**JCAT**

Just Care Aquatics Swim Team

Dear Parents,

JCAT would like to take this opportunity to welcome you to our year-round swim team.  We are confident that your experience with the team will be productive and lasting.

**Our mission and vision statement is as follows:**

**Mission:** Educate and offer the community an opportunity to prosper in the sport of competitive swimming.

**Vision:** Demonstrate a safe culture that promotes good citizenship, responsibility, and sportsmanship.

**General Information**

This swim team is a year-round team that participates in two seasons, a short-course and a long-course period. A parent must volunteer at both Short Course, and Long Course Championship meets.

**Billing cycle**

Billing begins the first day of every month, and monthly fees are due by the 1st day of the month. Payments received after the 10th of the month shall be assessed a late fee of $10.00. You may make arrangements before the 1st day; a late fee may still be applied unless payment is made on the agreed date. If payment is not paid by the 14th of the month, your swimmer(s) (under the coaches’ review) will not be allowed in the pool to practice until the account is brought current.

**Payment methods**

There are two methods when making your payments: Cash or Credit Card. All transactions done with Credit cards have a $3 processing fee. All swim meet fees shall be in cash and presented before the first day of the meet. All meet fees shall include a team fee of $5 in each swimmer’s total fee. This fee is cumulative and is utilized at the end of a season for awards presented by the coaching staff.

Thank you again for your support and involvement; if you have any questions or concerns, please contact me on my cell, via email, or before/after practice.

**Coach Rodriguez**

Head Coach JCAT

915-238-6487

swimscs@yahoo.com

Justcareaquatics.com

**FEES AND REQUIRED INFORMATION FOR SWIMMERS**

**Participating with Just Care Aquatics Swim Team**

If you have any questions or concerns, please contact me at home at 915-493-3159 or by email at [jcatswim@gmail.com](mailto:jcatswim@gmail.com).

Fill out and sign the JCAT / USA Registration Application. Birthdate, and full name to include middle initial are required! (If the swimmer has no middle initial, please indicate by putting NMI in the spot on the form.)

All fees shall be charged via the Square app we utilize for billing. A suitable cell or working email is required for billing.

Requirement no exceptions after 30 days of participation with the team.

USA Registration. $87.00 USA Registration (annual) - $50.00 USA Registration (summer or flex)

Monthly membership dues and other fees:

**Within the same family,** some exceptions may apply.

1st child   $105.00 per month; Groups Silver thru Senior levels - 6-day training 2-hour training sessions Mon-Thursday, optional Saturdays mornings.

1st child $ 60 Bronze group - Mon-Thursday 1-hour training sessions

 Any additional children $30 from any group / any training sessions

Fees are assets from the highest level.

All swimmers are required to participate in 3 meets per season and the Border Championships. All parents must participate as team volunteers, swim officials, or other functions on the team.

Other team functions include Timer at meets, a safety marshal, a Computer operator at meets, or Meet Director.

**ALL FEES ARE NON-REFUNDABLE**

**Uniforms and Equipment**

Equipment may be purchased locally at DJsports or online at[www.swimoutlet.com/jcat](http://www.swimoutlet.com/jcat)

**Team colors, purple & gold**

Official team suits and other apparel may be ordered from Qswimwear.

Here is the link:

**PARENT EDUCATION**

Once you have paid your USA yearly or seasonal registration fee, please visit USA swimming at [www.usaswimming.org](http://www.usaswimming.org/) and create a username and password for your child’s DECK Pass. Click on member resources and choose PARENT EDUCATION. This page section is very informative on Understanding Coaches, Understanding Training, Being a swim parent, nutrition, sports medicine, times & time standards, and recognition. The site will also have other utilities you may access, like results for your child's swim meets, IMX points, and an overall comparison of your Child's ranking among all other swimmers. The site is informative, so take some time to look around and see the benefits of swimming at this level.

Meet times and information for your swimmer may also be accessed through Meet Mobil. You may download this app via the google play store or Apple store.

**JCAT GROUPS AND LEVELS**

**Senior Group - *USA Swimming Time Standard: AA or Above***

This swimmer’s primary focus is to continue developing a primary stroke and distance. Coordinated and implement conditioning skills and focus knowledge to develop primary stroke to an individual swimmer. Develop specific strength training regiment, refinement of stroke technique, mental meet preparation, and enhance racing strategies through video and other media feedback.

