



# SPOTSYLVANIA DRAGONS

## 2019 REGISTRATION FORM

The Spotsylvania Dragons Swim Team was formed in 2008. The Dragons compete in the Rappahannock Swim League (RSL). The team practices and hosts swim meets at the Ron Rosner YMCA, Spotsylvania, VA.

The Dragons are dedicated to the physical and emotional development of its swimmers. We are committed to offering young swimmers a safe, fun way to improve their swimming skills as they swim competitively with peers of the same age in a fun, positive, and supportive environment.

**Parent involvement is essential to the success of the team!** Parents/guardians are expected to be actively involved in a variety of activities, to include swim meets, spirit days, and fundraisers. All families are expected to provide at least one volunteer for any meet in which your child participates (see page 2). Volunteer sign up is part of this registration and must be completed to register your child (see page 2).

**Swim Team Prerequisite:**

All swimmers must be able to swim 25 yards of freestyle or backstroke **WITHOUT** stopping, or grabbing the lane line. Please note: Doggy paddling is not an acceptable form of freestyle.

<p><b><u>Registration Dates:</u></b>  <b>April 8<sup>th</sup>, 2019: Open for RETURNING SWIMMERS</b>  <b>April 10<sup>th</sup>, 2019: Open for YMCA STAFF</b>  <b>April 12<sup>th</sup>, 2019: Open to GENERAL PUBLIC</b></p>	<p><b><u>Fees:</u></b>  <b>All swimmers must have a YMCA membership:</b>            Dragon's special short term summer membership: \$60 per swimmer, or \$270 per family.</p> <p><b>Registration Fee <u>prior to JUNE 1<sup>st</sup></u>: \$100 per swimmer</b>  <b>Registration Fee <u>on or after JUNE 1<sup>st</sup></u>: \$115 per swimmer</b></p> <p><b>Concession Start-up Fee: \$35 per family</b>  <b>(not eligible for any discount)</b></p>
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**Swimmer Information:** Only children from your household may be entered on this form.

First Name	M.I.	Last Name	D.O.B. (M/D/Y)	Age as of June 1	Gender

Home Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ HM Ph: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ (ALL team communication is via e-mail)

**Swim Meets & Volunteer Commitment:**

- All families are required to provide **at least one volunteer** for any and all meets where you swimmer competes. We cannot run a swim meet without volunteers!
- Prior to each meet, the volunteer coordinator will communicate volunteer assignments.
- The positions listed below require training. The dates, times and locations of these training sessions are listed on the RSL website (www.rslswimming.org) and will be communicated from the team by email.
- Training fees will be reimbursed to you by the YMCA after you have fulfilled your volunteer requirements. You will be required to provide proof of payment to Christine Mathews (Aquatics Director) for reimbursement.
- Please note that you may be assigned to volunteer positions that do not require any special training and are not listed below such as timer, concession clerk, safety marshal, or relay coordinator.

Indicate your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> training choice: *Some trainings may be offered online.*

Jobs (See RSL website for job descriptions)	Preference	Volunteer's Name
<b>Referee</b> (Makes all final decisions)		
<b>Starter</b> (Commands fair start)		
<b>Stroke &amp; Turn</b> (Attention to detail, judge)		
<b>Score Keeper/Data Entry</b> (Administrative)		
<b>Clerk of Course</b> (Good at organizing and corralling children)		

**Dragons Team Contract**

\_\_\_\_\_ **Refund Policy:** I understand that **NO refunds** or credits will be given.  
initial here

Yes No **Photography Consent:** I hereby grant full permission to the Spotsylvania Family YMCA to use either my photograph or my child's photograph in any publication or advertising materials (printed or electronic) for the purpose of promotion and publicity of the Spotsylvania Family YMCA.  
\_\_\_\_\_ initial here

\_\_\_\_\_ **Parental Involvement:** In order for your child to compete in the RSL, parents **MUST** attend one training session and be certified in one area. You are expected to provide a volunteer for any and all meets your child is signed up to compete. Failure to follow these rules will result in your child not competing in any meets.  
initial here

