



## **SSC Masters Swimmer Packet---Summary Sheet**

**2010-2011 Masters Summary Page:** General info about the club.

Number of Pages: 1

**2010-2011 Member Info:** Personal information page to allow us to create your account with the club.

Number of Pages: 1

**Concussion Information Sheet:** Required by users of the Mukilteo School District.

Number of Pages: 2

**2010-2011 Medical Release:** Required to give us the proper info in case of emergency.

Number of Pages: 1

**USA Swimming Registration:** Required for insurance with USA Swimming. **Only fill out one page. Page one is the year-round form and covers swimmers through the end of summer. Page two is the seasonal form that covers swimmers through March.** There is a slight monetary advantage to signing up for the entire year. The club code is: SSC and the name of club is "StingRay Swim Club".

Number of Pages: 2

**StingRay Program Schedule:** This shows the practice times/locations for all the groups.

Number of Pages: 1

**Swim Meet Schedule:** This shows the available USA Swimming Meets for the year.

Number of Pages: 1

**Mail all paperwork to:  
StingRay Swim Club  
P.O. Box 2359 Snohomish WA 98291**

**To understand billing go to [www.stingrayswimclub.com](http://www.stingrayswimclub.com) and hover mouse over "Fees & Schedule"...click on "Billing FAQs".**



## 2010-2011 Masters Information

### **Program Information**

The SSC Masters Program has been designed to offer adults of all ages the opportunity to enjoy the sport of swimming as a life long activity. Our philosophy is to work with each individual at their own level. At each session the coaches will provide a basic workout consisting of warm-up, technique or skill work and a basic series of sets designed to improve aerobic and/or anaerobic fitness. Swimmers will have the ability to work the sets at their own pace and are encouraged to train hard and monitor swimming stats such as times, and stroke counts. Swimmers will also have the ability to modify sets to best accommodate how they feel on a given day. Technique tips will be offered by the coaching staff according to each swimmers desire to improve. Our goal is to have a very easy going and stress free environment; enjoyment is key!

### **The SSC Masters Program currently has three levels:**

- 1) Level 1 is 2 x week @ \$30/month...45 minute session.
- 2) Level 2 is 3 x week @ \$45/month...45 minute session.
- 3) Level 3 is 5 x week @ \$75/month...45 minute session.

Currently we are not crowded and thus a swimmer can come any of the days in the week M-F. As we grow we will have to regulate our 2 x week group to Tues/Thurs, and our 3 x week group to Mon/Wed/Fri.

Lane space is very expensive and to keep costs down and make the programs affordable we will have multiple swimmers per lane and practice circle swimming and proper lane etiquette. We will group swimmers of similar ability in the same lanes at times and at other times mix abilities when members of equal speed wish to race next to one another. We expect our members to be easy going and flexible. As the program grows we may be able to purchase additional pool space. We may also in consider increasing the length of the workout as members develop their skills and want more time in the water. Fees will increase at that time for those who wish to take advantage of a longer workout.

### **Masters Swimming vs. USA Swimming**

All members will be part of USA Swimming and allowed to participate in club meets. Most of the meets are composed on youngsters below the age of 20, although at most meets the upper age group is "15 & Over". Some of our Masters Swimmers may wish to compete in designated Masters Meets. This is fine, but an additional membership fee will apply; currently that fee is less than \$50 for the year. If you would like to compete in a specific Masters Meet, just let the coach know and they will work you through the process.

### **Swim Meets**

All Masters Swimmers are welcome to join in the regular USA Swimming Meets as described above. USA Swim Meets are listed on the club website at [www.stingrayswimclub.com](http://www.stingrayswimclub.com), then click "Fees & Schedule" to find the swim meet list. Swim Meets are extra money. To understand the meet sign-up process, go to the website and click on "Swim Meet Info" then "Meet Sign-up Guide" in the drop-down list.



