



**Parent & Team Handbook
2011/2012**



Welcome to QUEST Aquatics (QA) Swim Team. Before a swimmer may participate in QA swimming activities (excluding trial periods), all fees must be paid, the forms listed below must be completed, signed, and returned to the Aquatics Manager or Head Coach. This packet contains useful information about QA, how we operate and the expectations we have of our coaches, swimmers and their parents. Please complete the following forms **and return along with a copy of your swimmer's birth certificate:**

1. Registration Form
2. Code of Ethics and Conduct
3. USA Swimming Registration Form
4. **Copy of birth certificate**
5. Payment-Cancellation Policy
6. Emergency contacts & MEDICAL RELEASE FORM
7. Quest Aquatics Signatures and Contact Information

You may write one check for all fees and dues made payable to Fit N Wise. You will receive a monthly statement by email around the first of each month. Payments are due by the 1st of each month. There is a \$15.00 late fee for payments received after the 10th.

If at any time you have questions, comments or concerns please feel free to contact the coach or Aquatics Manager after practice or by note or email. If you have questions specifically related to your child's swimming, please contact their coach after practice or by note or email.

See you at the pool!

Financial and Other Commitments

As a young team, QA hopes to evolve into one of the finest competitive swim programs in North Texas. The attention given by our coaches create an excellent atmosphere for the development of young swimmers. Commitment to quality does not come without cost. Retaining availability of a pool and qualified coaching requires year around leases and high fixed costs. These issues create a constant monthly expense and are just two of the numerous expenses incurred on an ongoing basis. In order to maintain a quality swim team, each of us must be willing to make certain commitments. The team will undertake certain fundraising activities during the course of any given year. Without the additional funds generated by the fundraising activities, membership dues would be significantly higher. Additionally, swim meets require parent's participation. A well-run swim meet or any other fundraising effort requires a large number of volunteers.

Dues and Administrative Fees

QA depends upon prompt payment in order to meet the club's financial obligations for the coaches' salary, pool rental, taxes and travel. **Dues are based on an annual fee, which is broken down into monthly installments for the convenience of our members.** In order to meet these obligations, payment must be received by the 1st of each month for that swimming period. There is a \$15.00 late fee for payments received after the 10th.

Payments must be **PAID** whether or not your child swims that month. (See Quitting the Team and Reinstatement)

If you have any questions about your bill or there is a change in the swimmer's status, please contact the Aquatic Manager. The following rates are annual/monthly charges:

- **NEW Member Quest Aquatics Registration Fee** (non refundable)one time per family/swimmer **\$100.00**
- **Annual Quest Aquatics Participation Fee** (non refundable) **\$50 per family**
- **USA Swimming Annual Registration and Card 2011/2012 FEE - \$58.00??**

SEPTEMBER 2011 QUEST ANNUAL 2011/2012 FEES/MONTHLY FEE AND USA FEES

Senior Squad

Fit N Wise Members	\$475.00/ annual
Fit N Wise Members	\$50.00/mo payment
Non Fit N Wise Members	\$625.00/ annual
Non Fit N Wise Members	\$65.00/ mo payment

Age/Prep Squad

Fit N Wise Members	\$370.00/ annual
Fit N Wise Members	\$40.00.00/mo payment
Non Fit N Wise Members	\$530.00/ annual
Non Fit N Wise Members	\$55.00/mo payment

The third additional swimmer in the same family will receive \$20.00 off the annual fee.

Yearly dues do not include team suit, USA registration fees, or meet entries.

Team suit average - Female \$65.00 Males \$45.00

Meet entry fees – approximate - \$3.75 per event \$7.50 per relay \$3.00 per swimmer surcharge

Other expenses - Goggles, caps, towels, meals, lodging, travel

High School Varsity Swim Team Members

March – July \$175.00 (No monthly payments)

High School Varsity Swim Team Members

September – July \$300.00 (No monthly payments)

USA Swimming Annual Registration and Card 2011/2012 FEE - \$58.00

Seasonal Swimming Summer Only 2012 – May, June, July - \$165.00

USA Swimming Annual 2011 Seasonal Athlete Registration \$38.00 ??

