

Swimmer Name: _____

Guardian Name: _____

Parent Board Approval:

Spring Clinic _____ Swim Season _____

Swans Parent Checklist 2022

Every Swimmer must have **all completed paperwork and money turned in** in order to enter the water. **No Exceptions.**

For Spring Training/Clinic (starting March 28th):

- Swimmer Registration & Medical Form
- Waiver & Release of Liability/Publicity Release Authorization Form
- \$150 Registration Fee for Spring Clinic

For 2022 Swim Season (starting April 25th):

All the above, PLUS

- Registration Fee for Swans 2022 Swim Season (*or payment plan in place*)
- \$200 Family Volunteer Hours Deposit Fee/Check
(**not cashed** unless required volunteer hours are not completed by end of season)
- Swimmer's Contract Packet
(Attendance, Code of Conduct, Social Networking, Handbook Form)
- Completed Swan's Sister Questionnaire
- Completely filled out Vacation Calendar (note **None** for no planned absences)
- Sign up for Spond App for the Sunrise Swans w/at least **(1) Guardian with access**

2022 SUNRISE SWANS PAYMENT & FEE STRUCTURE FORM

Registration for Spring Training/Clinic: \$150

Registration for Regular Season:

Intermediate \$425

Novice \$375

Novice (8 & under) \$350

Sibling Discount \$50 off / Sibling

First swimmer pays full price, discount is applied to each additional sibling.

Early Registration Discount \$50 off / Swimmer

Discount is applied to all swimmers registered and paid for **by April 21st**

Deposit For Family Volunteer Hours: \$200 **(only accepted by Check)**

This check will NOT be cashed unless you do not meet the minimum 20 hours of parent volunteering duties. If you do not plan on volunteering during the season please indicate this and we will deposit your check at the beginning of the season and not bother you to volunteer (NOTE: we would prefer your time rather than your money, however we understand this is not always feasible for all families).

Payment Plan Available for Season Registration: For More Info, contact Treasurer

Scholarships:

While the Sunrise Swans has no funding for scholarships available at this time, swimmers and families can take it upon themselves to use business sponsorships for their registration fees (sponsorship request letter is on following page). Depending on donation amount Companies/Donors will be included in our team sponsorship program as detailed on the Sunrise Swans website (see Sunriseswans.org for details).

* **Refer a Friend** who signs up for the season and you get a fun \$5 Gift Card

**Make checks payable to Sunrise Swans
Or Venmo Accepted**

SUNRISE SWANS SYNCHRONIZED SWIM TEAM

Updated 3/6/2022

Team Calendar - 2022 Season

March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Spring Clinic 630-830pm	29	30 Spring Clinic 630-830pm	31 Spring Clinic 630-830pm	1	2

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Spring Clinic 630-830pm	5	6 Spring Clinic 630-830pm	7 Spring Clinic 630-830pm	8	9
10	11 Spring Clinic 630-830pm	12	13 Spring Clinic 630-830pm	14 Spring Clinic 630-830pm	15	16
17	18 HOLIDAY	19	20	21 Back to Synchro Nite	22	23
24	25 SEASON STARTS Practice 6-8pm	26 Intermediate ONLY Practice 6-8pm	27 Practice 6-8pm	28 Practice 6-8pm	29	30

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
1	2 Practice 6-8pm	3 Intermediate ONLY Practice 6-8pm	4 Practice 6-8pm	5 Practice 6-8pm	6	7
8 (Mother's Day)	9 Practice 6-8pm	10 Intermediate ONLY Practice 6-8pm	11 Practice 6-8pm	12 Practice 6-8pm	13	14
15 Judges Clinic @ Auburn 9am-3pm	16 Practice 6-8pm	17 Intermediate ONLY Practice 6-8pm	18 Practice 6-8pm	19 Practice 6-8pm	20	21
22 Picture Day 8-10 AM @Rusch	23 Practice 6-8pm	24 Intermediate ONLY Practice 6-8pm	25 Mock Meet 6-8pm	26 Practice 6-8pm	27	28