For Coaches: Swimmer's assigned group: MASTERS Start Date: \_\_\_\_\_

## 2010-2011 Member Information

### Swimmer Information (Please print clearly)

Name \_\_\_\_\_ Age \_\_\_\_\_  
Last First M.I.  
Birth Date \_\_\_\_\_ Gender M F

### Account Information (Billing/Registration)

(e-mail address required for billing)

Last Name \_\_\_\_\_ Home Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Automated Phone Tree number you wish to have called with important messages from the team.**

Phone \_\_\_\_\_

### Member Agreement

I agree to pay promptly and fully any and all swim team fees, dues, and meet entry fees duly owed.

We agree to promote, uphold and respect the rules and values of SSC and USA Swimming, and to support and treat respectfully all team and pool personnel. We have read the SSC swimmer behavior policy and agree to abide by it.

Signature \_\_\_\_\_

**Mail this form to SSC P.O. Box 2359, Snohomish, WA 98291**

Photo non-consent check-off: Unless your initials are here, SSC has your consent to use your photos on its web site, brochures, promotional material, news releases and other club publications.

\_\_\_\_\_

# (Mukilteo School District/StingRay Swim Club) Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

## **Symptoms may include one or more of the following:**

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Drowsiness
- Change in sleep patterns
- Concentration or memory problems (forgetting game plays)
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Feeling foggy or groggy
- Sadness
- Repeating the same question/comment

## **Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays in coordination
- Loses consciousness
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality

# (Mukilteo School District/StingRay Swim Club) Concussion Information Sheet

## **What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

## **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

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Student-athlete Name Printed

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Student-athlete Signature

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Date

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Parent or Legal Guardian Printed

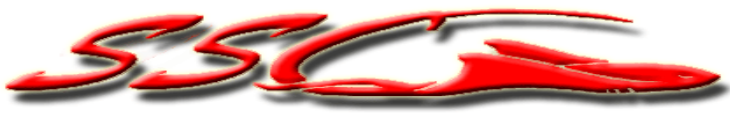
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Parent or Legal Guardian Signature

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Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created  
6/15/2009



## 2010-2011 Medical Release

**Swimmer Name** \_\_\_\_\_  
Last First

### **Medical Condition**

List any medical conditions or limitations that you would like the coaching staff to be aware of: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### **Medications**

List any medications that you would like the coaching staff to be aware of: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### **Emergency Contact (Who you would like to have contacted in an emergency)**

Name \_\_\_\_\_

Phone \_\_\_\_\_

### **Acknowledgement**

I acknowledge that I will be given the best possible care and instruction while in the charge of the SSC coaches, but it is possible for accidents to happen. I hereby release the StingRay Swim Club (SSC), its agents, representatives, coaches and officers from any liability for problems or injuries which may arise from participation in any SSC activities, games, practices and/or transportation to or from said events and to hold all persons associated with SSC harmless from any expense or claim for damages which may be incurred on our behalf in connection with his/her participation with SSC.

I agree that if the person named above cannot be reached at time of emergency, and if immediate treatment is deemed urgent in the judgments of team/pool authorities, I authorize and direct the team/pool authorities to administer emergency first aid and allow transfer to the hospital or doctor most easily accessible for emergency treatment.

Name \_\_\_\_\_

(Please Print)

Signature \_\_\_\_\_

Date \_\_\_\_\_

Mail this form to SSC P.O. Box 2359, Snohomish, WA 98291



REG. DATE / OFFICE USE ONLY

REGISTRATION DATE grid

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME, LEGAL FIRST NAME, MIDDLE NAME fields

PREFERRED NAME, DATE OF BIRTH (MO./DAY/YR.), SEX (M/F), AGE, CLUB CODE, NAME OF CLUB YOU REPRESENT fields

FATHER/GUARDIAN LAST NAME, FATHER/GUARDIAN FIRST NAME, MOTHER/GUARDIAN LAST NAME, MOTHER/GUARDIAN FIRST NAME fields

MAILING ADDRESS field

CITY, STATE, ZIP CODE fields

AREA CODE, TELEPHONE NO., FAMILY/HOUSEHOLD E-MAIL ADDRESS fields

U.S. CITIZEN? YES NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO

IF YES, WHICH FEDERATION:

