

North Coast Swim Club Getting Started Checklist

Required Forms and Expenses Payable to NCSC

- NCSC Athlete Registration Form (\$35 fee--includes a silicone team swim cap)
- USA Swimming Registration Form: year-round/outreach (\$68 fee/\$5 fee)
- First Month's Training Fee (amount based on squad placement)
- Swimmer Code of Conduct (signed)
- Parent Code of Conduct (signed)

NCSC is not able to process credit card/debit payments and Club policy no longer allows for cash payments. Please pay with checks/money orders made out to North Coast Swim Club.

Additional Requirements

- Astoria Aquatic Center monthly pool pass (purchase through AAC)
- Swimsuit (preferably a solid black Speedo in polyester or polyester blend) for girls
- Jammers (preferably a solid black Speedo in polyester or polyester blend) for boys
- Goggles (Speedo Vanquishers or Vanquisher Jrs. are a good choice)
- Swim Cap (a team cap is provided with registration, additional caps can be purchased)

Please be sure that your swimmer has a towel at each practice session and a bottle of water (it's very important that your swimmer stay hydrated when training). A swim bag/backpack is helpful for getting everything your swimmer needs between the pool and home.

Swim Outlet is a valuable online resource for all things swimming at a great price.



Welcome To The Team!

What You Need To Know

About NCSC

The North Coast Swim Club is a year-round 501(c)(3) non-profit competitive swim team. We are a member club of USA Swimming, the national governing body of competitive swimming. Our team is part of the Oregon LSC (local swim committee), which governs most of Oregon and some counties in Washington. Our mission is to "provide education in the sport of swimming to athletes of all ages. Through training and guidance, swimmers have the opportunity to develop lifelong skills needed to attain their goals in a fun and safe environment and in accordance with the standards, rules and regulations of USA Swimming, Inc."

Getting Started

New swimmers joining the North Coast Swim Club need to fill out the NCSC Athlete Registration form and appropriate USA Swimming registration form (year-round/outreach*) and include the fees for both memberships. In addition, the first monthly payment for their training squad is required (the NCSC coaching staff will determine the appropriate squad placement). A "Parent Code of Conduct" and a "Swimmer Code of Conduct" need to be read, signed, and turned in with the registration forms.

Swimmers will need to purchase an Astoria Aquatic Center pool pass (currently \$40 for youth) each month.

Dues/Fees/Fundraising

Training Squad	Yearly Training Fee
Bronze	\$600/12 monthly payments of \$50
Advanced Bronze	\$660/12 monthly payments of \$55
Silver	\$720/12 monthly payments of \$60
Junior Gold	\$780/12 monthly payments of \$65
Gold	\$840/12 monthly payments of \$70
Senior Gold	\$900/12 monthly payments of \$75

A special Advanced Fitness rate of \$50 per month is offered to middle school and high school students who are involved in other sports/activities but still want to attend swim practices and compete with the team. The number of practices is capped at 12 per month. The Club Treasurer must be notified by the 20th of the preceding month that a swimmer will be utilizing the AF rate and for how long. The annual fundraising obligation remains the same.

Discounts: Families with 2 or more swimmers on the team receive a \$5 discount per additional swimmer on their monthly training fees invoice.

Annual NCSC Athlete Registration fee of \$35 (includes a team silicone swim cap)

Annual USA Swimming Registration fee—currently \$68(* an outreach form with a fee of \$5 is available to families who qualify for free/reduced lunches or meet the federal guideline for assistance)

Fundraising: There is an annual fundraising requirement to help support the activities of the team. The yearly fundraising obligation for one swimmer is \$350. If there is more than one swimmer in the family, the additional swimmers have a \$100 yearly requirement (example: a family with 2 swimmers would need to raise \$450 for the year and a family with 3 swimmers would need to raise \$550).



NORTH COAST SWIM CLUB Annual Athlete Registration--2018

All new and returning swimmers must complete the Club Registration Form and submit it along with the \$35 swim club registration fee. Each swimmer will receive a silicone team cap as part of their registration.