Quitting the Team

Swimmers wishing to leave the team should submit a written statement 30 days before leaving as monthly payments continue to be due. You will be billed for monthly payments until a written notice is received. Member families are reminded that QA incurs pool and coaching expenses for hours these resources are utilized, not based on the number of active swimmers. Our annual budget is developed based on the number of active swimmers at the end of each season along with assumptions about adding swimmers, losing swimmers, pool time required, and coaching required. We are obligated to pay for the pool time and coaching salaries associated with these contracts.

Consequently, the loss of dues over an extended period of time creates a severe financial hardship for QA. Therefore we do not offer refunds. Please see our Payment-Cancellation policy which is attached.

Reinstatement Fees

When member families discontinue paying their monthly payment, the swimmer forfeits their membership and any monthly payments they have made. (Unless the swimmer is injured/ill and incapable of participating with QA.) A physician's letter will be required to validate injuries/illness. Reinstatement occurs the re-registration fee and the current month installment. A \$75.00 re-registration fee will be charged for any swimmer off the team and have not paid monthly installments more than 60 days.

If you have any questions, please feel free to contact the Aquatics Manager.

Please return all registration forms, copy of birth certificate and initial payment to:

Monthly payments may be sent to the following address: Fit N Wise, Attn Kim Emery, Aquatics Manager, 609 Medical Center Dr., Decatur, TX 76234

Questions about billing may be directed to: the same as above 940-627-2708 Ext. 2607 kemery@wiseregional.com

Payment- Cancellation Policy

PAYMENT OF Swim Team DUES POLICY Swim team fees are based on yearly amounts, but may be paid in monthly installments. Payments must be PAID whether or not your child swims that month. All swim team dues are **non-refundable**. Please sign up and pay only after you have decided to make attending the practice and dedicating yourself to the swimming a priority. Payments received after the 10th of the month will be charged a \$15.00 late fee

Make up Policy Swim practice should be made a priority in your child's life. Skipping practices are not good for your child or the team. WE DO NOT OFFER MAKEUP practices due to your child missing practice.

Fundraising Guidelines

The team will undertake certain fundraising activities during the course of any given year. Without the additional funds generated by the fundraising activities, membership dues would be significantly higher. When fundraisers are planned information will be posted on the bulletin board, and via e-mail. Each swimmer is required to participate in the team fundraiser. Each fundraiser will have a pre-determined and reasonable amount that we hope the swimmer can raise for your team. **Families not participating will owe \$150.00 per swimmer as a fundraiser fee.**

Fundraising is an essential part of Quest Aquatics Swim Team's growth and it enables us to keep fee structures reasonable. Team Fundraisers are also essential in meeting budgetary needs and in helping Quest continue to grow. Participation in Team Fundraisers is expected of all families to ensure their success.

Quest Aquatics Swim Team Parent Volunteer Policy

The Quest Aquatics Swim Team embraces a team philosophy that commits it to develop the highest level of competitive swimmer experience for every participant. This encourages significant growth in spirit, mind and body for all swimmers, and builds caring, honesty, respect, and responsibility. These goals can only be attained with the dedicated efforts of all Quest Aquatics Swim Team parents. Parent support and involvement is vital to the success of our swim team. **Since we are unable to host meets at our facility, it is vital that we step up and assist at all swim meets we attend.**

Parent Commitment & Volunteer Points

Effective September 1, 2011 the Quest Aquatics Swim Team will implement a volunteer point system for all families.

There will be a scaled requirement based on the age of the swimmer. The point requirements are:

20 volunteer points 12 and under swimmer

25 volunteer points 13 and over swimmer

25 volunteer points 2 or more swimmers

Volunteer points can be earned by working at swim meets, Certified stroke judge, bringing snacks or drinks to practices for team members, assisting in organization of team party, fundraising committee. The number of volunteer points for each activity upon full completion is:

4 volunteer points Timer, Runner or other at swim meets

3 volunteer points fundraising worker

2 volunteer points snacks or drinks to practice

2 volunteer points team party assistance

Lack of Volunteer Points

Should a parent (or family) not be able to fulfill their volunteer responsibilities,, you will be subject to a noncompliance fee of \$5.00 for each minimum volunteer point not earned. For example, if your commitment was 25 volunteer points and you earned 15 points, you would be assessed \$50.00 (10 times \$5.00). Families who meet their volunteer commitment will not be assessed the non-compliance fee. Points not earned will be billed to families following the Annual end of year party, or upon a swimmer leaving the team. Non-compliance fees will be deposited into the custodial account which is used for team banquets, team equipment, and other team-related items.

