

**POWER FOR LIFE
Terms & Conditions**

*Please sign and return this
page to your child's coach at
practice.*

By signing this document, I have agreed to register _____ for the Power for Life Swim Team. I attest that my registration form has been submitted and is accurate and complete.

Signature Parent / Guardian Print Name Date

Further, I have read and agreed to the ***Waiver, Athlete Protection, Athlete Behavior and Deportment, Payments, Meet Participation, Group Placement and Late Pick-up POLICIES.*** (See attached)

Signature Parent / Guardian Print Name Date

I have read, understood and agree to abide by the Swimmer Behavior / Deportment policies:

Signature Participant (Ages 11 & Up) Print Name Date

POWER FOR LIFE Terms & Conditions

Please keep these pages for your reference

I~WAIVER: PLEASE READ CAREFULLY

I, the above signed participant and parent request voluntary participation for my swimmer to participate in the events which are hereinafter referred to activities sponsored by Power Aquatics. I consent to this participation in the activities and acknowledge that I fully understand that participation may involve risk of serious injury or death, including losses which may result not only from the participant's actions, inactions or negligence, but also from the actions, inactions or negligence of others, conditions of the facilities, equipment or areas where the event or activity is being conducted or the rules of play of this type of event or activity. I understand that if I have any concerns I should discuss the risks associated with participation with activity coordinators and event staff before I sign this release.

The undersigned parent / guardian / participant further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages, and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury of any type from the Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Release and is intended to be as broad and inclusive as is permitted by the laws of the State of Texas and that if any portion thereof is held invalid, it is agreed that the balance shall notwithstanding continue in full legal force and effect.

II~REGISTRATION FORM – REQUIRED EACH YEAR

Please read over the registration form carefully. It is very important that we have as much information as possible to ensure that we can contact you if we need to (**make sure we have your current email address**), especially in case of emergency. Please go over the swimmer department portion with your child. It is very important that everyone understands the behavior expectations of the coaches for the swimmers.

III~PAYMENTS

There are no refunds for payments made. Credit to your account may be assigned at owner's discretion.

To date, payments are made by one of four ways:

Please make all checks payable to POWER

Bank Check (done through Bank Bill Pay) Preferred Method.

Account Number: Your Swimmer's Name

Mail To: Power Aquatics
c/o Sharon Power
22526 Cove Hollow Drive
Katy, Texas 77450

Personal Check Either mailed to the above address, or hand-delivered at practice

Cash Least Preferred Method -- Placed in an envelope with swimmer's name on front

PayPal Links available on the website.

IV~ FEE PAYMENT SCHEDULE

- 1. REGISTRATION FEE:** Required for all participants. **\$100** due at initial registration and annually thereafter (*there is an additional fee paid directly to USA Swimming. See our website for links*). Includes T-shirt and cap (PFL only).
- 2. TRAINING FEE: YEARLY PAYMENT,** Cheapest option – more savings; or **MONTHLY PAYMENT:** 8 installments September 1st through April 1st.

OPTION #1 Annual Fee; Swimmers who move up after December will not pay any additional fees.

Fees quoted represent a cash/check discount. PayPal is available online at a slightly higher rate.

GROUP	YEARLY FEE Due September 1
Rain	\$ 1785 Through July
Lightning 2	1890 Through July
Lightning 1	1965 Through July
Thunder 3	2100 Through Mid-August
Thunder 2	2100 Through Mid-August
Thunder 1	2175 Through Mid-August

OPTION # 2 Monthly Payments (Year split into 8 monthly installments). Swimmers who move up are subject to fee increase. **\$10 Late Fee applied to all payments received after the 10th of any month.** Swimmers who stop and re-start must pay fee for any months missed.

GROUP	1 st of Month
Rain	205
Lightning 2	265
Lightning 1	275
Thunder 3	290
Thunder 2	290
Thunder 1	300

V~ATHLETE PROTECTION POLICIES

The protection and safety of our athletes is our primary concern. All Parents are strongly encouraged to take the on-line training course offered through USA Swimming on recognition of Sexual Abuse at:

http://www.praesidiuminc.com/armatus/reference_parents.php

To this end, direct electronic communication between coaches and athletes will not take place. This includes (but is not limited to) email, text, twitter, facebook and cell phones. Parents who would like to have their athletes receive the newsletter are encouraged to forward it to their swimmer's account as it is against policy for a coach to do so.