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 HOLIDAY No Practice	31 Intermediate ONLY Practice 6-8pm	1 Practice 6-8pm	2 Practice 6-8pm	3 Meet 1 @Rusch Cordova 4-10ish PM	4
5	6 Practice 6-830pm	7 Intermediate ONLY Practice 6-830pm	8 Meet 2 Sunrise @ Davis	9 Practice 6-830pm	10	11
12	13 Practice 6-830pm	14 Intermediate ONLY Practice 6-830pm	15 Practice 6-830pm	16 SWIN-A-THON 6-830pm	17	18
19	20 Practice 6-830pm	21 Intermediate ONLY Practice 6-830pm	22 Practice 6-830pm	23 Practice 6-830pm	24 AM Practice 9-12pm Meet 3 @ Rusch Auburn 4-10ish PM	25
26	27 Practice 6-830pm	28 Intermediate ONLY Practice 6-830pm	29 AM Practice 8-10AM Meet 4 Sunrise @ FEC	30 Practice 6-830pm		

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 HOLIDAY No Practice	5 ALL TEAM Practice 6-830pm	6 Practice 6-830pm	7 Practice 6-830pm	8 AM Practice 9-12pm Dress Rehearsal 630-830pm @Rusch	9
10 WATERSHOW 10am 7am-12pm @Rusch	11 AM Practice 10-12pm Practice 6-830pm	12 AM Practice 10-12pm Interm Practice 6-830pm	13 AM Practice 10-12pm Practice 6-830pm	14 AM Practice 10-12pm Practice 6-830pm	15 AM Practice 10-12pm @Rusch CHAMPS@Auburn	16 AM Practice 10-12pm @Rusch
17 CHAMPS@Cordova	18	19	20	21	22 Banquet Nite	23

<<< Sister Reveal
Event (Week of)



Sunrise Swans: 2022 Calendar of Events

PRACTICES: @Antelope Aquatic Center

APRIL 25TH-JUNE 2ND

Monday/Wed/Thurs 6:00-8:00pm (ALL Swimmers)

Tuesday 6:00-8:00pm (Intermediates ONLY, unless invited by a coach)

JUNE 6TH-JULY 14TH

Monday/Wed/Thurs 6-830pm (ALL Swimmers)

Tuesday 6:00-8:30pm (Intermediates ONLY, unless invited by a coach)

Date	Event	Time	Location
April 21	BACK TO SYNCHRO NITE	6:00 PM	Round Table
April 25	FIRST DAY OF THE SEASON	6:30 PM	Antelope Pool
May 2-5	Synchro Sister Reveal	Week of	Practice
May 15	JUDGES CLINIC	9am-3 PM	Auburn
May 22	PICTURE DAY	8-10 AM	Rusch Pool
May 25	Mock Meet	6-8 PM	Antelope Pool
May 30	HOLIDAY- NO PRACTICE		
June 3	Cordova @ Sunrise Meet 1	4:30 PM	Rusch Pool
June 8	Sunrise @ Davis: Meet 2	4:30 PM	Davis Pool
June 16	SWIM-A-THON	6-830 PM	Antelope Pool
June 24	Morning Practice	9-12 PM	Antelope Pool
June 24	Auburn @ Sunrise Meet 3	4 PM	Rusch Pool
June 29	Morning Practice	9-12 PM	Antelope Pool
June 29	Sunrise @ FEC Meet 4	4 PM	FEC
July 4	HOLIDAY- NO PRACTICE		
July 8	AM Practice	9-12 PM	Antelope Pool

July 8	Watershow Dress Rehearsal / Pictures	5-8 PM	Rusch Pool
July 10	WATERSHOW	7am-12 PM	Rusch Pool
July 11-15	Morning Practice	10am-12 PM	Antelope Pool
July 15	CHAMPS Figures	4-9 PM	Auburn Pool
July 16	Extra Practice (At Coach Discretion)	10am-12 PM	Rusch Pool
July 17	CHAMPS Routines	6am-6 PM	Cordova Pool
July 22	Swan's Family Banquet Nite	TBA	TBA

2022 Sunrise Swans Swimmer Registration Form

Please be sure to fill out **both sides/pages (2)** of this form completely:

Swimmer Info

Name _____ Birthdate _____

Swimmer Cell _____

Address _____

- My swimmer has permission to sign themselves out at the end of practice.
Parent Initials _____

