

# SWAT SENIOR TRAINING GROUP

The Southwest Aquatic Swim Team (SWAT) recognizes that there are many senior swimmers who want to have a program to just stay in shape prior to high school season, at a reasonable fee. SWAT offered such a program for the first time last year. Due to the overwhelming response we will offer it again during Short Course 2010-11. **The group will have no meet competition, meet volunteering or fundraising requirements.** SWAT is calling the group: Senior Training (HS Men pre season) It is open to all high school age men who are at least incoming freshman swimmer.

## **SENIOR TRAINING - Group Information:**

### **Training Location:**

Muskego HS and Whitnall HS (Primarily)  
Some Greenfield HS practices (due to home HS meets at other locations)

Practice Schedules available at this link:

<http://www.teamunify.com/Membership.jsp?team=wsswat>

**Dates:** 9/21 to 11/13

**Eligible Swimmers:** Any competitive swimmer who will be at least a high school freshman in the fall of 2010.

**Cost:** \$200 Flat Fee (includes all training fees, US Swimming registration & insurance)

**Group Objectives:** To provide a solid training base for the 2010/11 high school season as well as improve technique

**The group size is limited:** Registrations will be accepted on a first paid/first served basis until the group is filled. This information is being distributed to all of the high school coaches/swimmers in the area so the group is expected to fill fast.

**FYI:** SWAT also offers other groups for high school age swimmers who are interested in more training time & competition. High school girls who do not wish to lose cardiovascular endurance achieved during their season may start into one of our Senior groups immediately upon conclusion of their HS season. Those interested in joining one of those groups should contact the SWAT Team Office for more information. We also have a team website located at [www.swimswat.org](http://www.swimswat.org) for more detailed information of our various team programs and levels.

**SWAT-SENIOR TRAINING GROUP  
REGISTRATION FORM**  
(Please Print Clearly or type directly in form fields)

Today's date:			Received Date: (Office Use Only)				
<b>SWIMMER FAMILY REGISTRATION INFORMATION</b>							
SWIMMERS (1) LAST NAME:		First:	MI :	Preferred/Nickname	Date of Birth i.e.: (xx/xx/xxxx)	Age:	Sex:
					/ /		
SWIMMERS (2) LAST NAME:		First:	MI :	Preferred/Nickname	Date of Birth i.e.: (xx/xx/xxxx)	Age:	Sex:
					/ /		
Street address:			City		Zip Code		
Home Phone No. (Inc. Area Code) (      )		Email Address: Print Clearly		Swimmers Cell No.	Are all swimmers above U.S. Citizens? <input type="checkbox"/> Yes <input type="checkbox"/> No		Dual citizenship?
Mothers Name:		Street Address: (If different from above)		City	Zip Code:	Home No. (If different from above)	
Mothers Cell No:				Email Address (Provide most used and checked address-Print clearly!)			
Mothers Occupation:		Employer:		Work Hours:	Employer phone no.: (      )		
Fathers Name:		Street Address: (If different from above)		City	Zip Code:	Home No. (If different from above)	
Fathers Cell No:				Email Address (Provide if different from above)			
Fathers Occupation:		Employer:		Work Hours:	Employer phone no.: (      )		
Swimmers School District			Grade Entering Fall 2010:				
Has swimmer been registered with another USA-S Swim Club in past?				NAME OF PREVIOUS CLUB:			
Date of Last USA-S Competition with former club:							
Meet Name of Last Competition with former club:							
Do any of the above listed swimmers have any health problems or disabilities that his coach should be aware of?:							

<b>IN CASE OF EMERGENCY</b>				
Name of local friend or relative (not living at same address):		Relationship to swimmer:	Home phone: (      )	Cell or Work phone: (      ) (      )

In consideration of the membership of the SWAT swim program, I /we hereby, and for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against the SWAT Swim Club membership, Coaches, The Muskego High School, Fountainwood Pool, Greendale High school, Greenfield High school, Whitnall High School, South Milwaukee High School, Wilson Park and Milwaukee County and the staff for injuries and/or expenses incurred by me/us while the SWAT Swim Club is in session.

In the event of an emergency requiring medical attention, the directors of SWAT Swim Club or their agents are authorized to act for me according to their best judgment.