**Gold Group - *USA Swimming Time Standard: BB to A***

This swimmer develops consistent condition skills, learns the importance of racing strategies, and develops an understanding of a strength training regimen—a continual refinement of stroke techniques and an understanding of how to prepare for a championship-style meet.

**Silver Group - *USA Swimming Time Standard: B***

This swimmer develops knowledge, and the importance of conditioning and is introduced to racing strategies and strength training—a refinement of all four strokes and knowledge of preparing for a swim meet.

**Bronze Group - *USA Swimming Time Standard: None***

This swimmer develops two primary strokes and is introduced to the remaining strokes—swimmers are introduced to the rules that apply to the appropriate stroke. A swimmer is groomed and prepared for a meet environment.

**JCAT BY-LAWS**

**revised 7/28/2021**

Article 1.                                       **Organization and Purpose**

**Section 1.01**                               This organization is called the Just Care Aquatics, referred to herein as JCAT or the Team.

**Section 1.02**                                The Team is a year-round competitive swimming team founded with the specific objective of promoting swimming programs for the benefit of swimmers of all ages and abilities; to educate, train and direct the interests of the swimmers, and operating solely and exclusively as an outreach program for Just Care Home Health.

**Section 1.03**                                The Team is a member of Border Swimming, herein called Border Swimming and will function under applicable Bylaws, Rules, and Regulations. Border swimming is a member of USA Swimming, the national governing body of amateur swimming.

**Section 1.04**                               All Bylaws, policies, and rulings about the Team conduct and swim meets will conform to United States Swimming, Border, and Just Care Aquatics By-laws and rules and regulations.

Article 2.                                    **Membership**

**Section 2.01**                                Competitor members are those swimmers who are members of the team. The benefits and services of the Team shall be made available to any person who desires to participate in the competitive swimming program, is physically able to swim one length of the short course pool (25 yards) un-assistant, and is developmentally able to understand and follow directions.

**Section 2.02**                                The General Membership is made up of the parents or legal guardians of the competitor members. Each family of swimmers of the General Membership shall be entitled to one vote in the affairs of the Team fundraiser efforts, or other duets required by Border, but limited to the internal functions, financial earnings, and or of Just Care Aquatics and it is Home Health the parent company holder. Membership and voting rights are contingent upon payment of USA swimming membership dues, annual Team registration fees, and monthly fees as determined by Just Care Aquatics. Membership is automatically terminated if the above conditions are not met. Termination of membership does not relieve any member from existing liability for dues or other obligations that are unpaid at the time of termination.

Article 3.                                        **Dues, Fees, and Assessments**

**Section 3.01**                               Each member is responsible for payment of a yearly team registration fee per swimmer and a USA registration fee. The USA registration fee must be paid before the swimmer enters the water. These fees are non-refundable. Each family is responsible for paying monthly fees as determined by the number of swimmers in the family. Monthly fees are to be paid by the 10th of each month and are proactive. The fee structure is subject to change as determined by the Team and its parent company administrators. New swimmers who have never participated in competitive swimming may swim for two weeks before paying monthly fees. The first month’s fee payment is under the head coaches’ decision.

**Section 3.02**                             Meet entry fees are in addition to the monthly fees. Payment of meet entry fees is due when the meet entry form is submitted. Non-payment of meet entry fees will necessitate non-participation in the meet.  Payment for relays will be at the expense of the Team.

**Section 3.03**                             Members are encouraged to consider becoming a Border LSC official. The Team will assist (50%) with the USA parent registration fee if 60 volunteer hours are logged during a year of participation. Those Members who agree to do so for the team's benefit after the First Year of service.

**Section 3.04**                                Financial assistance may be considered individually for families that feel they cannot meet the financial obligation required. Requests for financial assistance must be submitted to the head coach in writing. Distribution of financial assistance is subject to consideration and approval by the head coach and the Parent company directors using the following criteria for guidance:

1. Financial need
2. Sincere swimmer interest in and commitment to competitive swimming
3. Faithfulness in practice and swim meet participation

Article 4.                                        **Powers of the Team**

**Section 4.01**                              The powers of the Team shall include but may not be limited to:

(a)               To determine participation in and conduction of meets and competitions as ownership shall be determined in the Team’s best interests.