Parent/ Guardian Info

Parent Guardian

Name _____

Cell Phone _____ Alt. Phone _____

Email _____

Other Parent Guardian

Name _____

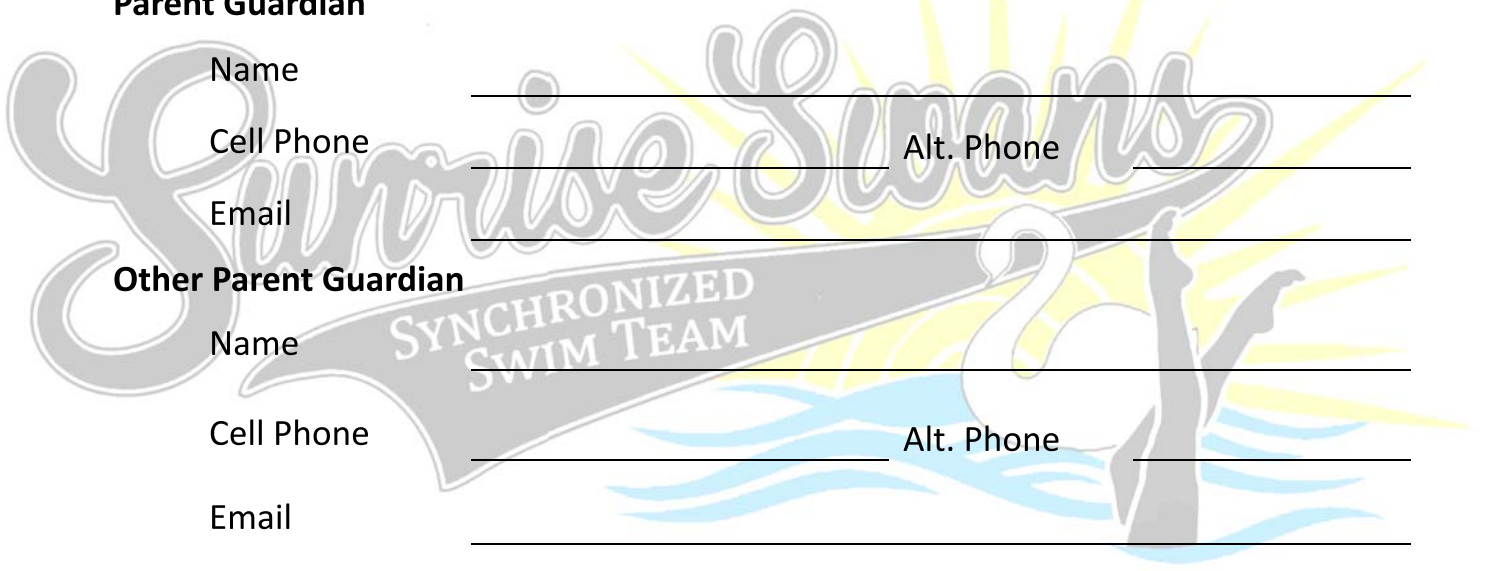
Cell Phone _____ Alt. Phone _____

Email _____

Alternate Emergency Contacts

Name _____ Phone _____

Name _____ Phone _____



2022 Sunrise Swans Swimmer Registration Form

Insurance Information

Company _____ Group _____

Primary Member _____

Medical Information

Physician _____ Phone _____

Address _____

Hospital _____ Phone _____

Dentist _____ Phone _____

Known Medical Conditions / Allergies: _____

Authorization To Render Emergency Care: (Check the desired action)

In the event of an accident or emergency, the undersigned hereby authorizes a representative of the Sunrise Swans Synchronized Swimming Team, including coaches, lifeguards, and parents volunteers/chaperones, to make such arrangements as he/she considers necessary for the swimmer to receive medical care from an emergency medical team or to be transported to medical facility for further treatment by any licensed physician while the swimmer is under the supervision of the team.

I/We do not choose the above option for the following reason:

Parent / Guardian

Signature _____ Date _____

Sunrise Swans Synchronized Swim Team

2022 Waiver and Release of Liability

In consideration of being allowed to participate in the Sunrise Swans Synchronized Swim Team events, activities, or programs, I've knowledge and agree that:

1. I understand that I/ my child or ward, will be engaging in travel and activities that involve the risk of serious injury, including permanent disability and death, severe social and economic losses and other loss including damage to property.
2. I knowingly and freely assume all such risks.
3. I, for myself, my minor child or ward, and on behalf of my and their heirs and assigns, release, waive, discharge and covenant not to sue Sunrise Swans, it's officers, agents, employees, and sponsors as well as its affiliate clubs, from any and all liability for any and all claims, demands, losses or damages on account of injury, including death and damage to property, whether caused by negligence or otherwise.