Excess Volunteer Points

Should a parent (or family) accrue an excess of volunteer points, they will be awarded 1 drawing ticket per volunteer point at the Annual end of year party. The drawing will consist of private coaching sessions, free swim team gear, and other rewards.

Late Registrants and Intent of Policy

Late registrants will be issued a pro-rated volunteer point requirement based on the number of months for participation.

The intent of this volunteer policy is not to raise money but to emphasize the importance of volunteerism!

Coaching Staff

Nothing has a greater influence on the quality of children's sports than the role of the coach. The Swim Team staff consists of Head Coach, Nancy Wendell, Assistant Swim Coach Brandy Wallen and Aquatics Manager and Assistant Coach Kim Emery.

Coach Responsibilities

The coach's job is to supervise the entire competitive swim program. The Swim Team coaching staff is dedicated to providing a program for swimmers that will enable them to learn the value of striving to improve oneself--"to be the best you can be." Therefore, the coach must be in total control in matters affecting training and competition.

1. The coach is responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/ she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the Swim Team coaching staff. Each group's practices are based on sound principles and are geared to the specific goals of that group.
3. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coach will offer praise and/or constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)
4. The building of a relay team is the sole responsibility of the coaching staff.
5. The coaching staff is constantly updating and improving the Swim Team program. It is the swimmer's and parents' responsibility to make the most out of the excellent opportunity this program provides for success in swimming.

Practice Guidelines

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the classes of swimmers. Training schedules are designed to provide only slightly more time than is required for a swimmer to accomplish this.

Therefore it is important that each swimmer attends as many practices as possible in order to derive the full benefits of the program.

- Swimmers shall check in with the Coach **before** changing or going to locker room.
- If you are age 11 or older you may use the locker rooms. **You are allowed only 10 minutes before and 10 minutes after practice to change.** If you are under the age of 11 you must use bathrooms located in the hallway to the left just as you enter the front door of the building or may use the locker room **WITH A PARENT**. Please do not abuse the use of locker rooms or we will lose that privilege.
- All swimmers must wait in the pool area. Have a seat at the benches or against the wall until practice begins. Absolutely nobody is to get into the water until a coach is present. Please just take a seat and sit quietly until practice begins. **All personal items should be brought into the pool area and hung on wall hooks. Locker room lockers will not be available to swim team members.**
- **Please BE ON TIME!** Pool availability is our most limiting factor. Don't waste it.

Punctuality = Respect

Punctuality = The Coaches ability to create effective training

Punctuality = Forming good habits that you can carry forward into your adult and professional life

Late Swimmers

If a swimmer is less than 10 minutes late...

- Swimmers will be instructed to complete a pre-determined warm-up in an available lane.

If a swimmer is more than 10 minutes late...

- If the swimmer arrives more than 10 minutes late the coach needs a note from the parent with the reason they are late. No notification, no practice.
- Swimmers will not be allowed to enter the practice session. Unless an individual situation is discussed with the coach IN ADVANCE, no exceptions will be made
- If you know in advance that your child will be late, let the coach know via email or text.
- Habitual lateness may result in expulsion from the team.

After Practice

If you are age 11 or older you may use the locker rooms. **You are allowed only 10 minutes before and 10 minutes after practice to change.** If you are under the age of 11 you must use bathrooms located in the hallway to the left just as you enter the front door of the building or may use the locker room **WITH A PARENT**. Please do not abuse the use of locker rooms or we will lose that privilege.

Parents should pick up swimmers no later than 10 minutes after practice time ends. Swimmers left at Fit N Wise later than 15 minutes after the posted practice end time, will be charged a late fee of \$5.00 per 5 minutes per swimmer.

