



## REGISTRATION PACKET

September 2008 - August 2009

**2008-2009 Swim Season**

### RETURNING SWIMMERS:

- Practice begins on Monday, September 8, 2008 for all age groups

### NEW SWIMMERS:

Coach Craig will be available for swimmer evaluation and questions  
September 8 – 26<sup>th</sup>, 2008

or

Call Coach Craig at 252-599-SWIM (7946)

or

e-mail [craig.bialorucki@gmail.com](mailto:craig.bialorucki@gmail.com)

### 15 WEEK SESSIONS:

1<sup>st</sup> Session: September 8, 2008 – December 19, 2008

2<sup>nd</sup> Session: January 5, 2009 – April 17, 2009

3<sup>rd</sup> Session: April 20, 2009 – August 7, 2009

### PRACTICE TIMES:

8 and Unders: M,W,F: 5:00 – 5:45PM or 6:00PM – 6:45 PM

**(8 & Unders must choose one practice time to participate in)**

9 & 10 Yr Olds: M – F: 6:00 – 7:00 PM and Sat: 8:00 – 10:00 AM

11 & 12 Yr Olds: M – F: 6:00 – 7:30 PM and Sat: 8:00 – 10:00 AM

13 & 14 Yr Olds: M – F: 4:00 – 6:00 PM, Wed: 5:30 – 6:45 AM and Sat: 8:00 – 11:00 AM

15 & Older: M – F: 4:00 – 6:00 PM, T - Th: 5:30 – 6:45 AM and Sat: 8:00 – 11:00 AM

More information is available at [www.swimobx.com](http://www.swimobx.com)



OBX Swim Club  
PO Box 1028  
Nags Head, NC 27959

## OBX Swim Club Program and Registration information

**All Swimmers must have reached their 5<sup>th</sup> birthday by September 30, 2008 and be members of the Outer Banks Family YMCA . For more information about the YMCA membership , visit [www.ymcashr.org/locations/outerbanks](http://www.ymcashr.org/locations/outerbanks) or call the Outerbanks Family YMCA at 252-449-8897. The YMCA joining fee is to be waived for Swim Team members.**

*The YMCA is committed to providing programs that build a healthy spirit, mind and body for all. If you and your family need financial assistance in paying fees for YMCA membership, just ask!*

Practice Group	# Practices available per week	Monthly Program Fee	15 Week Sessions
<b>8 &amp; Under</b> - This group only works on learning the four competitive strokes legally, kicking, starts & turns. <b>Recommend 2 - 3 practices weekly.</b>	3	\$70.00	\$270.00
<b>9 &amp; 10 Yr Old</b> - This group works on stroke & kicking mechanics, starts and turns. These swimmers will be introduced to interval training, learning to read the clock and lane etiquette. <b>Recommend 3 - 5 practices weekly.</b>	6	\$95.00	\$345.00
<b>11 &amp; 12 Yr Old</b> - This group works intensely on stroke & kicking mechanics and sets, breath control and race strategy. Individual goal setting with coach will be introduced as well as the use of paddles. <b>Recommend 4 - 5 practices weekly.</b>	6	\$110.00	\$395.00
<b>13 &amp; 14 Yr Old</b> – This group works on independent take off, space intervals, all time intervals, and monitoring times & splits. Stroke drills, stroke technique, starts, turns & underwater kicking will be stressed. Hypoxic training will be introduced. Individual goal setting with coach is required. <b>Recommend 5 - 6 practices weekly.</b>	7	\$120.00	\$445.00
<b>15 &amp; Older</b> - This group develops independent take off, space intervals, all time intervals, and monitoring times & splits. Stroke drills, stroke technique, starts, turns & underwater kicking will be stressed. Hypoxic training will be used. Individual goal setting with coach is required. Weight Training will be introduced 2 days per week. <b>Recommend 7 - 8 practices weekly.</b>	9	\$130.00	\$495.00