Athlete's Information					
Last Name:		First Name:		Middle Name:	
Preferred Name:		NCSC Status: (please circle one) New Renew Transfer		If a transfer, last club name:	
Date of Birth:		Current Age:		Gender: (please circle one) M F	
Address:		City:		State:	Zip:
Parent/Legal Guardian Information					
Parent/Guardian Last Name:			Parent/Guardian Last Name:		
First Name:			First Name:		
Relationship:			Relationship:		
Address (if different than athlete):			Address (if different than athlete):		
City:	State:	Zip:	City:	State:	Zip:
Home Phone Number:			Home Phone Number:		
Cell Phone Number:			Cell Phone Number:		
Notification Email (NOTE: This email is required and will be used for invoicing and providing Club updates):					
Additional email (optional):			Additional email (optional):		
Emergency Contact Information (list two other than parents/guardians)					
Contact Name(s):			Contact Name(s):		
Home Phone Number:			Home Phone Number:		
Cell Phone Number:			Cell Phone Number:		
Relationship:			Relationship:		

Medical Information (optional)

Does the athlete have any known medical or allergy conditions? (please circle one) Yes No

If yes, please describe: _____

Does the athlete take any prescribed medications? (please circle one) Yes No

If yes, please list: _____

Does the athlete need any special accommodations? If yes, please explain. _____

Physician Name: _____ Physician Phone Number: _____

Name of Health Insurance Company: _____

Policy Number: _____ Group ID: _____

Emergency Medical Release

In the event of a medical emergency, I hereby authorize the North Coast Swim Club coach in attendance to secure any emergency medical treatment for my child until I can be contacted.

Signature of Parent/Guardian _____ Date _____

Waiver

I hereby waive and release any and all rights, causes of action, and claims for damages I may have against the North Coast Swim Club for any and all personal injuries or property damage resulting from my or my child's participation in the club's programs and activities.

Signature of member or parent/guardian (if member is under 18) _____ Date _____

For Treasurer's Use Only:

- Paid NCSC Athlete Registration Fee
- 2018 USA Swimming Membership obtained
- Received NCSC team cap

Date Received:



USA SWIMMING

2018 ATHLETE REGISTRATION APPLICATION
LSC: Oregon Swimming, Inc (OSI)

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME LEGAL FIRST NAME MIDDLE NAME

PREFERRED NAME DATE OF BIRTH (MO/DAY/YR) SEX (M/F) AGE CLUB CODE NAME OF CLUB YOU REPRESENT

(Bill, Beth, Scooter, Liz, Bobby) GUARDIAN #1 LAST NAME GUARDIAN #1 FIRST NAME GUARDIAN #2 LAST NAME GUARDIAN #2 FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. FAMILY/HOUSEHOLD E-MAIL ADDRESS

OPTIONAL DISABILITY: A. Legally Blind or Visually Impaired B. Deaf or Hard of Hearing C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment D. Cognitive Disability such as severe learning disorder, autism RACE AND ETHNICITY (You may check up to two choices): Q. Black or African American R. Asian S. White T. Hispanic or Latino U. American Indian & Alaska Native V. Some Other Race W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO: North Coast Swim Club MAIL APPLICATION & PAYMENT TO: North Coast Swim Club P.O. Box 1191 Astoria, Oregon 97103

U.S. CITIZEN: YES NO ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO IF YES, WHICH FEDERATION: HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? YES NO

2018 REGISTRATION FEE Sept. 1, 2017 through Dec. 31, 2018 USA Swimming Fee \$58.00 LSC Fee \$10.00 TOTAL DUE \$68.00

HIGH SCHOOL STUDENTS - Year of high school graduation: YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2017, ENTER THAT CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

Check if you would like to learn more about the USA Swimming Foundation's initiatives Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE REG. DATE/LSC USE ONLY



USA SWIMMING

2018 OUTREACH ATHLETE REGISTRATION APPLICATION
LSC: Oregon Swimming, Inc

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME LEGAL FIRST NAME MIDDLE NAME

PREFERRED NAME DATE OF BIRTH (MM/DD/YYYY) SEX (M/F) AGE CLUB CODE NAME OF CLUB YOU REPRESENT

GUARDIAN #1 LAST NAME GUARDIAN #1 FIRST NAME GUARDIAN #2 LAST NAME GUARDIAN #2 FIRST NAME

MAILING ADDRESS

CITY STATE ZIP CODE

AREA CODE TELEPHONE NO. FAMILY/HOUSEHOLD E-MAIL ADDRESS

OPTIONAL DISABILITY: RACE AND ETHNICITY (You may check up to two choices):

MAKE CHECK PAYABLE TO: MAIL APPLICATION & PAYMENT TO:

U.S. CITIZEN: ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? IF YES, WHICH FEDERATION: HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION?

Table with 2 columns: Fee Name, Amount. Includes 2018 OUTREACH FEE, USA Swimming Fee, LSC Fee, and TOTAL DUE.

APPROPRIATE PAPER WORK SHOWING LSC QUALIFICATIONS FOR THIS OUTREACH REGISTRATION MUST BE ATTACHED TO THIS FORM IN ORDER TO PROPERLY REGISTER THIS ATHLETE.