**Being early is ON TIME
Being on time is LATE
Being late is UNACCEPTABLE
-unknown**

Practice Etiquette

- Observers/parents should sit in the benches provided. Our facility is unique in that we have only the one pool offering more than one type of pool events, sometimes all at once. Therefore, **parents may come in the last 10 minutes of practice to watch and they may watch the entire practice on Fridays and Saturdays.** Please pay attention to seating during swimming lessons times and please do not stand and block the walkways. Parents should not disrupt swimmers or coaches.
- **Where may parents wait during practice – According to USA guidelines all persons on deck or in the water must be registered with USA as a coach, athlete, assistant coach, or official, for insurance purposes, therefore parents are not allowed on deck during swim team practices.** Our facility is unique in that we have only the one pool offering more than one type of pool events, sometimes all at once and no upper deck seating. Therefore, **parents may come in the last 10 minutes of practice to watch and they may watch the entire practice on Fridays and Saturdays.** Please pay attention to seating during swimming lessons times.
- **Swimmers PLEASE hang up your bags and belongings on the wall hooks provided.** Locker-room lockers are not available to swim team members.
- Swimmers, please stay away from the pool water.
- Clean up shower room before you leave.
- If parents become a distraction they will be removed from the practice.
- The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. This will just confuse your child. Your job is to provide love and support.
- **Coaches are available to discuss concerns but NOT DURING practice.**
- Please contact your child's coach via email to set up a one on one meeting to discuss your concerns.
- If, after discussion with your child's coach, you feel the problem has not been resolved, please contact the head coach via email to set up a one on one meeting to discuss your concerns.
- If, after this second meeting, the problem still persists, the head coach will set up a meeting with you and the Aquatics Manager.

Practice Schedules

Quest Aquatics – Practice schedules change as needed

Jan, Feb, Mar, April, May, Sept. Oct. Nov. Dec.

August – off month- no practices

Senior Division – 4:45pm-6:15pm M,T,W,TH

Prep Division – 4:45pm-6:15pm– 5:30 PM M,T,W,TH,

Age Group Division – 4:00pm-4:45pm M,T,W,Th

All Divisions - 4:15pm-5:30pm Fridays

June, July

2011 SUMMER PRACTICE SCHEDULE Jun 2012 thru July 201

Team & Prep Team – 3:00pm—4:45pm

Age Group – 4:45pm-5:30pm Water

Swimmer & Parent Rules Overview

- Please attend a minimum of 3 practices a week to swim in meets. Allowances will be made for vacations, day camp, illness, etc. Be on time!
- Each swimmer is required to compete in at least two regular season meets to be eligible for the end of season Championship Meet.
- Please be on time for meets! Check in with your coach when you arrive.
- Check the website, email and bulletin boards for announcements.
- Participate in all fundraising events

EXPECTATIONS OF SWIMMERS/Parents

- Always demonstrate good sportsmanship during practices and at meets. Show respect to your coaches, teammates and the families and properties we visit. If you have any problems at a meet, tell a coach.
- Behave in a safe manner- stay off the lane lines; do not push others into the pool, etc.
- Keep track of your own things! Label suits, clothing, towels, etc.
- If you have the flu, a fever, or other illness, please stay out of the water until you have been well for 24 hours – the healthy Q's appreciate it!
- Encourage ALL teammates to do their best!
- Swimmers should arrive to practice on time and be prepared to swim at start time. If they need to change, stretch, etc. they should arrive early. If swimmer is repeatedly late for warm-up, this could affect meet participation and or possible suspension from the team. (no hanging out in the locker room.)
- All team members will respect their coaches, teammates and facilities at all times. Vandalism to pool, locker room or facilities will result in suspension/expulsion from the team (fee nonrefundable.)
- Disruptive, unsportsmanlike conduct will result in suspension/expulsion from the team (fee nonrefundable.)
- Swim families should make plans to volunteer at swim meets in any capacity, and earn volunteer points throughout the season.
- Swim families are asked to participate in a team fundraiser at least once during each season or **Non participation fee applies.**
- Parents please do not coach from the stands during practice or approach the coaches while they are coaching on deck. You should reserve your questions and comments before or after practice; a note, phone call or email can also be an effective means of communication.
- It is the parents' responsibility to make the coaches aware of any medical conditions/problems or special medications taken by their children.
- It is the parents' responsibility to check their email or bulletin board at the pool for announcements, schedule changes, etc.
- If you are waiting on your swimmer in the facility, please use the cafeteria, or the waiting area near the locker rooms. **Swim team parents, families or swimmers should not be using the front desk area to wait as that is reserved for our therapy patients.**