(b)               The publication and distribution of programs, newsletters, and other publications designed to promote the activities and affairs of the Team

(c)               The solicitation and sale of advertising space in such publications and obtaining sponsorships for competitions and publications

(d)               The contribution of money or other things of value for the team's benefit for scholarships, programs, recognition, awards, or other causes.

(e)               The retaining of persons, firms, or corporations as may be necessary to provide special services to the Team

(f)                 The purchase, sale, and conveyance of real or personal property and the entry into any contracts, leases, or other agreements necessary to properly conduct and administer the affairs of the Team

(g)               The operation of food concessions and the sale of swimming equipment and paraphernalia to its members and other persons; and the authorization to engage in other lawful activities as may be necessary to properly carry out the purposes of the Team and conduct its’ affairs.

Article 5.                                       **Meetings of the Members**

**Section 5.01**                              The Team shall hold a general membership meeting annually at the end of the short & long course season to review the Team's activities, assign committee members, and conduct other business as needed.

**Section 5.02**                               The Team may hold additional special meetings of the membership as necessary to conduct the Team's affairs. Special meetings may be called by the Head coach or team parent liaison.

**Section 5.03**                                Meetings of the general membership shall be held at a convenient time and place designated by the Head coach or parent liaison. Notice of the meeting shall be attempted in good faith to all members not less than 5 days before the meeting. Such notice shall be at least by one of the following; electronic mail posted notices at the pools where the practice is being held, and/or a hard copy sent via USPS.  Members in good standing, present in person, shall constitute a quorum at any properly called meeting.  Unless otherwise specified in these Bylaws, the decision of a majority of the members present shall be the Team’s decision.

Article 6.                                     **Miscellaneous**

**Section 6.01**                   No director, officer, member, authorized agent, or representative of the team shall be liable or responsible for any debts or liabilities of the team or liable to the team except to the extent of                                                                                                                                                       (a) their unpaid portion of membership dues and entry fees or                         (b) for their acts or omissions not in good faith or which involve intentional misconduct.

**Section 6.02**                               All contracts and agreements authorized by Just Care Aquatics shall be signed by Just Care Home Health representative.

Article 7.                                **Electronic Communication Policy**

**Section 7.1**              The [Just Care Aquatics Swim Team] (the "Team") recognizes the prevalence of electronic communication and social media in today's world. Many of our swimmers use these means as their primary method of communication. While the Team acknowledges the value of these methods of communication, the Team also realizes that there are associated risks that must be considered when adults use these methods to communicate with minors.

**Section 7.2**               General Content: All communications between a coach or other adult and an athlete must be professional in nature and for the purpose of communicating information about team activities. The content and intent of a" electronic communications must adhere to the USA Swimming Code of Conduct regarding Athlete Protection.

For example, as with any communication with an athlete, electronic communication should not contain or relate to any of the following:

• drugs or alcohol use;

• sexually-oriented conversation; sexually explicit language; sexual activity

• the adult's personal life, social activities, relationship or family issues, or personal problems; and

• inappropriate or sexually explicit pictures

• Note: Any communication concerning an athlete's personal life, social activities,

relationship or family issues or personal problems must be transparent, accessible, and professional.

Whether one is an athlete, coach, board member, or parent, the guiding principle to always use in communication is to ask: "Is this communication something that someone else would find appropriate or acceptable in a face-to-face meeting?" or "Is this something you would be comfortable saying out loud to the intended recipient of your communication in front of the intended recipient's parents, the coaching staff, the board, or other athletes?"

Concerning electronic communications, a simple test that can be used in most cases is whether the electronic communication with swimmers is Transparent, Accessible, and Professional.

Transparent: All electronic communication between coaches and athletes should be transparent. Your communication should be clear and direct and free of hidden meanings, innuendo, and expectations.

Accessible: All electronic communication between coaches and athletes should be considered a matter of record and part of the Team's records. Whenever possible, include another coach or parent in the communication to have no question regarding accessibility.

Professional: All electronic communication between a coach and an athlete should be conducted professionally as a team representative. This includes word choices, tone, grammar, and subject matter that model the standards and integrity of a staff member.

If your communication meets all three of the T.A.P. criteria, then it is likely your method of communication with athletes will be appropriate.

