

# Hidden Forest Swim Team Registration 2010

**Please Complete ALL Three pages for Registration**

**Please PRINT clearly**

**Swimmer[s]**

Last Name	First Name	Middle Initial	Birthdate	Age as of June 1, 2010	Gender	Returning Swimmer? Y or N
1.						
2.						
3.						
4.						

**Parent/Guardian:**

1. \_\_\_\_\_  
**Last Name                      First Name                      Relationship to swimmer                      Contact phone #**  
 \_\_\_\_\_  
**Street Address / Zip Code**

2. \_\_\_\_\_  
**Last Name                      First Name                      Relationship to swimmer                      Contact phone #**  
 \_\_\_\_\_  
**Street Address / Zip Code**

**E-mail address:** (Please fill out secondary only if you want e-mails to both addresses)

**Primary:** \_\_\_\_\_ **Secondary:** \_\_\_\_\_

*The HF Swim Team uses e-mail as the primary method of communication.*

**Payments:**

Item		Amount
Registration – 1 <sup>st</sup> child	\$90.00	
Registration – 2 <sup>nd</sup> child	\$80.00	
Registration – 3 <sup>rd</sup> child	\$70.00	
Registration – 4 <sup>th</sup> +	No fee required	
<b>Check #</b>	<b>TOTAL</b>	

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## Parent's Approval for Participation in Lone Star Summer Swim League And Emergency Medical Authorization

You may use one form for all of your children **IF** they have the same health insurance information.

*I hereby certify that my child (ren)*

#1 \_\_\_\_\_ #2 \_\_\_\_\_  
#3 \_\_\_\_\_ #4 \_\_\_\_\_

*Has/have my approval to participate in the Lone Star Summer Swim League (LSSSL) on the Hidden Forest Swim Team (HFST), to include practices and meets at the Hidden Forest Home Owner's Association Pool or away. I understand and agree that the LSSSL, its agents, representatives, volunteers and employees, if any, assume no responsibility or liability for any accident or injury as a result of any aspect of participation in swimming activities and swimming events. I hereby agree to indemnify and hold harmless the LSSSL, the HFST, their agents, employees and representatives from any and all liability for any injury to my child or children resulting from participating in swimming activities organized or conducted pursuant hereto. I understand and acknowledge that participation in the above listed activities create the potential for receiving an injury. With the knowledge of this potential risk of injury, I am giving my child (ren) or ward(s) or permission to participate in swimming and accept full responsibility for this decision. In the event of an injury, I hereby grant permission to the LSSL and/or HFST coaching staff and/or parent volunteers to render, secure and authorize necessary medical treatment in the event I am not immediately available to make those decisions. I understand that any medical expenses for injuries incurred by the child (ren) or ward(s) are my responsibility.*

My insurance company is \_\_\_\_\_

Policy number \_\_\_\_\_ Group number \_\_\_\_\_

A copy of this authorization for medical treatment shall serve as an original.

Signature of Parent/Guardian #1 \_\_\_\_\_

Signature of Parent/Guardian #2 \_\_\_\_\_

### **Emergency Contacts: (other than parent/guardian)**

Name \_\_\_\_\_ Phone Number(s) \_\_\_\_\_

Name \_\_\_\_\_ Phone Number(s) \_\_\_\_\_

Physician \_\_\_\_\_ Phone Number \_\_\_\_\_

List any medical conditions for each child listed above (i.e. diabetes, seizures, heart conditions, asthma, allergies, etc.):

\_\_\_\_\_

List any treatments, medications, restrictions or considerations necessary for the above:

### **Permission/Photo Release:**

*I hereby give my consent for the above child (ren) to participate on the HFST. The above child (ren) is/are in good health, do not have any illnesses and is/are physically and mentally able to participate in swim team activities. I agree not to hold the Hidden Forest Homeowners Association (HFHOA) liable for any injury or illness. I hereby consent and give permission to the alternate adult or physician listed above or HFHOA and its representative to secure any and all medical treatment or hospitalization which is deemed necessary for the safety of the child (ren). I assume all financial responsibility for the delivery of such care.*

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

# Hidden Forest Swim Team Registration 2010

**Each family MUST sign up as an *available* volunteer for at least three meets.**

Volunteer(s): \_\_\_\_\_  
 Email(s): please write neatly! \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone(s): \_\_\_\_\_

- Please **circle** below your preferred volunteer position. Some positions fill faster than others.
- We will confirm your availability and participation the week of the meet.
- Many roles are needed only for half the meet.
- If everyone does a little then no one will have to do too much!
- *Whole family helping? Feel free to write "Mom"/ "Dad"/ "Grandma" beside particular jobs.*

**I don't know our summer calendar yet but I/we would be willing to help as (circle):**

Stroke and Turn Judge**	Concessions worker	Timer	Trash Helper
Runner/Water Provider	Ribbon Writer	Clean-up/Pool Resetter	Sub/Last Minute Fill-In
Check-In Table Worker	Ready Bench Parent	Pool Set-up Helper (Friday evening before home meets)	