HIGH SCHOOL STUDENTS - Year of high school graduation: YEAR LAST REGISTERED: CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

Check if you would like to learn more about the USA Swimming Foundation's initiatives. Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE REG. DATE/LSC USE ONLY

The USA Swimming Code of Conduct defines bullying as the severe or repeated use by one or more USA Swimming members of oral, written, electronic or other technological expression, image, sound, data or intelligence of any nature (regardless of the method of transmission), or a physical act or gesture, or any combination thereof, directed at any other member that to a reasonably objective person has the effect of:

Causing physical or emotional harm to the other member or damage to the other member's property

Placing the other member in reasonable fear of harm to themselves or damage to their property

Creating a hostile environment for the other member at any USA Swimming activity

Infringing on the rights of the other member at any USA Swimming activity

Materially and substantially disrupting the training process or the orderly operation of any USA Swimming activity (which includes, without limitation, practices, workouts and other events of a member club [such as NCSC] or LSC [such as Oregon Swimming])

Anyone who knows that bullying is happening is expected to tell a coach or NCSC board member.

Violations of the Code of Conduct

If a swimmer violates these rules the coach will enforce disciplinary action in one of the following ways:

- Verbal warning or verbal warning combined with sitting out of the pool for a specified time
- Removal from practice session and parents called after practice
- Coach and parent discussion followed by discussion with swimmer in which a reasonable agreement must be reached by all participants for the swimmer to continue to practice with the team.
- If a swimmer continues to violate these rules they may be suspended or removed from the team

Inappropriate physical contact such as hitting, deliberate pushing and grabbing, or holding another swimmer down under the water will result at the minimum with removal from practice and a call to the parents for the first infraction. A second incident of this type will result in suspension or removal from the team.

I have read the above "Code of Conduct" and agree to abide by the terms set forth above, and understand the consequences of a violation/violations of the code.

Athlete's signature: _____ Date: _____

Parent/guardian's signature: _____ Date: _____
(required if athlete is under age 18)

NORTH COAST SWIM CLUB
Code of Conduct for Parents/Legal Guardians

Parents participating on the North Coast Swim Club agree to abide by the standards of conduct outlined below.

- Be involved. Parents are expected to be active participants in fundraising events and team activities. The success of the Club relies on the involvement of the parents. It takes everyone working together to support our team!
- Honor financial obligations to the Club—pay all dues and fees on time and meet all fundraising obligations.
- All members, not just swimmers, are expected to exhibit good sportsmanship. Maintain self-control and show respect and common courtesies at all times.
- Team parents should be supportive of one another. Spreading gossip or making disparaging or negative comments is hurtful, divisive, and inappropriate. Most importantly, this negativity can adversely impact our swimmers and their relationships with one another and with the Club. This is bad for team morale and unity.
- Be supportive of your swimmer's efforts at practice and at meets.
- Trust and support your swimmer's and coach's decisions regarding goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- There should be positive reinforcement of all swimmers in all situations.
- Do not discipline another parent's swimmer. If there is an issue, please bring it to the attention of the swimmer's parent(s) or the coaching staff.
- During posted practice hours, coaches are unavailable for any discussion. Please refrain from approaching them on deck during practice hours, as it is disruptive to the coaches who are working and to our swimmers. USA Swimming considers parents on deck during practice to be a liability and safety issue.
- Call, email or arrange to meet with coaches before or after practices/meets.
- Do not coach or instruct the team or any swimmer at a practice or meets. Leave that to our professional coaching staff. Know your role:

[Swimmers—Swim; Coaches—Coach; Officials—Officiate; Parents—Support!]

- If there are concerns, address them with the appropriate coach in private by setting up a meeting with that coach and allowing a minimum of 24 hours to pass before said meeting. If meeting with the coach does not resolve the issue, a meeting with the NCSC Board President, the coach and the parent(s) will be arranged.
- During competitions, questions or concerns regarding decisions made by meet officials should be directed to a member of the NCSC coaching staff only.
- As a parent, understand that criticizing, name-calling, or use of abusive language or gestures directed toward officials, parents, or swimmers (including your own) will not be permitted or tolerated.
- Inappropriate physical contact will not be tolerated. Use of recreational drugs, alcohol, or tobacco will not be permitted on site of swimming or team events.

- Do not encourage any behaviors or practices that would endanger the health and well-being of the swimmers.

Sanctions: By signing below I acknowledge that I have read the Parent Code of Conduct and that I submit myself to the following actions by NCSC should it be determined that I have in any way violated the code.

Should I conduct myself in such a way that brings discredit or discord to North Coast Swim Club; Oregon Swimming, Inc.; or USA Swimming, I voluntarily subject myself to disciplinary action.

I understand that NCSC maintains the right to terminate any membership in the interest of the organization's vision, mission, and objectives.

(parent/legal guardian signature)

(date)

(name: please print)

(parent/legal guardian signature)

(date)

(name: please print)