**FACEBOOK, SNAPCHAT, BLOGS, AND SIMILAR SITES**

Coaches may have personal Facebook (or other social media site) pages, but they are not permitted to have any athlete member of the Team join their personal page as a "friend." A coach should not accept any "friend" request from an athlete UNDER FALSE PRETENCES. Coaches and athletes are not permitted to have "private message" through Facebook. Coaches and athletes are not permitted to "instant message" each other through Facebook chat or other methods.

The Team has an official Facebook page that athletes and their parents can "friend" for

information and updates on team-related matters.

Coaches are encouraged to set their pages to "private" to prevent athletes from accessing the coach's personal information.

**TWITTER**

Best Practice: The Team has an official Twitter page that coaches, athletes and parents can follow for information and updates on team-related matters. Coaches are not permitted to [www.usaswimming.org/protect](http://www.usaswimming.org/protect) follow athletes on Twitter. Likewise, athletes are not permitted to follow coaches on Twitter. Coaches and athletes are not permitted to "direct message" each other through Twitter.

Alternative Option: Coaches and athletes may follow each other on Twitter. Coaches cannot retweet an athlete message post. Coaches and athletes are not permitted to "direct message" each other through Twitter.

**TEXTING**

Subject to the general guidelines mentioned above, texting is allowed between coaches and athletes from 7 am until 9 pm. Texting shall be used to communicate information directly related to team activities.

**EMAIL**

Athletes and coaches may use email to communicate between the hours of 7 am and 9 pm.

When communicating with an athlete through email, a parent, another coach, or a board member must also be copied.

**REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS**

The parents or guardians of an athlete may request in writing that their child not be contacted by coaches through any form of electronic communication.

 Article 8.                 Action Plan of the Just Care Aquatics Swim Team to Address Bullying

**Section 8.1**               PURPOSE: Bullying of any kind is unacceptable at [Just Care Aquatics Swim Team] (the "Team") and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Team is committed to providing a safe, caring, and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, board member, or athlete/mentor.

**Section 8.2**               Objectives of the Team's Bullying Policy and Action Plan:

1. To make it clear that the Team will not tolerate bullying in any form.

2. To define bullying and give all board members, coaches, parents, and swimmers a good understanding of bullying.

3. To make it known to all parents, swimmers, and coaching staff that there is a policy and protocol should any bullying issues arise.

4. To make how to report bullying clear and understandable.

5. To spread the word that (Name of Team) takes bullying seriously and that all swimmers and parents can be assured that they will be supported when bullying is reported.

**Section 8.3**             WHAT IS BULLYING? The USASwimming Code of Conduct prohibits bullying. Generally, bullying is the use of aggression, whether intentional or not, which hurts another person—bullying results in pain and distress.

The USASwimming Code of Conduct defines bullying in 304.3.7. Bullying is the severe or repeated use by one or more USA Swimming members of oral, written, electronic, or other technological expressions, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

i. causing physical or emotional harm to the other member or damage to the other

member's property;

ii. placing the other member in reasonable fear of harm to themselves or of damage to his/her property;

iii. creating a hostile environment for the other member at any USA Swimming activity;

iv. infringing on the rights of the other member at any USA Swimming activity; or

v. materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which for this section shall include, without limitation, practices, workouts, and other events of a member team or LSC).

**Section 8.4**            REPORTING PROCEDURE: An athlete who feels that they have been bullied is asked to do one or more of the following things:

• Talk to your parents;

• Talk to a Team Coach, Board Member, or other designated individual;

• Write a letter or email to the Team Coach, Board Member, or other designated

individual;

• Make a report to the USA Swimming Safe Sport staff.

There is no express time limit for initiating a complaint under this procedure. Every effort should be made to bring the complaint to the attention of the appropriate team leadership as soon as possible to make sure that memories are fresh and behavior can be accurately recalled and bullying behavior can be stopped as soon as possible.