- ⤷ **Where do I go after practice?** Swimmers ages 10 and older may quietly exit the building to their parents' vehicle. Please do not linger in the lobby. Please do not sit on the cloth chairs and sofa with a wet suit. **If you are under the age of 10 your parents should pick you up in the pool area.**
- ⤷ **What do I bring to practice?** Don't FORGET your goggles!!! Females must bring goggles, swim cap, towel, water bottle and a one piece suit. Males must bring goggles, towel, water bottle, and swim suit.
- ⤷ **Parking???** Parents may not park at the front entrance to retrieve their child. Hospital Security will ask for your vehicle to be moved if you are there longer than 5 minutes. Please park in the parking lot and come into the building to retrieve your child.
- ⤷ **Since our pool is located in a hospital setting,** we may have different types of rules to follow than a natatorium, or public pool. Some of our rules are set forth by USA swimming, some by hospital administration and others by the Aquatic Manager.
- ⤷ **Swim Meets....** Only certified USA coaches, officials and athletes **registered with USA Swimming** may be on deck at swim meets. Quest Aquatics will follow the USA rule whether or not the swim meet officials are at a particular meet. **NO EXCEPTIONS!!** Parents and guests must remain in the guest seating areas or the areas reserved for families and athletes.
- ⤷ Lastly, Have a great season, have fun and make new friendships

Frequently Asked Questions

Q: What is QUEST Aquatics (QA)?

A: QA welcomes swimmers who have skills in freestyle, backstroke, breaststroke and butterfly and are at least 7 years old. Evaluations are made prior to team acceptance. QA is structured to enable individuals to accomplish their individual goals within a team environment.

Q: How is QA structured?

A: QA provides a well-rounded, quality, competitive swimming program for young people of all ages and swimming abilities. Because we are still a smaller team, all swimmers may attend practice any day of the week (Monday – Friday). Swimmers will be placed appropriately according to their ability.

Q: How do we obtain information about practice and meet schedules?

A: For information concerning the swim club schedule and all team activities, QA hopes to maintain a comprehensive website in the future. We also send information via e-mail. **Checking your e-mail frequently is strongly recommended.**

Q: If our family is busy or my swimmer doesn't feel like swimming a certain month am I still required to pay for that month?

A: **YES you are!** Dues are based on an annual fee, which is broken down into monthly installments for the convenience of our members. (Unless the swimmer is injured or ill and incapable of participating with QA.) A physician's letter will be required to validate injuries/illness. Swimmers wishing to leave the team should submit a written statement 30 days before leaving as monthly payments continue to be due. You will be billed and owe for monthly payments until a written notice is received.

Q: How is the business of administrating QA handled?

A: QA is a private team owned by Fit N Wise. The only paid employees are our coaches and Aquatics Manager . We look for registration fees, monthly and yearly swim team dues and fundraisers to pay for our team financial obligations.

Q: What are QA's obligations and how does QA support itself?

A: Fit N Wise provides pool availability and assures that the activities and communications related to the team are conducted appropriately. The coaching staff provides organized practices and professional swimming technique, training and instruction to provide the best opportunity for your child's swimming success. QA supports itself through membership fees and fundraising activities. The cost associated with running a swim club is enormous; particularly those costs enumerated above and currently much of the costs are absorbed by Fit N Wise.

Q: What is USA Swimming Membership and why is it required?

A: As a USA Swimming licensed swim club, QA is obligated to ensure all swimmers are members of USA Swimming, Inc. It is also necessary for participation in any USA sanctioned swim meet. USA Swimming provides QA liability insurance in the event of an accident, and the swimmers medical insurance to cover catastrophic medical costs incurred during a sanctioned activity, including QA practices and activities.

Q: What are the swimmer's obligations to QA?