**I/we have volunteer preferences for these dates (circle):**

**Meet #1: Saturday, 5/22 at 9:00 a.m. @ Hidden Forest, Time Trials**

Stroke and Turn Judge**	Concessions Worker	Timer	Trash Helper
Runner/Water Provider	Clean-up/Pool Resetter	Sub/Last Minute Fill-In	
Check-In Table Worker	Ready Bench Parent	Pool Set-up Helper (Friday evening before home meets)	

**Meet #2: Saturday, 5/29 at 8:00 a.m. vs. Harmony Hills @ Hidden Forest**

Stroke and Turn Judge**	Concessions Worker	Timer	Trash Helper
Runner/Water Provider	Ribbon Writer	Clean-up/Pool reset	Sub/Last Minute Fill-In
Check-In Table Worker	Ready Bench Parent	Pool Set-up Helper (Friday evening before home meets)	

**Meet #3: Saturday, 6/5 at 8:00 a.m. vs. Encino Park @ Hidden Forest**

Stroke and Turn Judge**	Concessions Worker	Timer	Trash Helper
Runner/Water Provider	Ribbon Writer	Clean-up/Pool Resetter	Sub/Last Minute Fill-In
Check-In Table Worker	Ready Bench Parent	Pool Set-up Helper (Friday evening before home meets)	

**Meet #4: Saturday, 6/12 at 8:00 a.m. vs. Hollywood Park @ Hollywood Park**

Stroke and Turn Judge**	Ribbon Writer	Timer	
Check-In Table Worker	Ready Bench Parent	Sub/Last Minute Fill-In	

**Meet #5: Tuesday, 6/22 at 5:00 p.m. vs. Deerfield @ Deerfield**

Stroke and Turn Judge**	Ribbon Writer	Timer	
Check-In Table Worker	Ready Bench Parent	Sub/Last Minute Fill-In	

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\*\*Stroke & Turn Judges are required to attend a short pre-season training session. *See reverse for all position descriptions.*  
The Championship meet for eligible swimmers will be held Sunday, 6/27, at Blossom Athletic Center.  
Questions? Contact Volunteer Coordinator, Amy Keuper at 490-4335 home or 274-0629 cell or amykeuper@hotmail.com

## Volunteer Role Descriptions

### Check-in Table Worker

- Arrives at meet early (by 7:00 a.m. for 8:00 a.m. meet)
- Sets up check-in table
- Ensures swimmers check in as present at meets
- Ensures volunteers check in and receive name tags

### Concessions Worker

- Helps with setup, selling of concessions, and cleanup of concessions area after meet

### Ready Bench Parent

- Is assigned to work with a particular age group for the meet (example: "7-8 year-old girls")
- Assembles and organizes that age group of assigned swimmers for their relays and events
- Escorts assigned swimmers to the starting blocks before their events
- Has a special opportunity to get to know swimmers by name

### Ribbon Writer

- Needs to start working about an hour into the meet
- Peels and sticks labels on the backs of the Place ribbons
- At home meets, works in air conditioning
- Sorts the ribbons and files them alphabetically by family name in team mailbox file for pick-up at practice
- Typically stays after the meet for about 30 minutes while the labels finish printing

### Runner / Water Provider

- Picks up the Timers' score sheets as they complete each sheet and "runs" the score sheets to the Score Table
- Distributes bottled water to staff, coaches and volunteers from both teams

### Stroke and Turn Judge

- Attends LSSSL training session in May
- Watches Strokes and Turns during the meet for compliance with LSSSL Policies and Procedures

### Timer

- Meets with officials 15 minutes before the meet
- Is one of three timers per lane
- Operates a stop watch
- Checks the name of the swimmer at the end of the heat
- Distributes "heat" ribbons (1<sup>st</sup>-6<sup>th</sup> place as they exit the pool)
- Cheers on and congratulates every swimmer with comments like, "good swim," "good work," etc.
- Has the best view of the action and will be splashed

### Trash Helper

- Takes pride in being a good guest at Hidden Forest
- Encourages children to be responsible for their food and wrapper trash in ready bench areas
- Picks up trash as needed throughout the meet and after the meet
- Monitors fullness of trash cans and replaces main and restroom trash bags as needed
- Carries full trash bags down to dumpster by tennis courts
- Returns cans to covered patio area and leaves new liner in each can then replaces can lid

### Clean-up/Pool Resetter

- Ensures that we leave the Hidden Forest facilities as nice as we found them or better
  - Pool: replaces lane lines and ladders

## Hidden Forest Swim Team Registration 2010

- Restrooms: picks up trash, rinses out sinks, refills soap if needed, replaces trash bags, turns out lights
- HOA Rec Room: replaces chairs/tables, sweeps, returns thermostat to 85 degrees (leave on), checks bathroom
- Chairs: aligns lounge chairs & spaces neatly (off grass) in upright position, straightens table sets
- Grounds: puts stray towels, clothing, and toys in Lost and Found, turns off fans and lights