- DISABILITY: A. Legally Blind or Visually Impaired, B. Deaf or Hard of Hearing, C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment, D. Cognitive Disability such as mental retardation, severe learning disorder, autism

- RACE AND ETHNICITY (You may make up to two choices if appropriate): Q. Black or African American, R. Asian, S. White, T. Hispanic or Latino, U. American Indian & Alaska Native, V. Some Other Race, W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

YOUR SWIM CLUB

MAIL APPLICATION & PAYMENT TO:

REGISTRATION FEE table: USA Swimming Fee \$47.00, LSC Fee \$15.00, TOTAL DUE \$62.00

YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010, ENTER THAT CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

HIGH SCHOOL STUDENTS - Year of high school graduation:

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)



CHECK APPROPRIATE SEASONAL PERIOD:

SEASON 1 SEASON 2 INDIVIDUAL SEASON

REG. DATE / OFFICE USE ONLY

REGISTRATION DATE grid

THIS MEMBERSHIP IS ONLY FOR MEETS BELOW ZONE, SECTIONAL AND NATIONAL LEVELS.

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME LEGAL FIRST NAME MIDDLE NAME

PREFERRED NAME DATE OF BIRTH (MO./DAY/YR.) SEX (M/F) AGE CLUB CODE NAME OF CLUB YOU REPRESENT

FATHER/GUARDIAN LAST NAME FATHER/GUARDIAN FIRST NAME MOTHER/GUARDIAN LAST NAME MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN? YES NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO

IF YES, WHICH FEDERATION:

- DISABILITY: A. Legally Blind or Visually Impaired B. Deaf or Hard of Hearing C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment D. Cognitive Disability such as mental retardation, severe learning disorder, autism

- RACE AND ETHNICITY (You may make up to two choices if appropriate): Q. Black or African American R. Asian S. White T. Hispanic or Latino U. American Indian & Alaska Native V. Some Other Race W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

YOUR SWIM CLUB

MAIL APPLICATION & PAYMENT TO:

REGISTRATION FEE table with USA Swimming Fee \$27.00, LSC Fee \$7.50, TOTAL DUE \$34.50

YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010, ENTER THAT CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

HIGH SCHOOL STUDENTS - Year of high school graduation:

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

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# StingRay Swim Club

## 2010-2011 Aquatic Programs

**Updated: 8/04/2010**

### Age Group Program @ Mariner HS (Mostly 12 & Under Swimmers)

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
AG1 (lanes 1,2,3)	Paul	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM	6:30-7:30 PM			Mariner
AG2 (Lanes 1,2,3)	Paul	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM	5:00-6:30 PM		Mariner
Pre-Comp (Part of class session)	Martha	5:00-5:45 PM		5:00-5:45 PM				Mariner
Class 2 A (8 & Unders 3 x week)	Martha		5:00-5:45 PM		5:00-5:45 PM	5:00-5:45 PM		Mariner
Class 1 ( 9 & Over 2 x week)	Loren		5:45-6:30 PM		5:45-6:30 PM			Mariner
Class 2 B (9 & Over 3 x week)	Loren	6:00-6:45 PM		6:00-6:45 PM		6:00-6:45 PM		Mariner
Class 3 A (5 x week)	Loren	6:45-7:30 PM	6:45-7:30 PM	6:45-7:30 PM	6:45-7:30 PM	6:45-7:30 PM		Mariner

### 13 & Over Program @ Explorer Middle School

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
AG3	Lynn/Ben	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	Explorer
Senior	Ben	3:30-7:15 PM	3:30-7:15 PM	3:30-7:15 PM	3:30-7:15 PM	3:30-7:15 PM		Explorer
AG3 & Senior AM Workouts	Ben		5:30-6:30 PM		5:30-6:30 PM		5:30-7:30 PM	Lake Stevens HS