A: Swimmers are athlete members of North Texas Swimming (NT) and USA Swimming, Inc. Their primary obligations are to enjoy themselves, make new friends, practice hard, attain their swimming goals and conduct themselves as young ladies and men in accordance with QA and USA Codes of Conduct.

Q: What are parental obligations to QA?

A: Parent's most important obligation is to provide constant encouragement to your child. Our goal is to establish a parent support group. Providing quality swim instruction and water time for your children requires a time commitment.

Q: I have other obligations as well. Why should I volunteer?

A: The larger the number of volunteers the less of a burden on any individual. Moreover, most of the personnel you observe at meets, while committed to provide whatever is required, have senior swimmers and will phase their participation out over the next few years as their children move on to college. While right now we will not host meets, there will be times we are asked to help at meets we attend. Each parent should learn to time so they can at least help out as a timer at meets we attend.

Q: Can I specify what I volunteer for?

A: Certainly. Each of us has certain talents and attributes which, when put to proper use, would benefit QA. We also gain personal satisfaction in different ways. There is obviously more value to each of us as individuals, and the club in general, if we can volunteer for activities we will enjoy and will benefit the club at the same time.



Quest Aquatics SUMMER BOOT CAMP

2011

**Fit N Wise is please to offer the Prep and Senior Squads of Quest Aquatics Swim Team
Summer BOOT CAMP**

Starting Monday June 6th through July 21, 2011
Summer Boot Camp will be held each Mon, Tues Wed & Thurs at
3pm-3:30pm

Each class will be held in the Aerobics room and taught by a certified instructor.

**Monday - Surprise Monday - taught by Nancy Wendell or guest instructor
(Light weights, bosu ball, stability ball, bands)**

Tuesday - Spin - taught by Lorna Pittman

Wednesday - Yoga - taught by Deanne Martin

Thursday - Pilates - taught by Lorna Pittman

This is being offered at no additional charge to the Prep or Senior Team.

Swimmers must arrive **5 minutes before the class time begins** in exercise clothing and shoes.
Swimmers should wear their swim suit under their clothing and be prepared to enter the water at
3:35. **Late swimmers will not be allowed to participate.**

We hope all the swimmers will take advantage and enjoy this summers first ever "Boot Camp".

This is an awesome land based exercise opportunity being set up just for our swimmers. We
expect each swimmer in the Prep and Senior squads to participate.

**Have Fun!
GO QUEST!**

QUEST AQUATICS SWIM SUITS

Below is information from D&J Sports concerning swim suits that we will be wearing to swim meets. Our team colors are royal blue and white, don't be thrown off by the different colors on the site, the proper sapphire and white suit will come up when you select the suit.

Here is the account information from D&J:

The Team Login page has been setup. Please check the items on your team page before you give the team login information to your team members. Please let us know if you would like to make any changes to your team page.

Please go to: <http://djsports.com/teamLogin.aspx>

Username: quest

Password: aquatics

Additional none team items (goggles, caps, practice suits) may be purchased by clicking Logout and then adding the items to your cart.

The photo shown in the team product list is a default image for the product. When you click on one of the items, the selected team color will then show up. Unless the selected team color image is not available, but the color choice will only be the selected team color whether the image is available or not.

Please add a link on your website to djsports.com.

For website linking information and djsports.com logos please go to: <http://djsports.com/pageContent.aspx?id=26>

Also, for practices, have your child bring shorts and a t-shirt to all practices as we will be participate in a dryland training program to increase the kids athleticism.

Go Quest!

Coach Nancy

Fit N Wise Quest Aquatics High School or SUMMER ONLY Swim Program 2011

REGISTRATION FORM

SWIMMER REGISTRATION (please print)

Last Name	First Name	Middle Name ★	M/F	Birthdate mm/dd/yy	Age	Start Date

★ A swimmer's middle initial becomes a component of their USA Swimming registration number. If your swimmer does not have a middle name/initial, please note this above by writing "none" in the appropriate space.

