

2011 LJCC Summer MCAL JSSC SWIM Team Registration



Please print legibly in all blank spaces and sign:

Last _____ First _____ Middle _____ Returning Swimmer _____
 Name: _____ Preferred Name: _____
 Birthday _____ Age: _____ Sex: _____ Group Assigned: _____
 Street _____ City _____ State _____ Zip _____
 Address: _____

	<u>Father's Info</u>	<u>Mother's Info</u>
Name	_____	_____
Home Phone	_____	_____
Work Phone	_____	_____
Cell Phone	_____	_____
E-Mail Address: (VERY IMPORTANT)	_____	_____

Emergency Contact: _____ Relation: _____
 Phone: _____

I agree the above information may be made public only to LJCC/MCAL participants in the form of a team roster.

PARENT SIGNATURE: _____ Date: _____

Fees (no refunds issued past June 9, 2011)

250.00 First child/ 225.00 Second child/ 200.00 Third child/ Fourth child 150.00 Invitational's, Divisional Championships, Guppy Meets, and JSSC Championships will cost extra

- Basic Training** - (Ages 4-7) Beginning swimmers learning the basics of competitive stroke techniques. Participants must be able to swim the width of the Outdoor pool while breathing on their own with no float devices. Swimmers not meeting this requirement will be encouraged to do private or group lessons at the LJCC.
- Recruits** - (Ages 5-9) Swimmers learn the basics of competitive stroke techniques. Must have 2 strokes legal and swim 25 yards less than 40 seconds
- Sergeants** - (Ages 6-11) A higher level of stroke and turn awareness is taught with emphasis on educating both parents and swimmers about competitive swimming. Must have 3 strokes legal and swim 25 yards under 30 seconds
- Lieutenants** - (Ages 7-13) for the more committed swimmers, a challenging, endurance-building level with continued emphasis on technique and personal improvement. Swimmers 7 and 8 must have 6 JSSC Championship time standards. Must have 4 strokes legal and swim 50 yards free less than 40 seconds
- Lieutenants II** - (Ages 9-15) for a more committed swimmer in transition to the Captain's group. Swimmers 9 and 10 must have 6 JSSC Championship time standards
- Captains** - (Ages 11 and up) for the most competitive swimmers. Swimmers 11 and 12 must have 6 JSSC Championship time standards. Emphasis is on achievement through personal improvement and self-discipline. Training focuses on endurance, stroke/turn technique and speed.

MEDICAL HISTORY QUESTIONNAIRE

SWIMMERS NAME: _____

FAMILY DOCTOR _____ PHONE # _____

INSURANCE CO. _____ POLICY # _____

PLEASE CIRCLE "YES" OR "NO" AND PROVIDE ADDITIONAL DETAILS WHERE REQUESTED.

1) ARE YOU ALLERGIC TO ANY MEDICATION? NO YES IF YES, PLEASE LIST BELOW:

2) DO YOU TAKE ANY PRESCRIBED MEDICATION ON A PERMANENT OR SEMI-
PERMANENT BASIS? NO YES IF YES, PLEASE LIST BELOW

3) HAVE YOU EVER HAD OR BEEN TOLD BY A DOCTOR THAT YOU HAVE HAD ANY OF
THE FOLLOWING?

EPILEPTIC SEIZURE	YES	NO	EPILEPSY	YES	NO
DIABETES	YES	NO	ANEMIA	YES	NO
SICKLE CELL ANEMIA	YES	NO	HIGH BLOOD PRESSURE	YES	NO

IF YES ON ANY OF THESE, LIST MEDICATION BELOW:

4) DO YOU HAVE, OR EVER HAD THE FOLLOWING DISEASES?

HEART DISEASE	YES	NO
LUNG DISEASE	YES	NO
KIDNEY DISEASE	YES	NO
LIVER DISEASE	YES	NO
ASTHMA	YES	NO
HERNIA	YES	NO
CONCUSSION OR OTHER HEAD INJURY IN THE PAST 3 YEARS	YES	NO
NECK INJURY INVOLVING BONES, NERVES, OR DISCS	YES	NO
BROKEN BONES IN THE PAST 2 YEARS	YES	NO
SHOULDER INJURY OR SURGERY IN THE PAST 2 YEARS	YES	NO
BACK INJURY	YES	NO
FREQUENT BACK PAIN	YES	NO
KNEE INJURY OR SURGERY IN THE PAST 2 YEARS	YES	NO
LIGAMENT OR CARTILAGE INJURY	YES	NO
PINS, SCREWS, OR PLATES IN YOUR BODY	YES	NO
SEVERE ANKLE SPRAIN IN THE PAST 2 YEARS	YES	NO
FAINTING	YES	NO

5) DO YOU HAVE ANY OTHER CONDITIONS THAT WE SHOULD BE AWARE OF (I.E.
ULCERS, FOOD OR INSECT STING ALLERGIES)? NO YES IF YES PLEASE LIST BELOW

6) PLEASE GIVE THE DATE OF YOUR LAST TETANUS SHOT: _____

THE QUESTIONS ON THIS FORM HAVE BEEN ANSWERED TRUTHFULLY TO THE BEST OF
MY KNOWLEDGE.