**Section 8.5**              HOW WE HANDLE BULLYING: If bullying is occurring during team-related activities, we STOP BULLYING ON THE SPOT using the following steps:

1. Intervene immediately. It is ok to get another adult to help.

2. Separate the kids involved.

3. Make sure everyone is safe.

4. Meet any immediate medical or mental health needs.

5. Stay calm. Reassure the kids involved, including bystanders.

6. Model respectful behavior when you intervene.

Suppose bullying is occurring at our team, or it is reported to be occurring at our team. In that case, we address the bullying by FINDING OUT WHAT HAPPENED and SUPPORTING THE KIDS INVOLVED using the following approach:

**FINDING OUT WHAT HAPPENED**

1. First, we get the facts.

a. Keep all the involved children separate.

b. Get the story from several sources, both adults and kids.

c. Listen without blaming.

d. Don't call the act "bullying" while you are trying to understand what happened.

e. It may be difficult to get the whole story, especially if multiple athletes are involved or the bullying involves social bullying or cyberbullying. Collect all available information.

2. Then, we determine if it's bullying. Many behaviors look like bullying but require different approaches. It is important to determine whether the situation is bullying or something else.

a. Review the USA Swimming definition of bullying;

b. To determine if the behavior is bullying or something else, consider the following questions:

• What is the history of the kids involved?

• Have there been past conflicts?

• Is there a power imbalance? Remember that a power imbalance is not

limited to physical strength. It is sometimes not easily recognized. If the

targeted child feels like there is a power imbalance, there probably is.

• Has this happened before? Is the child worried it will happen again?

c. Remember that it may not matter "who started it." Some kids who are bullied may be seen as annoying or provoking, but this does not excuse the bullying behavior.

d. Once you have determined if the situation is bullying, support all of the kids involved.

**SUPPORTING THE KIDS IN VOL VED**

3. Support the kids who are being bullied

a. Listen and focus on the child. Learn what's been going on and show you want to help. Assure the child that bullying is not their fault.

b. Work together to resolve the situation and protect the bullied child. The child,

parents, and fellow team members, and coaches may all have valuable input. It may help to:

i. Ask the child being bullied what can be done to make them feel safe. Remember that changes to routine should be minimized. They are not at fault and should not be singled out. For example, consider rearranging lane assignments for everyone. If bigger moves are necessary, such as switching practice groups, the child who is bullied should not be forced to change.

ii. Develop a game plan. Maintain open communication between the Team and parents. Discuss the steps that will be taken and how bullying will be

addressed going forward.

c. Be persistent. Bullying may not end overnight. Commit to making it stop and

consistently support the bullied child.

 4. Address bullying behavior

a. Make sure the child knows what the problem behavior is. Young people who bully must learn their behavior is wrong and harms others.

b. Show kids that bullying is taken seriously. Calmly tell the child that bullying will not be tolerated. Model respectful behavior when addressing the problem.

c. Work with the child to understand some of the reasons they were bullied. For example:

i. Sometimes, children bully to fit in or just to make fun of someone who is a little different from them. In other words, there may be some insecurity involved.

ii. Other times, kids act out because something else-issues at home, abuse,

stress-is going on in their lives. They also may have been bullied. These kids may require additional support.

d. Involve the kid who was bullied in making amends or repairing the situation. The goal is to help them see how their actions affect others. For example, the child can:

i. Write a letter apologizing to the athlete who was bullied.

ii. Do a good deed for the bullied person, for the Team, or others in your community.

iii. Clean up, repair, or pay for any property they damaged.

e. Avoid strategies that don't work or have negative consequences:

i. Zero tolerance or "three strikes, you're out" strategies don't work.

Suspending or removing from the team swimmers who bully does not reduce bullying behavior. Swimmers may be less likely to report and address bullying if suspension or getting kicked off the team is the consequence.

ii. Conflict resolution and peer mediation don't work for bullying. Bullying is not a conflict between people of equal power who share equal blame. Facing those who have been bullied may further upset kids who have been bullied.

f. Follow-up. After the bullying issue is resolved, continue finding ways to help the child who bullied to understand how they affect other people. For example, praise acts of kindness or talk about what it means to be a good teammate.

 5. Support bystanders who witness bullying. Every day, kids witness bullying. They want to help but don't know-how. Fortunately, there are a few simple, safe ways that athletes can help stop bullying when they see it happening.

a. Be a friend to the person being bullied;

b. Tell a trusted adult - your parent, coach, or team board member;

c. Help the kid being bullied get away from the situation. Create a distraction, focus the attention on something else, or offer a way for the target to get out of the

situation. "let's go; practice is about to start."

d. Set a good example by not bullying others.

e. Don't give the bully an audience. Bullies are encouraged by the attention they get from bystanders. If you do nothing else, just walk away.