Parent's Name _____
 Father Mother Last Name

Address: _____
 Street/PO Box City Zip Code

Phone: _____
 Home Work-Father Work-Mother Cell-Father Cell-Mother

E-mail Address: _____
 Father Mother

Senior Division

High School Varsity Swim Team Members

March – July 2012 \$175.00 (No monthly payments) = _____

High School Varsity Swim Team Members

September – July \$300.00 (No monthly payments) = _____

USA Swimming- Registration (2011/2012) @ \$58.00 = _____

Seasonal Swimmers

Summer Only 2012 – May, June, July \$165.00 (No Monthly payment) = _____

USA Seasonal Swimming-Registration 2012 @ \$38.00 ?? = _____

Please read and initial:

- * I understand the fee structure and the policy regarding refunds. _____
- * I understand 30 days written notice will be given to the administrator when withdrawing from the team. _____
- * I understand my "monthly payment" must be made by the due date to avoid a \$15.00 late fee. _____
- * I give my permission for the individuals named above to participate in QA activities, unless I notify the club in advance and in writing. _____
- * I certify that the above information is correct and that the individual(s) named above are eligible in accordance with the rules of USA Swimming. _____
- * I have read and understand the parent volunteer policy. _____

Signature of Parent/Guardian: _____ Date: _____

*****Office use only*****

_____ Registration Form	_____ USA Swimming Reg	_____ Code of Conduct
_____ Dues	_____ USA Dues	_____ Administrative Fee
_____ Birth Certificate	_____ E-mail	_____ Volunteer Form

QUEST AQUATICS CODE OF ETHICS AND CONDUCT

Purpose

The purpose of this code is to promote the best possible team and individual impression at all times, and to acknowledge each person's responsibilities as a member of our team.

I. ACKNOWLEDGEMENT:

I, as a member of the QUEST Aquatics, understand and will comply with the following guidelines as set forth by UNITED STATES SWIMMING, NORTH TEXAS SWIMMING, and the QUEST AQUATICS.

II. GENERAL CONDUCT:

A. All participating team members shall abide by this CODE OF ETHICS AND CONDUCT.

B. Team members will display proper respect and sportsmanship toward all coaches, officials, administrators, fellow competitors and the public. This includes promptly following instructions at practice times, meets and any team sponsored activities.

C. Team members will refrain from any illegal or inappropriate behavior (vandalism, non-payment, etc.) that would detract from the positive image of QUEST AQUATICS or be detrimental to its performance objectives.

D. The possession or use of alcohol, tobacco products, fireworks or controlled substances by an athlete during any team activity is prohibited.

E. Every QA swimmer is entitled to participate in a safe, supportive environment. As such, no athlete, parent or relative shall engage in activities intended to harm or intimidate any QA swimmer. Any person found guilty of attacking a swimmer whether through verbal, physical or any other means, shall be subject to sanction by the coaches or Fit N Wise Management. This may include suspension of practice privileges, disallowance of meet entry, or termination of a member athlete from QA. This would include those instances in which the athlete, parent or other relative has been found to have interfered with the training or competition of another member athlete. Athletes, parents or relatives of swimmers who have been found guilty may receive formal sanction from the coaches or Fit N Wise Management and may additionally be barred from attendance at practices or meets.

F. Any additional guidelines for QUEST AQUATICS will be established by the coaches and the Fit N Wise Management as needed.

III. IMPLEMENTATION:

A. All team members are apprised in writing of this policy. Signature of the document constitutes unconditional agreement to comply with the CODE OF ETHICS AND CONDUCT of the QUEST AQUATICS.

B. An evaluation system will be established to determine if team members have followed all aspects of the policy.

C. Failure to comply with the CODE OF ETHICS AND CONDUCT as set forth in this document for the QUEST AQUATICS may result in disciplinary action under the provisions set forth.

IV. VIOLATION OF THE CODE:

Such disciplinary action may include, but not be limited to:

A. Immediate dismissal from any QUEST AQUATICS activity.

B. Suspension or dismissal from all QUEST AQUATICS activities.

C. Responsibility to pay any damages or make any type of suitable compensation for applicable actions.

D. A review by the NORTH TEXAS SWIMMING REVIEW COMMITTEE and possible suspension from NORTH TEXAS SWIMMING (or possibly UNITED STATES SWIMMING, if appropriate).

