community Yard Sale, and Donut Fundraiser Pick-Up at the Pool
April 23	Team Registration and Suit Fitting Day
May 6 & 7	Pool Clean-Up Day 10 am each day
May 15	Afternoon Practices Begin (see schedule page 10)
May 16	Informational Meeting for PARENTS at the Pool , during each practice time. Parents of first-time team members are required to attend one session. Returning parents are welcome to attend these as well.
TBD	Team Time Trials For swimmers who carry no Southside Swim League time and for 9-year-olds swimming 50's for the first time.
May 30	Memorial Day , No Practice
June 6	Morning Swim Practices Begin (see schedule page 10) Afternoon practices continue.
TBD	Individual Photos will be taken beginning at 3pm by Lloyd Sterling Sign-ups for photos will take place the week before, on a first come first served basis. The Team Photo will be taken at 3:45pm, right before practice begins. There is NO charge for the pictures. Pictures will be emailed to you.
June TBD	Lap-a-Thon Fund-raiser. All swimmers should participate in this event, regardless of ability.
Late June	Championship T-shirt Orders are due to the league All shirts pre-ordered will earn our team \$1 for every shirt sold. Your swimmers' names will be listed on the back of the shirts. No team money will be earned for any shirts purchased at the Championship meet, and there is no guarantee shirts will be available for purchase at the meets, especially on Saturday.
Early July	Championship Heat Sheet Book and Ad orders due.
July 22 & 23	Championship Meets @ Battlefield Park Friday is for 11 & Older Saturday is for 10 & Younger
July 30	Team Party & Awards Event <i>date is tentative</i> - We will hold the awards ceremony at 6pm, at American Legion Post 284. More details to follow.

2023 Stingray's Practice Schedule

Before school is out May 15– May 31

Afternoon Practices only – **NO RISING RAY PRACTICE**

Practice will be held Monday – Thursday, except for meet days.

4:00 – 5:00pm Ages 11 & Over

5:00 – 6:00pm Ages 10 & Under

There may be practice Friday, May 15 and Friday May 27 if the pool is available. There will be no practice on Monday, May 29, due to the Memorial Day Holiday

Beginning School Vacation June 5

Swimmers will practice with their practice groups morning and/or afternoons

Morning Swim Practices. Practice will be held Monday- Friday, including meet days.

8:00 – 8:30am Rising Rays

8:30 – 9:00am Rising Rays

9:00 – 10:00am Stingray 1 & 2

10:00 – 11:00am Stingray 3 & 4

AND/OR

Afternoon Practices. Practice will be held Monday – Thursday, except for meet days.

4:00 – 5:00pm Stingray 3&4

5:00 – 6:00pm Stingray 1&2

There will be no Rising Ray practice in the afternoons due to lack of pool availability.

Later in the summer, Rising Rays may be able to attend afternoon practice if space is available.

Due to the July 4th Holiday, THERE WILL BE NO PRACTICE ON Monday, July 4th

Swimmers will be sorted into practice groups based on ability and should practice during their scheduled session. Practice groups will be assigned by the coaches. Only pre-approved exceptions will be made, prior to the day of practice. You must have permission from the Coach to swim at a different practice time. Practice groups will be announced prior to the beginning of morning practice. There may be some adjustment during the first week in the water or as the season progresses.

- Rising Rays: Swimmers who are unable to swim or are fearful of the water.
- Stingray 1: Swimmers who can doggy paddle, etc. and are eager to learn to swim.
- Stingray 2: Swimmers who have the capability to do freestyle and backstroke but are still working towards proficiency in breaststroke and butterfly.
- Stingray 3: Swimmers who have a working knowledge of all four strokes but are still fine tuning and working to develop speed.
- Stingray 4: Swimmers who possess a sound foundation in all four strokes, have experience in the sport, possess speed, and are capable of doing self-led set work.

Practices are held as outlined above. Periodically, extra practices or clinics may be scheduled. Children under 10 years old must have a responsible person 14 years old or older present with them at all times while at the pool including swim practice and meets. Swimmers may attend morning practice, afternoon practice or both.