**\*\*For liability reasons, a swimmer may not begin practice until his/her paperwork is complete.**

1. Each swimmer will be charged a \$100.00 non refundable registration fee each year.
2. Multiple swimmer discounts are available to those families with more than one child in the program. The first swimmer is 100% at the highest program fee. The second swimmer receives a \$25 per month discount, the 3<sup>rd</sup> swimmer receives a \$50 per month discount and the 4<sup>th</sup> swimmer is free.
3. For Liability purposes, a swimmer cannot participate in practice until all paper work is complete and turned in with the annual registration fee attached.
4. Payments made by personal check, cashier's check or money order can be either put in the team lock box at the YMCA or mailed to the team address at PO Box 1028, Nags Head, NC 27959. For cash payments, please contact the Team Treasurer, Sarah Gates at 252-207-3825.
5. An OBX team swimsuit and swim cap are the only required equipment to participate in swim meets. Other apparel and equipment are available and recommended, depending on the age and commitment level of a given swimmer.

If you have any questions, please contact:

Craig Bialorucki, Head Coach at 252-599-SWIM(7946) or [craig.bialorucki@gmail.com](mailto:craig.bialorucki@gmail.com)  
Debbie Gibbs, Team Administrator: 252-473-3156 or [dbegibbs@embarqmail.com](mailto:dbegibbs@embarqmail.com)

# OBX Swim Club Application 2008-2009 Season

Please fill out one(1) form per swimmer in accordance with OBX Swim Club and USA Swimming regulations  
*Returning swimmers can update with changes only*

Legal First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last Name: \_\_\_\_\_

Preferred name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Practice Group: (**circle one**) 15 & older 13-14 Age grp 11-12 Age grp 9-10 Age grp 8 & under swimmers

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Mother's Name: \_\_\_\_\_

Father's Employer: \_\_\_\_\_ Mother's Employer: \_\_\_\_\_

Job Title: \_\_\_\_\_ Job Title: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Mobile Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

Most recent swim year with OBX Swim Club: \_\_\_\_\_

List any special medical considerations: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Family insurance information: Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

## Other swimming affiliations (please check all that apply)

- Junior High  College  Senior High  Summer Swim League  YMCA/YWCA  Masters  
 Disabled Sports Organization

**US Citizen:**  Yes  No or DUAL citizenship:  Yes  No (If DUAL or Non citizen, are you a member of another FINA association?  Yes  No)

**Disability:** Please check only if applicable.  Legally blind or visually impaired  Deaf or hard of hearing

Physical disability such as:  Amputations  Spinal injuries  Cerebral Palsy  Mobility Impairment

Cognitive disability such as  Mental retardism  Severe learning disorder  autism

**Ethnicity** (In accordance with US Census Bureau guidelines, you may select up to 2 choices if appropriate)

- African American  Hispanic  Asian or Pacific Islander  Native American  Caucasian  Other  Declined

Our method of corresponding with families and swimmers regarding any activity changes, newsletters, and other important information is via email and postings at our website <http://www.swimobx.com>

Mother's email: \_\_\_\_\_

Father's email: \_\_\_\_\_

Swimmer's email: \_\_\_\_\_

**Each swimmer also has a folder labeled with their name in the box (under the swim team bulletin board) in the YMCA Lobby. Please check your folder regularly for updates after practice.**

# OBX Swim Club Policies and Financial Obligations Contract

(It is only necessary to complete one form per family)

Family's Last Name: \_\_\_\_\_

Swimmer's Name(s): \_\_\_\_\_

## Please initial each statement and sign at the bottom:

**1. \_\_\_\_\_ Registration Fee:** Every swimmer is charged a non-refundable registration fee of \$100.00. This fee includes membership with Virginia Swimming and USA Swimming and an OBX Swim Club administration fee. The USA Swimming fee for the 2008-2009 season is \$58.00. Membership is required for liability purposes and includes a secondary insurance policy for each swimmer. Information on this policy can be obtained upon request and by going to USA Swimming web site at [www.usa-swimming.org](http://www.usa-swimming.org). The OBX Swim Club administration fee is \$42 which helps to cover operational costs and includes one swim team cap of each style printed per year.

