

Swans Parent Checklist 2019

Every Swimmer must have **all completed paperwork and money turned in** for the season in order to enter the water on April 15th for Spring Training, or on April 25th for regular Season.

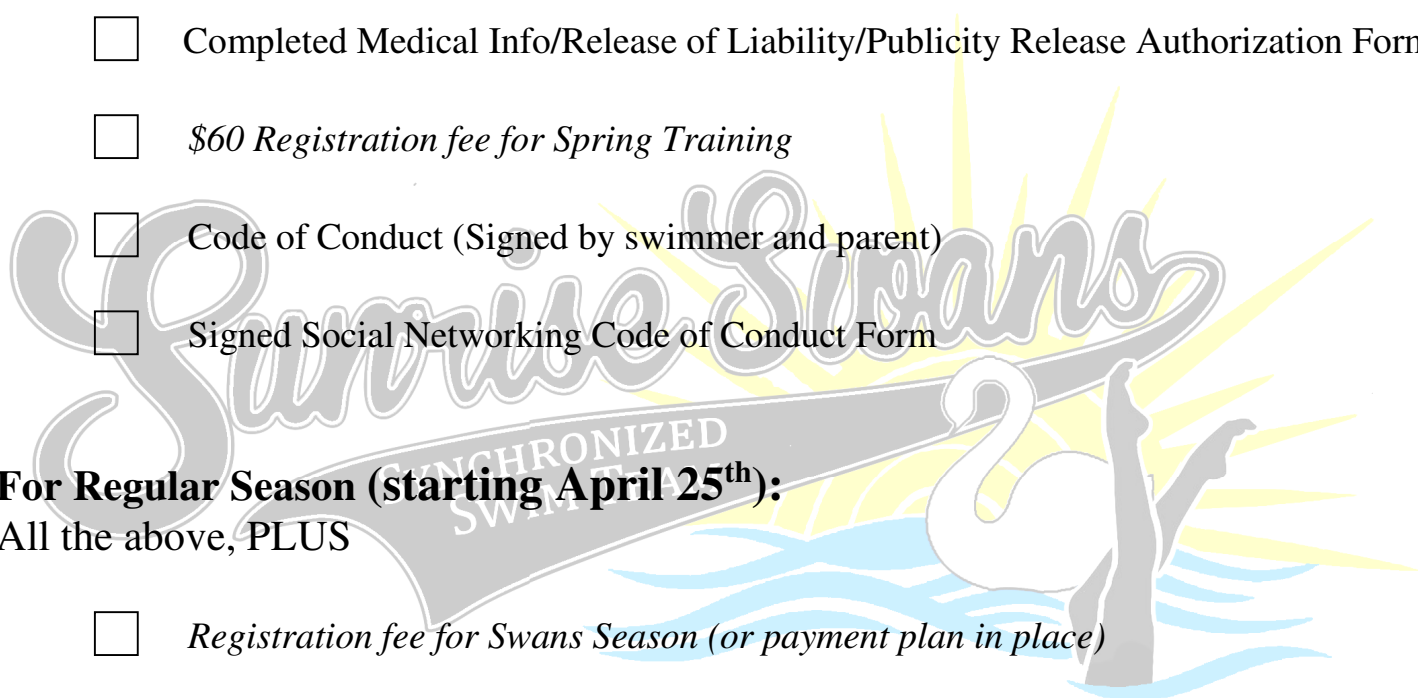
For Spring Training (starting April 15th):

- Registration form
- Completed Medical Info/Release of Liability/Publicity Release Authorization Form
- \$60 Registration fee for Spring Training*
- Code of Conduct (Signed by swimmer and parent)
- Signed Social Networking Code of Conduct Form

For Regular Season (starting April 25th):

All the above, PLUS

- Registration fee for Swans Season (or payment plan in place)*
- \$200 Family Volunteer Hours Deposit Check (not to be cashed unless volunteer hours are not completed)*
- Signed Attendance Contract
- Completed Swan's Sister's Questionnaire
- Completely filled out Vacation Calendar
- Follow Instructions to get 'Spond' and ensure at least 1 Parent/Guardian has access



SUNRISE SWANS

2019 Membership Registration Form

SWIMMER'S NAME:	<input type="checkbox"/> Spring Training <input type="checkbox"/> Regular Season
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ADDRESS:	BIRTHDATE / CURRENT AGE:
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CITY, STATE, ZIP:

HOME:	CELL:
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ALLERGIES:

PARENT/GUARDIAN

PARENT/GUARDIAN NAME:

HOME:	CELL:	WORK:
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ADDRESS: <input type="checkbox"/> Same as above)
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CITY, STATE, ZIP:

EMAIL:

OTHER PARENT/GUARDIAN NAME:

HOME:	CELL:	WORK:
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ADDRESS: <input type="checkbox"/> Same as above)
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CITY, STATE, ZIP:

