





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SARATOGA REGIONAL YMCA STINGRAY SWIM TEAM INFORMATION FORM 2011

This information will go to the coaches/team binder. Please be sure all information is legible and complete.  
**You must include swimmer's middle initial.**

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Swimmer's Gender: Male / Female Membership Type & Exp. Date: \_\_\_\_\_

Parent/Guardian Names (both please, if applies) and address:

\_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_

Mother's Work # \_\_\_\_\_ Mother's Cell #: \_\_\_\_\_

Father's Work # \_\_\_\_\_ Father's Cell # \_\_\_\_\_

E-mail Address: (This is important, a lot of info is sent this way! If you do not have e-mail, please be sure to check our team bulletin board regularly and keep in touch with other team parents.) Multiple addresses are OK.

\_\_\_\_\_

In case of emergency, contact (name/phone number/relationship) if parent can not be reached:

\_\_\_\_\_

School attended by swimmer: \_\_\_\_\_

Other activities: \_\_\_\_\_

Relevant medical Information: (Please include asthma/allergies, inhaler information if applicable.)

\_\_\_\_\_

I agree to the terms and payment schedule set forth by the Saratoga Regional YMCA for my child to participate on the swim team.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



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## SARATOGA REGIONAL YMCA STINGRAY SWIM TEAM COACHES EXPECTATION FORM 2011

PLEASE SIGN AND RETURN AT REGISTRATION

As a member of the Saratoga Regional YMCA Swim Team, each swimmer must conduct themselves in a responsible and respectful manner during all practices and swim meets. The following agreement has been developed to remind each swimmer of the coaches expectations and to ensure that the swimmers and parents understand the consequences of unacceptable behavior.

### **Practice and meet behavior reminder:**

- Every team member is expected to be on time for practices and meets. ready to warm-up and swim.
- When coaches are speaking all swimmers should be respectful and listen.
- Swimmers are responsible for all of their personal belongings, ie suit, cap, goggles, water bottle, towels, etc.
- Each swimmer is expected to attend the recommended number of practices per week, as determined by the coaches. Failure to do so may result in not being able to swim in an upcoming meet, subject to the discretion of the head coach.

### **Any misconduct on or in the pool area or locker rooms before, during or after practice will result in the following:**

- A note written by the swimmer and signed by the head coach explaining the situation to be signed by the parent. Once signed by a parent, it is to be returned to the head coach.
- If the misconduct occurs a second time, there will be a suspension from team activities for one week.
- If the misconduct continues, the swimmer, parents and coach will meet to discuss a possible longer suspension from the swim team.

The use of drugs, alcohol or tobacco will not be tolerated and result in automatic suspension from the swim team.

Parents and swimmers are required to review these policies together, sign and return to the head coach.

Swimmer Signature \_\_\_\_\_ Date: \_\_\_\_\_

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



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## SARATOGA REGIONAL YMCA STINGRAY SWIM TEAM PARENT'S CODE OF ETHICS FORM 2011

PLEASE SIGN AND RETURN AT REGISTRATION

- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every practice, meet, or other event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will support the implementation of the YMCA's four character development values, caring, honesty, respect and responsibility.
- I will support coaches working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember that the competition is for youth – not for adults.
- I will do the very best to make the swimming experience fun for my child.
- I will help my child enjoy her swimming experience by doing whatever I can, such as being a respectful fan, providing transportation, or volunteering to help at any or all swim meets.
- I will teach my child to treat other team members, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

I hereby pledge to provide positive support, care, and encouragement for my child participating in swimming by following this Parents' Code of Ethics.

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Parent/Guardian Signature

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Date

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Child(ren) Name(s) Please Print



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## SARATOGA REGIONAL YMCA STINGRAY SWIM TEAM PARTICIPATION AGREEMENT 2011

### PLEASE SIGN AND RETURN AT REGISTRATION

- I will incorporate the four character development values of caring, honesty, respect and responsibility into training and into the way you represent the Saratoga Regional YMCA at practices and swim meets.
- I will attend all practices (please explain on back if you will be missing practices on a regular basis – for example, other sports). If I have to miss a practice for a school event or illness, my parents and I will let the head coach know of my absence, via an email to: [stingrays@saratogaregionalymca.org](mailto:stingrays@saratogaregionalymca.org)
- I will arrive to practice on time. (please note on the back if there are any conflicts)
- I understand that I need to attend the minimum number of practices per week, recommended by the coach, to attend an upcoming swim meet.
- I will be prepared for practice! This means I will wear appropriate swim suit and have swim cap, goggles and a water bottle.
- I understand that I will attend as many swim meets as I can, to be there for my team. I must attend a minimum of three YMCA meets to attend YMCA States. My parents and I will inform the head coach if I am not able to attend a meet.
- I will bring A Positive Attitude into the pool, no matter how hard my day has been.
- I will work to the best of my ability and give my team 100% of my effort at every practice and every meet.
- I will communicate with the coaches if I am having a problem. I will remember that they are there to help me.
- I will follow the safety rules set up by my coaches for my safety and for the safety of others.
- *I will ENJOY* my time in the pool... after all we are here to have fun!!!

Swimmer Signature \_\_\_\_\_

Date: \_\_\_\_\_

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



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## SARATOGA REGIONAL YMCA SWIM TEAM Volunteer Registration Form

**Directions:** Please fill in contact information and check *one box next to each meet date* .  
 You will be assigned a time slot and a schedule will be posted in advance of the meet. Thank you.

Home Meets	Concession stand	Timing 1st half	Timing 2nd half	Set-up 30 min. prior to warm-ups	Break down at end of each meet
October 30th					
December 3rd					
December 17th					
Jan 7th					
January 22nd					
February 12th					

Away Meets	Timing 1st half	Timing 2nd half
November 19th		
January 14th		
January 22nd		

**Contact Information (please print)**

**Name:**

**Phone:**

**Cell:**

**Email:**