I hereby agree to abide by the rules of conduct set forth in Part II above and acknowledge that, should I violate any provisions of Part II, I will be subject to disciplinary action as set forth in Part IV, including suspension and/or dismissal.

SWIMMER'S NAME: _____

SWIMMER'S SIGNATURE: _____ DATE: _____

PARENT'S SIGNATURE: _____ DATE: _____

**Quest Aquatics Swim Team
Emergency contacts &
MEDICAL RELEASE FORM**

Swimmer Information:

Name: _____

Address: _____

City/State/Zip: _____

Date of Birth: _____

Contact phone #1 _____

Contact phone #2 _____

Contact phone #3 _____

Parent/Guardian Information:

Name: _____

Address: _____

City/State/Zip: _____

Home Phone: _____

CELL Phone: _____

Other Contact: Phone: _____

Doctor: Phone: _____

Insurance Co.: _____ Policy No. _____

I hereby authorize medical personnel to attend to my child in case of an emergency.

Parent/Guardian Signature _____

Date _____

(This form is valid for one year from date above)

Quest Aquatics Swim Team Honor Code

Behavior at practice and at meets:

1) Quest Aquatics team members should be respectful of their peers, coaches, and parents. Failure to act in a respectful manner will result in any or all of these disciplinary actions:

- verbal warning
- sitting out the remainder of practice
- meeting with coach, swimmer, parent and board member
- suspension from practice and meets for up to 2 weeks
- expulsion from team

2) Quest Aquatics athletes will compete in many swim meets. Parents and swimmers are expected to behave in an exemplary manner. The reputation of Quest Aquatics, as well as the other athletes with you, is dependent on your behavior. When we compete we are ambassadors for our team and the city of Decatur and Fit N Wise.

Zero Tolerance:

- 1) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or USOC banned substance of any kind is not allowed and will result in immediate expulsion from the team.

Quest Aquatics Parental Expectations

Arriving Late/Leaving Early:

1) If a swimmer is less than 10 minutes late...

Swimmers will be instructed to complete a pre-determined warm-up in an available lane.

1A) If a swimmer is more than 10 minutes late...

If the swimmer arrives more than 10 minutes late the coach needs a note from the parent with the reason they are late. No notification, no practice.

Swimmers will not be allowed to enter the practice session. Unless an individual situation is discussed with the coach IN ADVANCE, no exceptions will be made

- Frequent tardiness disrupts practice.

Habitual tardiness may result in moving the swimmer to another squad to expulsion from the team.

- The warm-up which begins practice is an especially important part of practice.
- If you know in advance that your child will be late, let the coach know via email.

2) If a swimmer needs to leave early, the coach needs a note with the reason they are leaving early.

- For your child's safety, the coach needs to know that your swimmer has your permission to leave early.
- If you know in advance that your child will be leaving early, let the coach know via email.
- **Except for an emergency, coaches and swimmers should not be interrupted during practice.**

Missing Practice:

- 1) If a swimmer must miss practice, please email or text your child's coach with the date they will be missing and the reason they were absent.

Financial:

- 1) If you are delinquent at the 25th of the month your child will not be able to practice or enter any meets or register for subsequent sessions until your account is brought current.

Quest Aquatics Signatures and Contact Information

Swimmer's Agreement

I understand my responsibility to follow the rules and requirements of Quest Aquatics . By signing my name, I acknowledge that I have read the Handbook and the Honor Code and agree to follow it to the best of my ability.

Swimmer's signature: _____ Dated _____

Swimmer's printed name: _____

Parental Agreement

I understand my responsibility to follow the rules and requirements of Quest Aquatics . By signing my name, I acknowledge that I have read the Parental Expectations and agree to follow them to the best of my ability. Further, I acknowledge that I have read the Honor Code, discussed it with my child and agree that my child will follow it to the best of their ability. (One signature required – please provide contact information for both parents)

Parent's signature: _____ Dated _____

Parent's printed name: _____ Cell Phone: _____

Parent's printed name: _____ Cell Phone: _____

****A copy of your birth certificate must accompany these forms to complete registration!!!**

****You will not be registered with Quest Aquatics or be allowed to swim without this form of identification!!!**