**YMCA Medical Consent:** I have given consent for my child to participate in the above program. I affirm that the general health of the participant is good, and that they have had a physical within the last calendar year and will not be affected by the physical requirements of the program. I understand that there are risks associated with this activity and I agree to hold the Rappahannock Area YMCA, Inc. harmless in case of an accident or injury. I have indicated on page 3 any special needs or medical conditions that the YMCA should be aware of. I realize that the YMCA has the right to require a physician's approval to participate if my child has medical conditions or special needs.

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

\_\_\_\_\_  
Date

# WAIVER/RELEASE OF LIABILITY

The enrolled participant and the parent/guardian of the participant (if the participant is under the age of 18), agree and understand that swimming is a HIGH RISK ACTIVITY. I recognize that there are risks inherent in the sport of swimming, which could result in (but not limited too) paralyzing injuries and death.

The participant hereby agrees to participate in the Rappahannock Swim League program and hereby agrees to indemnify and hold harmless the Rappahannock Swim League, Inc., its coaches, officers, directors, agents, volunteers, and employees, including its swim team and their respective coaches, officers, directors, agents, volunteers and employees against any liability resulting in injury that may occur to the participant while participating in the Rappahannock Swim League program. The participant also agree to indemnify the Rappahannock Swim League Swim League Inc., and the SPOTSYLVANIA DRAGONS Swim Team from any liabilities, demands, claims, or law suits arising from the actions or inactions of the participant.

The participant and the parent/guardian of the participant authorize any representative of the Rappahannock Swim League, Inc. or the SPOTSYLVANIA DRAGONS Swim Team to have the participant treated in any medical emergency during their participation in the Rappahannock Swim League Program. Further, the participant and the parent/guardian agree to pay all the costs associated with medical care and transportation of the participant.

I have noted below any medical/health problems of which the staff should be aware.

SWIMMER #1 NAME: \_\_\_\_\_

SWIMMER #2 NAME: \_\_\_\_\_

SWIMMER #3 NAME: \_\_\_\_\_

SWIMMER #4 NAME: \_\_\_\_\_

**I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGNED IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.**

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Medical/Health Conditions:

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**\*\*PLEASE KEEP\*\***

**Spotsylvania Dragons Swim Team  
Parent Information Sheet**



<b>Head Coach:</b> <b>Assistant Coach:</b>	<b>Dana Wallach</b> <b>Elissa Crowder</b>		
<b>MANDATORY Parents' Meeting &amp; RSL Training:</b>	<b>DATE: TBA @ Ron Rosner YMCA</b> <b>Parent Meeting: 6:00pm-6:30pm</b> <b>RSL Training: 7:00pm</b> <ul style="list-style-type: none"> <li>▪ <i>Parents <b>must attend ONE training session</b> to become certified in one area.</i></li> <li>▪ <i>Some trainings may be online.</i></li> <li>▪ <i>Our biggest areas of need are Referee, Stroke and Turn, and Data</i></li> </ul>		
<b>Practice Times:</b>	<b>Beginning Tuesday, May 28th</b>  <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>M, W, F Mornings</b>  10 &amp; under: 7:00am to 8:00am  11 &amp; up: 8:00am to 9:00am </td> <td style="width: 50%; vertical-align: top;"> <b>T, Th Afternoons</b>  10 &amp; under: 2:45pm-3:45pm  11 &amp; up: 3:45pm-4:45pm </td> </tr> </table> <p><b>* Inclement Weather Policy:</b> In the event of thunder and/or lightning, the pool will temporarily close. Email or REMIND will be used to communicate any changes to or cancellation of practice.</p>	<b>M, W, F Mornings</b> 10 & under: 7:00am to 8:00am 11 & up: 8:00am to 9:00am	<b>T, Th Afternoons</b> 10 & under: 2:45pm-3:45pm 11 & up: 3:45pm-4:45pm
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<b>Communication:</b>	<b>Website:</b> <a href="https://sites.google.com/site/spotsydragons/home">https://sites.google.com/site/spotsydragons/home</a> <b>Email:</b> Primary method of team communication: <a href="mailto:swimdragons@gmail.com">swimdragons@gmail.com</a> <b>REMIND:</b> App used to send out quick reminders and communication of team events via text message. To join the Dragon's REMIND, text 81010 with code <b>@784g4b</b>		
<b>Meet Volunteer Positions:</b>	<ul style="list-style-type: none"> <li>▪ Parents/guardians are expected to provide <b>at least one</b> volunteer for any and all meets in which your child is signed up to compete.</li> <li>▪ Prior to each meet, the volunteer coordinator will communicate volunteer assignments via email.</li> <li>▪ You may be assigned to volunteer positions that do not require any special training but are necessary to the functioning of the meet such as lane timer, safety marshal, concession helper, etc.</li> </ul>		