**JUST CARE AQUATICS SWIM TEAM**

**CONTRACT AGREEMENT**

This agreement is set forth between Just Care Aquatics and

Name of responsible person/party

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

First Last

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

Address City State Zip

(\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Primary Phone email

The responsible person shall agree to one of the following terms listed below:

\_\_ Year-round (Jan-Dec)

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

The responsible person indicated on this document shall assume responsibility in making the appropriate payments for the agreed fees and date on or before the 1st of every month, for the duration of the agreement. If the set forth responsible person terminates the agreement prior to the exit date, full payment of the remaining months shall be assessed. A late fee of $10 is assessed if payment is made after the 10th  of a given month.

The set forth responsible person also agrees to pay any fees associated with meets or team obligations: example, as listed, but not limited volunteer time at Border champs, meet participation fees, team birthday parties, or fundraising. The minimum fee is $9 per associated hour of function.

Each swimmer and party must participate in 3 meets during the short course season and two during the long course season. The set parties must participate in the Border Championship for the appropriate season. If the set party does not participate, a fee of $10 per hour of volunteer time shall be assessed and swimmers’ entry fees.

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

Signature                                                                             Date

JUST CARE AQUATICS SWIM TEAM

**REGISTRATION AGREEMENT**

**SWIMMER #1**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

         Last                                 First                                         Middle

NICKNAME:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_

AGE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Returning\_\_\_\_\_\_\_\_\_New \_\_\_\_\_\_\_ (please check one)

SWIMMER’S SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby agree to the terms and conditions set forth by Just Care Aquatics.

\_\_ Year-round contract

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

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

Signature                                                                             Date

**SWIMMER #2**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

         Last                                 First                                         Middle

NICKNAME:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_

AGE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Returning\_\_\_\_\_\_\_\_\_New \_\_\_\_\_\_\_ (please check one)

SWIMMER’S SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby agree to the terms and conditions set forth by Just Care Aquatics.

\_\_ Year-round contract

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

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

Signature                                                                             Date

**SWIMMER #3**

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

         Last                                 First                                         Middle

NICKNAME:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BIRTHDAY\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_

AGE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Returning\_\_\_\_\_\_\_\_\_New \_\_\_\_\_\_\_ (please check one)

SWIMMER’S SCHOOL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_GRADE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby agree to the terms and conditions set forth by Just Care Aquatics.

\_\_ Year-round contract

\_\_ Season 1 (August- March)

\_\_ Season 2 (April – August)

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

Signature                                                                             Date

**MEDICAL INFORMATION & EMERGENCY RELEASE**

**(ONE PER SWIMMER)**

Swimmer’s Name

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

Parents’ Names:

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

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Work

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1.                  In the space provided below, list any pertinent health or medical information and instructions or unique problems (allergies, tetanus booster dates, drug allergies, asthma, prescriptions, etc.)

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

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

2.                  Aside from yourselves (the parents of the Swimmer), please indicate (in order), those individuals that you would like the coaches to contact should there be an emergency involving your child:

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

3.                  Swimmer’s Doctor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.                  Swimmer’s Dentist:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_        Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

I (we) hereby give our permission for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

to participate in practice and travel with the Just Care Aquatics to local and out-of-town meets throughout the current swim season.  Although I expect all reasonable safety procedures to be followed, I will not hold the coaches of JCAT nor any chaperone or volunteer working with or traveling with the group personally liable for any accident which may occur.

In case of a minor emergency (cuts, scratches, headache, etc.), I (we) give the coaches or chaperones permission to treat these as they deem necessary.  In the event of a more serious emergency, I hereby permit the person in charge to be handled in the best manner as determined by the chaperones or coaches of JCAT until I can be contacted.

**TO THE ATTENDING PHYSICIAN OR HOSPITAL:**

Permission is hereby granted for you at the discretion of the coaches or chaperons of JCAT to perform whatever care is necessary for my child’s welfare until you can reach me personally.

INSURANCE INFORMATION (**must be complete**)

Subscriber’s Name (parent):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Company:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ID # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Group # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance Coverage (i.e. medical, dental):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Insurance authorization phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred local hospital: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_