EMAIL:

ALTERNATE EMERGENCY CONTACTS

NAME & NUMBER:	RELATION:
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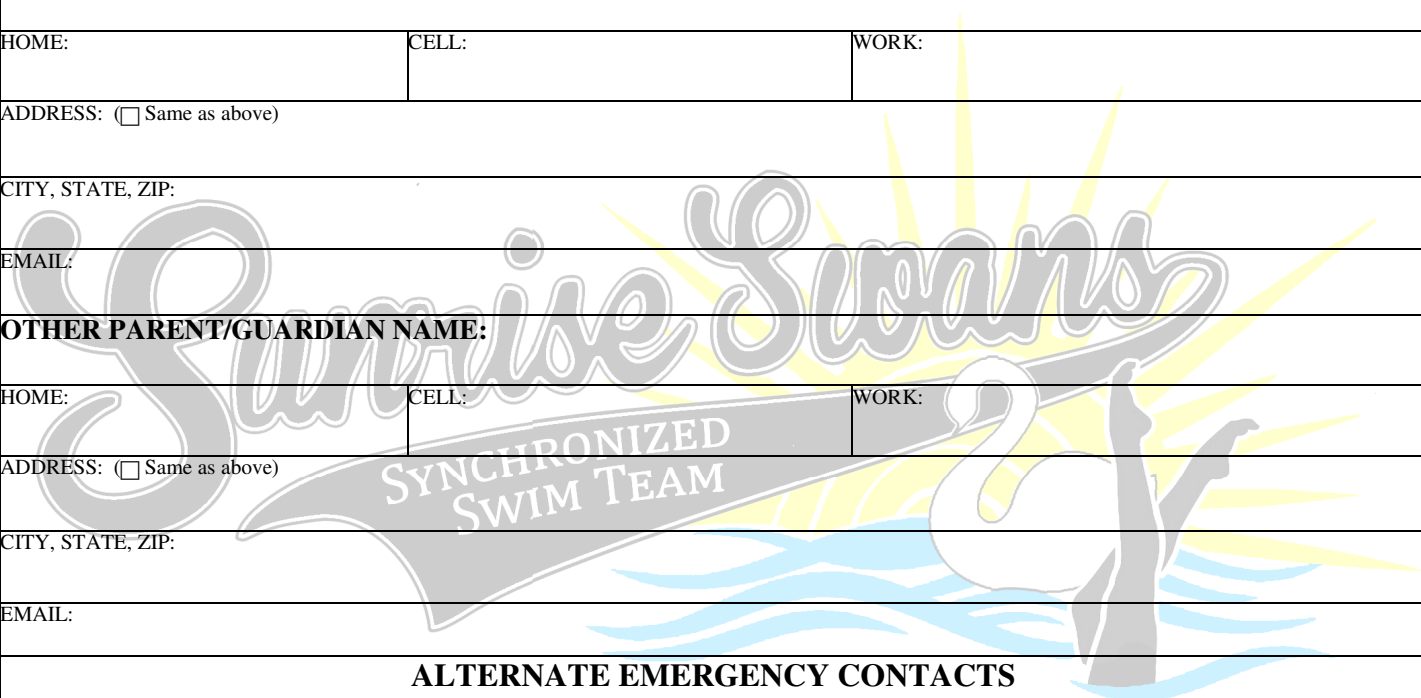
NAME & NUMBER:	RELATION:
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Authorization to render emergency care: (Please check the desired action)

_____ 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: _____



MEDICAL INFORMATION			
PHYSICIAN'S NAME:			
PHONE:		ALT NUMBER:	
ADDRESS	CITY:	STATE/ZIP:	
HOSPITAL:			
			PHONE:
DENTIST:			
			PHONE:
INSURANCE COMPANY:		PRIMARY MEMBER:	
		Group:	
Known medical conditions:			

Waiver and Release of Liability

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

1. I understand that I (or if the participant is a minor) 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.

Publicity/Media Release Authorization

1. I do / do not 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.

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.

Swimmer 18+/Parent/Guardian Signature: _____ Date: _____

Swimmer 18+/Parent /Guardian (Print): _____ Date: _____

All swimmers under the age of 18 at the start of the season must have parent/guardian sign release forms.

Sunrise Swans Synchronized Swim Team

2019 Code of Conduct

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 Rusch Pool, or other pools or the personal property of any swimmer.
- Swimmers shall not lie.
- Swimmers shall not 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 District Staff's discretion:

- 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 District 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

Print Name

Date

Sunrise Swans Synchronized Swim Team

2019 Social Networking Code of Conduct

Purpose: The purpose of this Code of Conduct is 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 within the network of social media sites (e.g. Facebook, Twitter, etc.). 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 (mentioned above).

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 meets/practices.
 - 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 on me, 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 Recreation and Park District, the Sunrise Swans Parent Board, and 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