<b>Swimsuits, Supplies &amp; T-Shirts:</b>	<ul style="list-style-type: none"> <li>▪ Swimmers need a suit and towel daily. Many swimmers also wear a cap and goggles.</li> <li>▪ Each swimmer will receive a Dragon's swim cap with their registration fee. Team suit, goggles and apparel, are available from Swim Outlet. A portion of all proceeds spent at Swim Outlet comes back to the team. Please visit Swim Outlet through this web address: <a href="https://www.swimoutlet.com/sydragons">https://www.swimoutlet.com/sydragons</a></li> <li>▪ 2019 Dragon's spirit wear will be for purchase beginning at the Parents' Meeting in May. Purchases can be made through the front desk.</li> </ul>
<b>Swim Meet Schedule:</b>	<p><b>Meet #1:</b> Wed., JUNE 19<sup>th</sup>: @Curtis Park</p> <p><b>Meet #2:</b> Wed., JUNE 26<sup>th</sup>: <b>HOME</b> vs. Woodlands</p> <p><b>Meet #3:</b> <b>Mon.</b>, July 1<sup>st</sup>: <b>HOME</b> vs Massad</p> <p><b>Meet #4:</b> Wed., July 10<sup>th</sup>: @Woodlands</p> <p><b>Meet #5:</b> Wed., July 17<sup>th</sup> <b>HOME</b> vs. Curtis Park</p> <p><b>Meet #6:</b> <b>Mon.</b>, July 22<sup>nd</sup>: @Massad</p> <p><b>Finals:</b> Saturday, August 3<sup>rd</sup> @TBD</p> <p><b><i>Please visit the RSL website for directions to any of the pools listed above.</i></b></p>
<b>Swim Meet Expectations:</b>	<ul style="list-style-type: none"> <li>▪ All regular season meets start at 6:00 pm, and usually end around 10:00 pm.</li> <li>▪ Swimmers need to arrive at the pool by 4:30 pm for all HOME meets, and by 5:00 pm for all AWAY meets.</li> <li>▪ Parents will check in with the volunteer coordinator upon arrival at the meet.</li> <li>▪ If you know in advance that your swimmer(s) will not able to participate in a meet, please use the "<b>Swimmers Not Available</b>" link to inform the coaches.</li> <li>▪ For unexpected illnesses or injures, the earlier the coaches know, the better. Please use the following email for such situations: <a href="mailto:swimdragons@gmail.com">swimdragons@gmail.com</a></li> <li>▪ All meets: Bring chairs, sharpie, highlighter, plenty of water, and food. Concessions are sold at all pools as a fundraiser for the host team.</li> <li>▪ Outdoor meets: Tents, sunscreen, and bug spray are also recommended</li> </ul>
<b>End of Year Celebration &amp; Awards:</b>	<p><b>Wednesday, August 7<sup>th</sup>, 2019, @ 6:00pm in the Pavilion</b></p>