

Welcome to the 2009 swim season. The primary purpose of the Fireballs Swim Team is to improve the quality of your child's swimming in a fun, team atmosphere. Children who are between 4 and 18 years of age as of June 1, 2008, are eligible to join the team. No experience is needed. The coaches make everyone feel like a winner for just trying his or her best.

Who can join: Member children ages 18 and younger. No experience is necessary. **Children must be able to swim one lap of Freestyle with side breathing WITH fins on.** Children must be listed on membership.

Swim Team Fee: \$150.00 per child for swim season

A **vandalism fee** will be charged, if necessary, and will appear on your September statement.

Practice Schedule:

After School Practice: Monday, June 1 – Thursday, June 11

5:15 – 5:45 PM	6 & under
5:45 – 6:15 PM	7 & 8 yr.
6:30 – 7:00 PM	9 & 10 yr.
6:30 – 7:15 PM	11 & up

Morning Practice: Friday, June 12 – Friday, July 17

(Championship meet competitors practice through Friday, July 24)

11:30 AM - 12:15 PM	6 & under
10:30 - 11:30 AM	7 & 8 yrs.
9:30 - 10:30 AM	9 & 10 yrs.
7:30 - 8:30 AM	11 & up

New Swimmer Evaluations: Friday, May 15 – 6pm (No advance sign-up necessary). The evaluation is to see if the swimmer can swim one length of the pool using a correct freestyle stroke with proper side breathing, and without stopping with Fins. Evaluations help coaches to know what abilities the new swimmers have. Those not meeting this requirement may still participate on the swim team, but must attend Swim Lessons until they can accomplish the one lap successfully..

Swim Lessons: Lessons are required for children who cannot yet swim the length of the pool in a correct freestyle stroke with proper side breathing, and without stopping with Fins. Swim Team coaches and/or instructors will determine if Swim Lessons are required for all children. Children who sign up for Swim Team will receive 20% off the regular price of lessons during the Swim Team season (June 1 – July 17). Children attending Swim Lessons may participate with the team in meets (in the kickboard event, or other events), as well as all team activities (Picture Day, BBQ, Fun Day, and the End of the Season Party). Lessons require advance sign-up (sessions fill quickly).

Swim Practices: Swimmers must be in their suit and ready to swim at their respective times. Practices are offered daily, Monday through Friday. Please try to attend as many practices as possible. Only swimmers who are eligible to participate in the Championship Meet will practice during the week of July 20-24. *Practices are not offered on some of the activity days.*

Picture Day: Date: Wednesday, 24th at 9am for all age groups. Bring your smile, and wear your team suit (required for team picture).

Game & Fun Day: The day to celebrate the end of a great season. Swimmers come at their regular practice times and have fun races and relay races! Don't miss out!

End of Season Party & Team Potluck: Saturday, July 25 at LVTC. Swimmers and their families are invited to our potluck to celebrate the end of a rewarding season, where all swimmers are considered winners for doing his or her best, improving stroke technique, and building endurance.

Team Suit and Team Cap are required for meet participation

If a swimmer arrives to a meet without a team suit and/or cap, they will not be allowed to participate in the meet.

Equipment: All swimmers are required to have their own **fins, cap, & goggles**. It is strongly recommended to keep these items in a mesh swim bag with their name on it (available in the pro-shop). Swimmers should come prepared on time for every practice with their equipment ready to use. LVTC does not loan out fins. Please write your last name in permanent marker on all of your swimmers equipment.

Timing Day: The coaches will run a timing day to set base times for the season during a normal practice day. Timing Day is designed to aid the coaches by establishing base times for placing in meets. It is also for the incentive program to help swimmers record times to base improvements in their swimming events throughout the season. Kickboard races will not be timed on Timing Days. Because each swimmer will be unable to swim each stroke in a meet, Timing Day offers an opportunity for the swimmer to establish their time in each event.

Dual Swim Meet Sign-ups: On the Sunday before each meet, there will be a **sign-up sheet at the Front Desk**. Each swimmer needs to ***sign this sheet*** to indicate whether or not he/she will compete in the meet. Swimmers who have not signed up ***by 6:30 p.m. on the Tuesday prior to the Saturday Meet*** will not be able to participate in the meet. For the first five meets, each child who signs up ***will*** participate in the meet. There will be kickboard races (for those who can't yet swim the length of the pool) and ribbons for all who compete *without disqualification*.

Swim Meet Day: An email will be sent to all swimmers to notify you of the time and place for each swim meet. Swimmers need to ***arrive*** at the host pool by the designated time for check-in at the check-in table with their age group helper, then warm-up with their coaches. The names of the age group helpers will be included in the parent work schedule. Swim meets start at 8am or 8:30am; depending on the host team.