This is to certify that, as swimmer (18+) / parent/guardian of this participant, I do consent to his/her waiver and release as set forth above and also agreed to assume all such risks and to waive the right to sue the releases.

Name of Swimmer

Signature of Parent/ Guardian / Swimmer 18 +

Print Name

Date

Sunrise Swans Synchronized Swim Team

2022 Publicity/Media Release Authorization

I, hereby give permission to have my child's picture and name printed in any publicity, website, or media for the purpose of promoting the Sunrise Swans Swim Team.

Name of Swimmer

Signature of Parent/ Guardian / Swimmer 18 +

Print Name

Date

Sunrise Swans Synchronized Swim Team

2022 Swimmer's Attendance Contract

Purpose: To provide the coaches, as well as each swimmer, with the understanding of expectations required to learn, practice, and perform a synchronized swim routine and figures scheduled for competition. In order to achieve this, swimmers are responsible for honoring the commitment they made when they registered for the team. This contract is based upon the overall principles of a mutual respect for the time and commitment of each swimmer. To help achieve these goals, we ask that all swimmers, parents and coaches read, understand and agree to the following Contract:

Expectations:

As a member of the Sunrise Swans Synchronized Swim Team, I will strive to meet the following attendance expectations listed below:

- I *will* be at every scheduled practice on time and be ready to learn, practice, or perform the routine(s) in which I am swimming. Additionally, whenever possible, I will practice my routine/figures at home.
- I *will* contact my coaches if an **emergency** arises and I will be late or absent, (wanting to spend time at home, or with friends is **NOT** considered an emergency).
- I understand that others in my routine are depending on me, and my attendance and commitment is vitally important to the success of our routine.
- I further understand that excessive unexcused absences, or failure to follow these expectations, may result in any number of consequences. These may include, but are not limited to:
 - Removal from the routine(s) for **competition** purposes.
 - Dismissal of participation/attendance in one or more meets.
 - Removal from future competition and/or practices and meeting with parent or guardian.

I understand that my compliance with this Attendance Contract is a direct reflection on my commitment to the team as well as me as a responsible member, and I should only conduct myself in a way that brings credit and respect to the Sunrise Swans. If I fail to comply, I voluntarily subject myself to disciplinary action. Depending upon the severity and/or frequency of the incident(s) one or all of the potential disciplinary actions may be taken. I understand that if I want to appeal any disciplinary action, my appeal shall be heard by the Sunrise Swans Parent Board and/or coaching staff.

I understand that by signing this document that I agree to comply with this Swimmer's Attendance Contract.

Signature of Swimmer

Print Name

Date

Signature of Parent

Print Name

Date

Sunrise Swans Synchronized Swim Team

2022 Swimmer's Code Of Conduct Contract

Each swimmer is expected to abide by such Swimmer's Code of Conduct. Each **SWIMMER** and a **PARENT/GUARDIAN** must sign the code of conduct to acknowledge receipt of the same and to agree to abide by its terms in order to prevent any misunderstandings.

- Swimmers will treat coaches, officials, parents, volunteers and other swimmers with respect.
- Swimmers will not use abusive or threatening language or gestures towards coaches, officials, parents, volunteers or other swimmers.
- Swimmers shall not engage in fighting or other physical acts towards coaches, officials, parents, volunteers or other swimmers.
- Swimmers shall not damage property at the Antelope Pool, or other pools or the personal property of any swimmer.
- Swimmers shall not lie or steal.
- Swimmers shall not use or possess tobacco, drugs, or alcohol.
- Swimmers shall not commit acts of bullying in any form.
- Swimmers shall not engage in any unsafe behavior.
- Swimmers shall refrain from unsportsmanlike-like conduct.
- Swimmers shall not use or possess weapons.

I have read the Swimmer's Code of Conduct for the Sunrise Swans Synchronized Swim Team. I have reviewed the document with my child. We agree to abide by its terms. Any violation of the code may result in the following disciplinary action, at the discretion of the Sunrise Swans Parent Board and/or coaching staff, as follows:

- First violation – dismissal from the current practice session and potentially the next practice session.
- Second violation – removal from future competition and/or practices and meeting with parent/guardian, swimmer and Sunrise Swans Parent Board and/or coaching staff.
- Third violation – temporary or potentially permanent dismissal from the team without program refund.
- Depending upon the severity and/or frequency of the incident(s) one or all of the potential disciplinary actions may be taken.