Private Lessons with Power Aquatics Coaches will be conducted only when there is another coach present. All coaches must stay at the end of practice until all swimmers have been picked up.

Swimmers turning 18 MUST have completed the USA Swimming Athlete Protection Training (APT) course on the USA Swimming website. This must be done prior to the swimmer's 18th birthday. Swimmers who have not completed the course on time will not be allowed to train with the team or compete in meets, per USA Swimming policy.

VI~SWIMMER BEHAVIOR / DEPORTMENT

The 7 rules for swimmer deportment and behavior are generally the ones first learned in Kindergarten. Because we are very proud of our swimmers and our team, it is very important that each and every swimmer understand and agree to the following policies regarding behavior and deportment:

- **Respect Others.** Treat every person on the team and associated with the sport with respect. This includes, but is not limited to other swimmers, all coaches, officials and facility personnel. What would your Mother say?
- **Keep your hands and feet to yourself.** Personal physical contact between swimmers is not permitted.
- **Respect your 'House'.** Treat all of the facilities we attend with the utmost respect. Damage to any facility (pool, hotel, bus) caused by a swimmer will be the responsibility of the swimmer and their parents.

- *Play Well with Others.* Hazing, bullying or harassment of other swimmers is strictly prohibited and will not be tolerated. Swimmers do not have to like everyone on the team, but they must get along with everyone on the team.
- *Display Good Sportsmanship.* Good sportsmanship is the standard of behavior expected at all times. Congratulate and encourage other competitors. Cheer each other on. Overt emotional displays (either positive or negative) are strongly discouraged.
- *Keep your Body Clean.* Use of prohibited substances including drugs, alcohol, banned substances (such as steroids) and tobacco is not permitted. There is a zero tolerance for these actions and will result in expulsion from the team.
- *Make your mother proud.* When the team is travelling, swimmers of opposite genders will not be permitted in same hotel rooms.

Swimmers who do not conform to the above behavior expectations are subject to removal from the team. Swimmers aged 12 and older must sign the Registration Form in Acknowledgement of having read, understood and agreed to these policies.

VII~GROUP PLACEMENT

The placement of all swimmers is at the discretion of the Head Coach. Swimmers are placed in their groups using the following criteria: Age Appropriate; Physical Development; Emotional Maturity; Intellectual Maturity; Swimming Ability / Performance; Previous Attendance / Commitment; Training Ability; Personal Goals

Usually we will keep swimmers of an age group together. Each criterion is given close consideration before a swimmer is advanced to the next level. We will more often err on the side of caution, rather than push the swimmer into a group for which they are not ready. Parents are asked to support the decision of the coaches on all group placements.

VIII~MEET PARTICIPATION and IMX SCORES

Meet Fees: \$70 for one day; \$120 for two days; \$150 for three days

Swimmers in the competitive groups are expected to attend Meets. Meets are the main system of testing and feedback we use to determine whether a swimmer is progressing as expected. Coaches need to see the swimmer perform in a meet setting to determine whether the practice sessions are achieving optimal effect on the swimmer's progress. Development / Open Meets are generally held once per month with Championships in December, February / March and July. Swimmers do not have to attend every meet nor do they have to attend every day of a meet. We do expect all of our competitive swimmers to work to achieve their IMX Score each season (both Short Course and Long Course) because it gives our team credibility with USA Swimming. We strongly encourage all of our competitive swimmers to try to swim every event at least once per year.

The meet fee amount was established to cover entry fees, participation fees, team entry fees, relays and coaching costs (travel, accommodation, time on deck, etc.). The fee does not change regardless of the number of events in which each swimmer is entered or the location of the meet. Some meets have low costs, but they help off-set the higher cost meets. The one exception to this fee will be the Team Travel Meet where swimmers will be assessed fees based upon swimmer travel expenses, coach and chaperone expenses.

Meet Fees are given a due date, published in the newsletter under the UPCOMING MEETS section. Parents are asked to comply with the due date to avoid missed opportunities for their swimmer to participate. Payments may be made in the same manner as monthly fees.

IX~LATE PICK-UP --If you are detained due to traffic or appointments, it is best to make other arrangements

We are responsible for all swimmers until parents pick them up. Because all coaches are required to stay until all swimmers are picked up for the last practice of the session each day, parents who are late picking up their swimmer will be assessed a baby-sitting fee of \$5 for every minute after the 15 minute grace period to pay the coaches for their time.

Please keep these pages for your reference