Cancellation for a meet: Once your child is signed up to swim in the meet, he or she is expected to be at the meet by 7:30 a.m. In the event of illness, or an emergency and your child is unable to compete in the meet, please call the Club **no later than 7:15 a.m.** on Saturday and inform the Front Desk of your child's cancellation. We need this information for event and relay changes **(443-7700)**. It is very important that your child attends the meet in which they are signed up for. The coaches put a lot of time and effort into getting the meet set up. When a swimmer is a no-show there is a lot of work that has to be done to re-arrange the heats, and re-assign relay positions. Sometimes it is not possible to re-assign kids and we have to scratch a relay. This is disheartening to the kids who have arrived on time to the swim meet and followed all of the necessary procedures. If a swimmer does not phone in ahead of time that they will be missing the meet, they will not be allowed to swim at the following meet. Please keep this in mind when making last minute schedule changes.

Championship Meet: Saturday, July 25. This meet's **sign-up sheet** will be **posted prior to this meet – July 25. Please sign-up by July 10 before 10 PM to be eligible to participate.** If you will be on vacation while the sign-up sheet is posted, but your child will be able to swim in the meet, please contact Emily Horst and indicate your child's meet availability. This is a qualifying meet. The swimmers with the top times will be selected to participate. Improving your times at meets is the key to a successful swim season.

Family Files: Each family will have a file which is brought out to the pool deck during practices. These files are where we notify swimmers with upcoming reminders, meet info, give ribbons, and leave personal notes for swimmers as necessary. Please remember to check your family file each day since this is our way of communicating with all of the families.

Email: Since Email is such an efficient way of communicating with everyone, please make sure you write clearly on your registration form. If you would like to include more than 1 email address for a swimmer, please do so. Email will be used to send notices to families in an attempt to use less paper. Please provide an email that is checked frequently. Email for Emily Horst (Aquatics Director) is Horst@lvtc.com.

Team Website: You will be able to access Fireballs team information through the LVTC website. Visit www.lvtc.com and click on the aquatics page to get to the Fireballs team page. Please check this page frequently as more information will be posted as the season gets to a start. This is a great place to get the location and information for swim meets, team records, time incentive standards, and even results from the meets. Make sure to book mark this page and become familiar with it during the season!

Parent Participation: Parents will be required to help at every meet in which their child participates. Please sign up for your job preference in advance. Please understand that we cannot promise to accommodate each person's preference. If you do not sign up for all of the required jobs **they will be assigned to you**. If parents choose not to participate, their children will not be allowed to swim in meets or participate in team activities.

Please tear off bottom signed portion and attach to registration form.

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I have read and understand the above information.

Date _____ **Parent/Guardian Signature** _____

(Please save pages 1, 2 and top of 3 for your records)



FIREBALLS Summer Rec. Swim Team Registration

Swimmer(s)		Age / Sex	Date of Birth	T-shirt Size (Circle One)
Last	First			YS YM YL AS AM AL AXL
_____	_____	___/___	___/___/___	YS YM YL AS AM AL AXL
_____	_____	___/___	___/___/___	YS YM YL AS AM AL AXL
_____	_____	___/___	___/___/___	YS YM YL AS AM AL AXL
_____	_____	___/___	___/___/___	YS YM YL AS AM AL AXL
_____	_____	___/___	___/___/___	YS YM YL AS AM AL AXL

The above-mentioned minor(s) have my permission to participate in ALL swim practices, swim meets and social events. To the best of my knowledge, he/she has no physical problems that would jeopardize his/her health. I also understand that I am required to volunteer to help at swim meets/swim team activities my child is participating in. Parent/Guardian Approval: _____ Date _____

Swimmer's Address: _____ City _____ Zip _____

Phone: _____ **Family E-mail Address:** _____

Father / Guardian Name: _____ Home # _____ Work # _____

Mother / Guardian Name: _____ Home # _____ Work # _____

Doctor's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

In the event of an emergency affecting your child, every effort will be made to notify you immediately. Should we be unable to contact you, do we have your permission to?

1. Call an ambulance for your child? **YES / NO** Initials _____

2. Take your child to any available doctor, dentist, or medical care facility for treatment? **YES / NO** Initials _____

3. Medical Insurance Carrier _____ Medical # _____

If the answer to 1 or 2 is "NO", please outline the procedure to be followed: _____

Does your child have any health problems (i.e., allergic to medicines, allergies, Epilepsy, insect bite reaction, etc.)? _____

Does your child take any medicines on a regular basis? **Y N** If yes please list: _____

Charge swim team fees to membership? **Yes / No** Initials _____

Swim Team Fees: # of swimmers _____ x \$150 =\$_____