Signature of Swimmer

Print Name

Date

Signature of Parent/ Guardian

Print Name

Date

Sunrise Swans Synchronized Swim Team

2022 Social Networking Code of Conduct Contract

Purpose: To provide every swimmer with the opportunity to enjoy a safe, non-threatening, bully-free environment in which they can reach individual and team goals. This is based upon the overall principles of mutual respect and cooperation. In order to achieve this, swimmers are responsible for maintaining a POSITIVE AND COOPERATIVE attitude at all practices, meets, team events, as well as within social media sites (i.e. Facebook, Instagram, Snapchat, etc.).

Guidelines: As a member of the Sunrise Swans Synchronized Swim Team, I will strive to meet the following Social Networking Code of Conduct as listed below:

- At ALL times, when posting comments about this team, or any individual member, I will only encourage good sportsmanship by demonstrating positive support for all players, coaches, officials, volunteers, and our opponents at every meet, practice, or other team event. I will also show respect to all parents, swimmers, and coaches by supporting the values of discipline, loyalty, commitment and hard work, and use only appropriate language when doing so.
- At ALL times, when posting comments, I will treat my Coaches, other swimmers, officials and parents with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.
- At ALL times when on a social networking site, if inappropriate comments arise regarding any member of this team (swimmers, coaches, parents), I will choose to not engage in a response, but rather do my best to either ignore, change the topic, or respond by identifying the inappropriateness of the comment.
- I understand that failure to follow these guidelines completely will not be tolerated from any member of the team and may result in disciplinary action. This discipline may include, but may not be limited to:
 - Removal from future competition and/or practices and meeting with parent or guardian.
 - Dismissal or termination of participation/attendance in one or more practices/meets.
 - Dismissal or termination of participation/attendance for the season without program refund.

I understand that my compliance with this Social Networking Code of Conduct is a direct reflection on the team, as well as myself. Depending upon the severity and/or frequency of the incident(s) one or all of the potential disciplinary actions may be taken. I understand that if I want to appeal any disciplinary action, my appeal shall be heard by the Sunrise Swans Parent Board and/or coaching staff.

I understand that by signing this document that I agree to comply with this Social Networking Code of Conduct.

Signature of Swimmer

Print Name

Date

Signature of Parent

Print Name

Date

Sunrise Swans Synchronized Swim Team

2022 Handbook Acknowledgment

By signing below you acknowledge that you received a [2022 Sunrise Swans Team Handbook](#). You understand and agree to the contents and any questions have been brought to the board for review.

Signature of Swimmer

Print Name

Date

Signature of Parent

Print Name

Date

Sunrise Swans Synchronized Swim Team

Volunteer Requirements

By signing below you acknowledge that you understand the following:

- "Parent Volunteer Requirements" as stated in the [2022 Sunrise Swans Team Handbook](#), page 6-8.
- You have given the **\$200.00 required volunteer deposit** and understand this check serves as a deposit towards the required volunteer hours during the season and will not be cashed unless the volunteer requirement is not completed by the end of the season.
- You understand and agree to the contents and any questions have been brought to the board for review.

Signature of Parent

Print Name

Date

SUNRISE SWANS SYNCHROIZNED SWIM TEAM

**Please fill in any days you know your swimmer will miss.

VACATION Calendar - 2022 Season

SWIMMER: _____

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 SEASON STARTS	26	27	28	29	30

May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
1	2	3	4	5	6	7
8 (Mother's Day)	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Picture Day	23	24	25 Mock Meet	26	27	28

June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 HOLIDAY No Practice	31	1	2	3 Meet 1 @Rusch	4
5	6	7	8 Meet 2	9	10	11
12	13	14	15	16 SWIN-A-THON	17	18
19	20	21	22	23	24 AM Practice Meet 3 @ Rusch	25
26	27	28	29 AM Practice Meet 4	30		

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 HOLIDAY No Practice	5 ALL TEAM	6	7	8 AM Practice Dress Rehearsal	9
10 WATERSHOW 10am 7am-12pm @Rusch	11 AM Practice	12 AM Practice	13 AM Practice	14 AM Practice	15 AM Practice CHAMPS@Auburn	16 AM Practice
17 CHAMPS@Cordova	18	19	20	21	22 Banquet Nite	23

Mandatory Practice **please discuss with coaches if there is a schdeule issue.