SIGNATURE OF PARENT

DATE

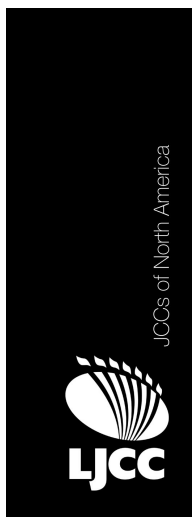
I will be responsible for entry fees once entered in a meet even if my family member does not attend the meet for any reason, as LJCC will have to pay for the fees regardless. I understand that over the course of the season, some practices will be cancelled when the team is competing at meets and that there will be a shortened practice schedule during the last half of July.

I understand that Parent participation is required to help run all the meets, especially home meets. More information regarding the home meets will be emailed to me prior to each meet date. If my child is swimming in a home dual meet, I will be assigned a meet job if I have not already volunteered for one prior to the meet. If my job is not performed I will be fined \$25.00 per occurrence (meet). I understand my children will not be entered in the Championship meets until my account is paid in full

I understand that if we have paid in advance and my child decides to quit for any reason no refunds will be issued and I will be responsible for payment of any unpaid balances.

I agree to indemnify and hold Magic City Aquatic League and LJCC harmless from and against any claims, liabilities, actions, damage, and expenses arising in connection with participation in LJCC Summer Swim Team or any of its coaches inactions or actions (including without limitations, M*C*A*L's use of the facilities or any training services provided by M*C*A*L).

Signature _____



Practice Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Captains 6:30-8:30 AM	Captains 6:30-8:30 AM	Captains 7:30-9:30 AM	Captains 6:30-8:30 AM	Captains 6:30-8:30 AM
Lieutenants2 7:00-8:30 AM	Lieutenants2 7:00-8:30 AM	Lieutenants2 8:00-9:30 AM	Lieutenants2 7:00-8:30 AM	Lieutenants2 7:00-8:30 AM
Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 8:15-9:30 AM	Lieutenants 7:15-8:30 AM	Lieutenants 7:15-8:30 AM
Sergeants 8:30-9:30 AM	Sergeants 8:30-9:30 AM	Sergeants None	Sergeants 8:30-9:30 AM	Sergeants 8:30-9:30 AM
Recruits 8:45-9:30 AM	Recruits 8:45-9:30 AM	Recruits None	Recruits 8:45-9:30 AM	Recruits 8:45-9:30 AM
Basic Training 1 8:30 – 9:00 AM	Basic Training 1 8:30 – 9:00 AM	Basic Training 1 None	Basic Training 1 8:30 – 9:00 AM	Basic Training 1 8:30 – 9:00 AM
Basic Training 2 9:00 – 9:30 AM	Basic Training 2 9:00 – 9:30 AM	Basic Training 2 none	Basic Training 2 9:00 – 9:30 AM	Basic Training 2 9:00 – 9:30 AM
	When No Meet			
Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM	Recruits 3:20-4:00 PM
Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM	Sergeants 3:15-4:00 PM
Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM	Lieutenants 4:00-5:00 PM
Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM	Lieutenants2 4:00-5:15 PM
Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM	Captains 4:00-5:30 PM
Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	Capt /Lieut 6:00-7:30 PM Rain Make up (If possible)	

Jefferson Shelby Swim Council

Waiver of Liability

The following statement must be signed and dated by the parent or legal guardian of each swimmer in order for the swimmer to be eligible to participate in JSSC sponsored events for the 2011 Summer Swim Season. This document shall be sent, along with the swimmer registration information, to the Vice-President of Registration by 5pm on the Friday before the first dual meet. Please fill out one form per family with the same last name. If a child has a different last name, a separate form must be filled out for that child.

It is understood and agreed that the Jefferson Shelby Swim Council and its board members shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of a JSSC sponsored event.

Signed by Parent or Guardian: _____

If a child has a different last name, a separate form must be filled out for that child.

Please print Name: _____

Club/Organization: Levite Jewish Community Center_____

Swimmer's Name: _____

Swimmer's Name: _____

Swimmer's Name: _____

Swimmer's Name: _____

Date: _____