My child has permission to ride the bus, or in a carpool provided by the SWAT Swim Club when swim meets are held away fromme. My consent remains in effect for all SWAT Swim club events and activities until revoked by me through written notice to the SWAT Swim Club Board, PO Box 20738, Greenfield, WI 53220

\_\_\_\_\_  
*Patient/Guardian signature*

\_\_\_\_\_  
*Date*

Checks can be made payable to SWAT and completed forms should be printed and mailed to:

Cindy Budnik-SWAT  
W172 S7707 Lannon Drive  
Muskego,WI 53150

**(Please fill out Code of Conduct on next page)**

SOUTHWEST AQUATIC TEAM - ATHLETE/PARENT CODE OF CONDUCT

A. SWAT is committed to the philosophy of being able to provide something for everyone, regardless of level of ability or level of commitment. The program strives to promote:

- Maximal safety for all swimmers at all times
- Opportunities for all team members to learn and participate
- Opportunities for fair and open competition
- An environment in which the swimmer can feel success but also not be afraid to fail
- Individual responsibility on the part of each team member
- Support for all swimmers, including support of the members of the team for one another throughout all activities, age groups and levels of ability
- An atmosphere which encourages friendships and social activities among the participants
- Enhancement of physical and mental conditioning

B. In keeping with the philosophy described above, the conduct expected of each athlete is described below. The following provisions pertain to practices, meet sessions, meetings and social activities where athletes/parents represent SWAT.

1. Athletes shall exhibit good sportsmanship in and out of the pool.
2. Athletes shall follow rules and instructions, and shall abide by the curfews as deemed appropriate by coaches, officials and administrators.
3. Physical and verbal abuse, including the use of profane language, will not be tolerated on the part of athletes.
4. Athletes shall show respect for all property.
5. Athletes shall behave in a responsible manner, and are prohibited from possession or use of alcohol, tobacco, illegal drugs, or banned substances. Fireworks are forbidden as well.
6. Athletes shall demonstrate safe behavior at all times.

**PARENTAL CODE OF CONDUCT**

1. Parents shall display good sportsmanship and respect towards coaches, officials, swimmers, swimmers family members, and opposing team members at all times.
2. Physical and verbal abuse, including the use of profane language, will not be tolerated on the part of parents or siblings attending any SWAT function.
3. Parents shall show respect for all property. This includes monitoring siblings in and around the pools, locker rooms, parking lots, etc. at all times.
4. Parents shall behave in a responsible manner. Parking in school handicap, no parking zones or authorized spots is strictly prohibited. (This includes you sitting in your car in those spots.) Do not leave swimmers unsupervised by dropping off/picking up more than 15 minutes prior to or after practice time. Theft, lost items, misconduct or any other problems that occur during a SWAT function should not be concerns of school administrators. PLEASE DO NOT CALL THE SCHOOL DISTRICT. The SWAT office should be called first.
5. Parents shall demonstrate safe behavior at all times. (USA swimming insurance prohibits anyone on pool decks other than registered swimmers/coaches. Non coaches/athletes need to remain in bleachers or assigned viewing area. This pertains to meets and practice pools).

C. Failure to comply with the athlete portion of this code will result in any or all of these disciplinary actions.

1. The athlete may sit out for part or all of a practice, or may be suspended from practice and/or participation in meets for an amount of time as deemed as appropriate. In the event of a suspension, there will be no refund of any fees.
2. The athlete and/or his family will be responsible for any damage caused by the athlete.
3. Parents will be notified of any disciplinary action other than the swimmer sitting out for part of a practice, and a meeting with the swimmer, his/her parents, and the Coaches will be arranged at the Coach's or parents' discretion.

Failure to comply with the parental portion of this code will result in any or all of these disciplinary actions.

1. The first infraction will result in a recorded verbal warning that will be maintained on file for a period of (1) year.
2. The second violation will be addressed in a written warning.
3. The third infraction will be cause for suspension from the club without refund for a minimum of 20 days and up to (1) year. The SWAT Board reserves the right to permanently remove a member from the organization if repeated violations occur, without refund.
- 4.

D. The SWAT Board supports this Code of Conduct. SWAT Coaches are responsible for its implementation. Any questions about the policy or actions that result from it should be referred to the Board.

I have read and agree to obey the SWAT Code of Conduct. I understand that if I violate any provision of Part B that I/We will be subject to the disciplinary actions described in Part C. (IF MORE THAN ONE ATHLETE IN FAMILY, EACH ATHLETE NEEDS TO SIGN)

Signature of Athlete 1_____	Signature of Parent_____	Date_____
Signature of Athlete 2_____	Signature of Parent_____	Date_____
Signature of Athlete 3_____	Signature of Parent_____	Date_____