### Navy Base Satelite Program (For Navy Base Families)

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
Navy Class 1	Brittney		5:00-5:45 PM		5:00-5:45 PM			Navy Base
Navy Class 2	Brittney		5:45-6:30 PM		5:45-6:30 PM			Navy Base

### Swimming Lessons @ Mariner HS (Ages 3 & Older)

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
Swim Lessons	Loren	5:00-5:30 PM		5:00-5:30 PM				Mariner
Swim Lessons	Loren	5:30-6:00 PM		5:30-6:00 PM				Mariner
Swim Lessons	Ben	7:30-8:00 PM	7:30-8:00 PM	7:30-8:00 PM	7:30-8:00 PM			Explorer

### Masters/Lap Swim @ Explorer Middle School

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
	Ben	7:30-8:15 PM	7:30-8:15 PM	7:30-8:15 PM	7:30-8:15 PM	7:30-8:15 PM		Explorer

## SSC Meet Schedule 2009-2010

Updated: 4-30-10					
<b>2009-2010 Meets</b>	<b>Month</b>	<b>Date of Meet</b>	<b>Location</b>	<b>Targeted Swimmers</b>	
Sockeye Sprints	October	3rd	Renton	All	
Thunderbolt Invitational	October	16th-18th	Beaverton	Seniors	
October Challenge	October	17th-18th	Kamiak	All	
Fall Harvest Invite	November	7th-8th	Kamiak	All	
Q Meet	November	15th	KCAC	Dequal	
Distance Meet	November	15th	Kamiak	Time Standards	
Age Group Invitational	November	21st-22nd	Kamiak	Time Standards	
Short Course Nationals	December	3rd-6th	KCAC	Time Standards	
Divisional Champs	December	5th-6th	Marysville	Dequal	
USA Junior Nationals	December	10th-13th	Columbus OH	Time Standards	
14&U PNS Champs	December	11th-13th	KCAC	Time Standards	
Washington State Champs	December	17th-20th	KCAC	Time Standards	
January Challenge	January	16th-17th	Kamiak	All	
Washington State Open	January	21st-24th	KCAC	Time Standards	
February Challenge	February	6th-7th	Anacortes	All	
WAVE Distance	February	14th	Juanita	Time Standards	
Age Group Invitational	February	26th-28th	Kamiak	Time Standards	
Senior Sectionals	March	10th-14th	TBA	TBA	
NW Age Group Sectionals	March	18th-21st	KCAC	Time Standards	
NCSA Junior Nationals	March	16th-20th	Orlando	Time Standards	
Divisional Champs	March	27th-28th	KCAC	Dequal	
Painterman.com Invite	April	17th-18th	Marysville	All	
LC Kick-Off	April	24th-25th	KCAC	One Silver Time Required	
Spring Thunderbird	May	14th-16th	Anacortes	For Those NOT at Pac Coast (Pac Coast has time standards)	
Pac Coast	May	14th-16th	KCAC	One Gold Time Required	
Summer Spectacular	June	12th-13th	KCAC	One Silver Time Required	
Titlow Classic	June	26th-27th	Tacoma	All: Those not at WEST	
WEST Invite	June	25th-27th	KCAC	Time Standards	
Sizzlin Summer	July	16th-18th	Moses Lake	All	
Senior Sectionals	July	20th-24th	Oregon	Time Standards	
Summer Grand Challenge	July	24th-25th	KCAC	Dequal	
PNS Champs	July/Aug.	29th-1st	KCAC	Time Standards	
Nationals	Aug.	3rd-7th	Irvine CA	Nationals	
Western Zone Sr. Meet	Aug.	6th-8th	Fresno CA	Time Standards	
Junior Nationals	Aug.	9th-13th	Irvine CA	Jr. Nationals	