

HAMILTON Y AQUATIC CLUB

www.hamiltonaquatics.com email – hacy.swimming@gmail.com

Developing Champions for 25 years

WINTER 2009-2010

Sponsored by:
Hamilton Area YMCA

Senior Level

Senior Level is a high-level workout program for the established competitive swimmer. This level is designed to prepare the swimmer to effectively compete in YMCA and USS Meets. Goals include YMCA Nationals – Long and Short Course, and US Sectionals, Junior and Senior US Nationals. Swimmers **in this level must be committed to year round swimming. Swimmers will attend practices, participate in YMCA and US meets, and maintain their training intervals.** The objective of this program is to bring each participant to their swimming potential thru training, stroke analysis, and conditioning exercises. **Acceptance into the senior level will be determined by the swimmers ability to maintain 20 x 100 on 1:20 interval and recommendation from Sue Welsh (609-936-7294).**

Dates: Sept. 16, 2009 – March 2010

Practice:

9/16 – 11/14

Monday – Thursday 6:30 – 9pm at Rider University

Friday WWP South 4:30-6:30pm

Sat. **AM either 8-10am or 10-12noon** depending on meet schedules for Rider & Hamilton

11/15/09 – 3/10

M/W/F 6:30pm - 9pm at Rider University

Tues 6:30-8:30pm at WW-PS

Thurs. 6:30-8:30pm at Nottingham HS

Sat. **AM either 8-10am or 10-12noon** depending on meet schedules for Rider & Hamilton

Sun. Rider TBA

Location: Rider University/West Windsor–Plainsboro South HS, & Nottingham High Schools

Eligibility: Swimmers must be able to maintain 20 x 100 on a 1:20 interval

Fees

Senior - \$1,570

\$800 deposit due with registration

Balance due \$770 by 10/25/09

(US Swimming Membership is included in registration fee)

Families with more than one child in the program will receive an additional discount

Hamilton Area YMCA Swim Team Membership

All swimmers must be GENERAL members of the Hamilton Area YMCA. A separate check payable to the Hamilton Area YMCA must accompany registration. New swimmers must also complete a Y Registration form – available at Parent Orientation.

Swimmers with current GENERAL or FITNESS Y memberships need only provide membership number on registration form. (Please note if you have a BASIC membership it will have to be upgraded, your additional fee will be calculated for you, please note membership on registration form – do not send a check at this time!).

Membership will be valid from September 15, 2009 – April 15, 2010

Child (age 0-8) \$61.00

Youth (age 9-12) \$90.00

Teen (age 13-17) -\$115.00

Membership will be valid from September 15, 2009 – September 14, 2010

Child (age 0-8) annually \$96.00 bank draft \$8.83 monthly

Youth (age 9-12) annually \$145.00 bank draft \$12.91 monthly

Teen (age 13-17) annually \$189.00 bank draft \$16.58 monthly

REGISTRATION AND DEPOSIT ARE DUE BY AUGUST 20, 2009

Please make checks payable to HAC, Inc., 20 Birchwood Ct. Princeton Jct., NJ 08550

Parent Information Sheet

Fees:

Deposits are required with all registrations. Balance of payment is due 10/25/08. Fees for families with two or more swimmers are discounted automatically. Payment schedule is available for those families that are interested.

Official Training:

Our team is required to provide certified officials for YMCA and USS Meets. We provide the training. This is a great way to become involved in the sport. If you are interested, please contact Mike Grace at michelney@aol.com or on 609.581.1730. WE NEED HELP HERE!

Practice Times:

Parents are urged to have their children ready to ENTER the water at the designated start time of practice – generally that means you should get there 10 –15 minutes ahead of schedule to allow time to change, get organized, and stretch!

YMCA Girls and Boys Teams:

There are separate YMCA Swim Teams for the boys and girls – that means that they do not compete together.

USS Swimming:

Swimmers must be registered with NJ Swimming in order to compete in USS meets. The fee for membership is included in the Age Group, Senior II, and Senior level fee.

Parental Responsibilities:

We are dependent on parents to effectively, efficiently, and economically, run this swim club. As such there are a number of requirements that must be fulfilled. None of them are difficult, and they don't have to cost you anything – what we need is your time. They are detailed on the Parent Responsibility Form. That form needs to be read, signed and turned in.

