



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
FAINING	YES	NO

5) DO YOU HAVE ANY OTHER CONDITIONS THAT WE SHOULD BE AWARE OF (I.E.
ULCERS, FOOD OR INSECT 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



Coaching Fees
Method of Payment for Year (circle one)

Options	1	2	3		
	Monthly No Commitment	Monthly 9 months minimum	Quarterly (5% discount) 9 months minimum		
			PMT1	PMT2	PMT3
Captains	\$160.00 per month	\$140.00 per month	\$499	\$399	\$229
Lieutenant 2	\$150.00 per month	\$130.00 per month	\$471	\$371	\$271
Lieutenants	\$140.00 per month	\$120.00 per month	\$442	\$342	\$242
Sergeants	\$120.00 per month	\$100.00 per month	\$385	\$285	\$185
Recruits	\$100.00 per month	\$80.00 per month	\$328	\$228	\$128
Basic Training	\$100.00 per month	\$80.00 per month	\$328	\$228	\$128

Option 1 is only *IF YOU WISH TO PARTICIPATE ON A MONTH-TO-MONTH BASIS.*

Options 2 and 3 are *WITH A MINIMUM 9 MONTH CONTINUOUS PARTICIPATION. NO REFUNDS WILL BE GIVEN FOR PRE-PAID FEES.*

Additional discounts are available for families who have multiple children in the program. (Ask Coach Cal for price discount.) A 30-day written notice must be given in order to drop from M*C*A*L to avoid being held responsible for the following month's fees. No refunds will be given for pre-paid fees.

If you wish to pay for the entire year in advance please see Coach Cal.

Basic Training – (Ages 4-7) Beginning swimmers learning the basics of competitive stroke techniques. Basic Training swimmers swim a maximum of 2 days per week.

Recruits - (Ages 5-9) Swimmers learn the basics of competitive stroke techniques. Recruits swim a maximum of 2 days per week.

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. Sergeants practice a maximum of 3 days per week.

Lieutenants - (Ages 9-13) Swimmers 9 and 10 must have achieved all 6 JSSC SRCO age group times and practice in summer with MCAL. For the more committed swimmers, a challenging, endurance-building level with continued emphasis on technique and personal improvement.

Lieutenants practice a maximum of 4 days per week.

Lieutenants II - (Ages 9-15) For a more committed swimmer in transition to the Captain's group. Swimmers 9 and 10 must have 5 winter female SE times and practice in summer with MCAL. Lieutenants II practice a maximum of 5 days per week and have Dry Land Training.

Lieutenants II practice a maximum of 5 days per week.

Captains - (Ages 11 and up) For the most competitive swimmers. Emphasis is on achievement through personal improvement and self-discipline. Training focuses on endurance, stroke/turn technique and speed.

Captains practice up to 6 days per week and also have optional Dry Land training.



Fee Worksheet

- 1) Completed and signed "M*C*A*L Team Registration" form with the appropriate check filled out
PAYABLE TO M*C*A*L.

Registration Fees

USS Fee (each child)	\$58.00	X	_____	Total _____
Team Registration fee (each child) \$250 maximum per family	\$100.00	X	_____	Total _____
Worker Deposit (per Family)	\$50.00	\$25.00 will be credited in Dec and \$25.00 in May if family set up and storage		Total <u>\$50.00</u>

Registration Grand Total: _____

Coaching Fees

	Method	Amount	
Child 1 Name _____	_____	_____	
Child 2 (5.00 off stated price) Name _____	_____	_____	
Child 3 (15.00 off stated price) Name _____	_____	_____	
			Total _____

TOTAL DUE (Registration Fees plus Coaching Fees): _____

All fees may be sent to the following Address:

MCAL
 4759 Quarter Staff Rd
 Birmingham, Al 35223

I understand there will be a \$1.00 charge added to each individual event fee entered for each meet to help cover the expenses for coaches' travel and special awards. Also, 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 M*C*A*L will have to pay for the fees anyway. I understand that over the course of the season the practice schedule will change due to pool availability, some weekend practices will be cancelled when the team is competing at meets and that there will be a shortened practice schedule during the Christmas holidays and Spring break. I understand that the LJCC is closed periodically for a number of Religious holidays. 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 M*C*A*L or any of its employees or 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's employees).

Signature _____



M*C*A*L 2011-2012



SHORT COURSE TOUR OF DUTY USS MEETS

<u>DATE</u>	<u>HOST TEAM</u>	<u>CITY, STATE</u>
September 24-25	BSL	Vestavia, AL
October 21-23	HBT AUB	Hoover, AL Auburn, AL
November 11-13	BSL	Birmingham, AL Fair Park Pool
Dec 2-3	AUB	Auburn, AL (AL HS Meet)
Dec 9-10	HBT/BSL	Birmingham, Al Fair Park Pool
January 6-8	HBT	Hoover, AL
January 13-15	MTS (P/F)	Memphis, TN (Team Travel Trip)
February 18-19	CTA	Tuscaloosa, AL*District Championships
February 23-26	PACK	Knoxville, TN* SE Championships
March	To be announced	
April	SSA (Short Course-Trophy Meet)	
April	PCST (Long Course)	Panama City, FL

Intra-squad Meets will be held at the LJCC on the following Sundays:

Oct 2, 2011/ Dec 18, 2010/Jan 29, 2011/ March 4, 2011/ May 6, 2011

Intra-squad Meet will be held at The Talladega Rec Center on Saturday Nov 5, 2011

There will be a nominal charge of \$15.00 per swimmer, per intra-squad meet to cover rent, materials and awards for these meets. Each swimmer will swim up to 4 events. Parent participation is required to help run the meets. More information regarding the Intra-squad meets will be emailed to each family prior to each meet date.

LJCC Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sunday</u>
Recruits 3:30-4:10	Basic Training 3:30 – 4:00	Recruits 3:30-4:10	Basic Training 3:30 – 4:00	Captains 3:30-4:45	Captains 3:00-4:45
Basic Training 4:15 – 4:45	Recruits 4:05-4:45	Sergeants 3:45-4:40	Recruits 4:05-4:45	Lieutenants 3:30-4:45	Lieutenants2 3:15 -4:45
Sergeants 4:45-5:40	Sergeants 4:45-5:40	Basic Training 4:15 – 4:45	Sergeants 4:45-5:40	Recruits 3:30-4:05	Lieutenants 3:30-4:45
Lieutenants 5:45-7:00	Dry Lands 5:00-5:30	Lieutenants 4:45-6:00	Dry Lands 5:00-5:30	Sergeants 4:05-4:45	Recruits 4:45-5:20
Lieutenants2 5:45 -7:15	Lieutenants 5:45-7:00	Lieutenants2 4:45 -6:15	Lieutenants 5:45-7:00		Sergeants 4:45-5:40
Captains 5:45-7:30	Lieutenants2 5:45-7:15	Captains 4:45-6:30	Lieutenants2 5:45-7:15		
	Captains 5:45-7:30		Captains 5:45-7:30		