Team Swim Suits:

We do have team suit. A “suit sale” date will be announced in September. Latex team caps are provided.

Team Apparel:

Optional Team Apparel will be available. Please look for forms to be distributed at practice, to your email address and on the web site at the start of practices. The turn around time for ordering is very fast – so don't delay!

Parent Liaison:

There will be one “experienced” parent at each practice level who will be responsible for making sure papers/forms/information are distributed. This parent will also serve as a contact point for other parents at that practice level. At each practice site there will be a file maintained for each family. That file should be checked EVERY week! If a swimmer is dropped off – they need to know to check that file!

E-Mail:

All of the information regarding the club is sent to everyone via email. It is IMPERATIVE that we have an email address that is read on a consistent basis. Information is sent in WORD and Excel format. If more than one email address is needed, that's fine...we just want to make sure everyone gets everything!

Club Contacts:

Questions and Information: hacy.swimming@gmail.com
Parent Contact: Wendi Davies wendi_davies@hotmail.com or 609.799-1099
President/Head Coach: Sue Welsh sjwelsh99@aol.com or 609.936.7294

2009 –2010 Winter Registration/Medical Form
DUE 8/20/09

Registering for: (circle one) Age Group/SRII OR Senior

NAME: _____ DOB: _____ Age: _____ Sex: _____
First middle initial last (as of 12/1/09)

ADDRESS: _____
Street town township state zip code

HOME PHONE: _____ E-Mail Address: _____

Parents names and work & cell phone #'s:

father _____ mother _____

YMCA Swim Team Registration: New ____ Returning: ____
OR General/Fitness Member: # _____ Basic Member: # _____

USS Member Yes ____ Team _____ No ____ **T-SHIRT SIZE Youth ____ Adult ____ Check one**
Circle one S, M, L, XL

MEDICAL INFORMATION:

Emergency contact : _____
Name Phone # relationship

Doctor: _____ Phone # _____ Hospital: _____

Medical Insurance: _____ ID # _____ last 4 digits SSN _____

Are you allergic to any medications? No ____ Yes ____ (list) _____

Do you take any prescribed medications on a permanent or semi-permanent basis? No ____
Yes ____ (list) _____

Do you have asthma or other respiratory disease? No ____ Yes ____ (list) _____

Do you have any learning disabilities that the coaching staff should be aware of? No ____
Yes ____ (list) _____

Are there any other issues that the coaching staff should be aware of? No ____
Yes ____ (list) _____

Participation in HAC programs requires an annual physical. Date of last physical: _____

If a medical emergency or illness occurs, I authorize the coaching staff of Hamilton Aquatics to send my child to a physician or hospital, and authorize emergency medical treatment.

Parent/Guardian Signature _____ Date: _____

PARENT RESPONSIBILITIES

Should my child be responsible for damage to the facilities/equipment at their practice location I understand that I am responsible for restitution.

Parent/Guardian Signature _____ Date: _____

CONSENT AND GENERAL LIABILITY RELEASE AND WAIVER OF CLAIMS

**Hamilton Aquatics Club
20 Birchwood Ct.
Princeton Jct., NJ 08550**

I, the parent/legal guardian of _____ do hereby give my approval of his/her participation in the HAC Swimming Program to be held September 2009 – April 2010

I, _____, do hereby state that I am at least 18 years of age and I wish to participate in the HAC Swimming Program to be held from _____ to _____.

I assume all risks and hazards incidental to this event. I do further release, absolve, indemnify, and hold harmless the HAC, the organizers, sponsors, supervisors, volunteers, and officials, their agents, representatives, or assigns. I hereby waive all claims against HAC, the organizers, the sponsors, supervisors, volunteers, officials, their agents, representatives, or assigns, for any injury to myself if I am at least age 18, / or to my child (as applicable) for any loss due to theft of or damage to my personal property or for any other consequential or incidental damages caused in any manner whatsoever where any such liability is attributable to the absence of ordinary or even slight care by the event organizers and the conduct of this event.

I further state that there is no medical condition which I/my child, _____, has that would prevent him/her from participating in this event.

Signature of Parent or Guardian (or participant if age 18 or over)

Date

Printed Name