**2. \_\_\_\_\_** All swim team members must also be members of the Outer Banks Family YMCA.

**3. Dues:** Every swimmer is charged a fee depending on his/her age group and membership choice. The undersigned family agrees to pay the applicable fee(s) using its choice of payment plans by initialing below. The fees in section "a" are for Full Year Membership (11 months), section "b" for Short Course Membership (8 months), section "c" for 15 Week Session Membership. After you have chosen your payment plan, an invoice will be either mailed or e-mailed showing the amount that is due. **The Payment stated on this invoice is due by the 15<sup>th</sup> of the month. Payment not received by the 20<sup>th</sup> of the month may prevent your child from swimming (practices and meets) until payment is received. (Anyone needing special financial arrangements - please contact the Club President or Treasurer.)**

\_\_\_\_\_ Initials (I/we have read the above policy)

## INITIAL YOUR CHOICE OF PAYMENT PLANS

a. Full Year Membership (11 Months) – September 8, 2008 – August 7, 2009

### Initials

\_\_\_\_\_ Lump Sum Payment Plan (payable with submission of this registration form)

\_\_\_\_\_ 3 Payment Plan (payable by SEPT. 15<sup>th</sup>, DEC. 15<sup>th</sup>, APR 15<sup>th</sup>)

\_\_\_\_\_ Monthly Payment Plan (payable by the 15<sup>th</sup> of each month)

Age Group	Full Year	3 Payment Plan	Monthly Payment Plan
8 and Under	\$693.00	\$732.00 (3 payments of \$244.00)	\$770 (11 Payments of \$70.00)
9 & 10 Yr Olds	\$940.00	\$993.00 (3 payments of \$331.00)	\$1045.00 (11 Payments of \$95.00)
11 & 12 Yr Olds	\$1089.00	\$1149.00 (3 payments of \$383.00)	\$1210.00 (11 Payments of \$110.00)
13 & 14 Yr Olds	\$1188.00	\$1254.00 (3 payments of \$418.00)	\$1320.00 (11 Payments of \$120.00)
15 & Olders	\$1287.00	\$1359.00 (3 payments of \$453.00)	\$1430.00 (11 Payments of \$130.00)

**b. Short Course Season (8 Months) – September 8, 2008 – May 3, 2009**

Initials

- \_\_\_\_\_ **Lump Sum Payment Plan (payable with submission of this registration form)**  
 \_\_\_\_\_ **3 Payment Plan (payable by SEPT. 15<sup>th</sup>, NOV. 15<sup>th</sup>, FEB 15<sup>th</sup>)**  
 \_\_\_\_\_ **Monthly Payment Plan (payable by the 15<sup>th</sup> of each month)**

Age Group	Full Year	3 Payment Plan	Monthly Payment Plan
8 and Under	\$504.00	\$531.00 (3 payments of \$177.00)	\$560 (8 Payments of \$70.00)
9 & 10 Yr Olds	\$684.00	\$720.00 (3 payments of \$240.00)	\$760.00 (8 Payments of \$95.00)
11 & 12 Yr Olds	\$792.00	\$837.00 (3 payments of \$279.00)	\$880.00 (8 Payments of \$110.00)
13 & 14 Yr Olds	\$864.00	\$912.00 (3 payments of \$304.00)	\$960.00 (8 Payments of \$120.00)
15 & Olders	\$936.00	\$987.00 (3 payments of \$329.00)	\$1040.00 (11 Payments of \$130.00)

**c. 15 Week Sessions: Sept. 8 – Dec. 19, 2008, Jan. 5, - April 17, 2009, April 20 – Aug. 7, 2009.**

Initials

\_\_\_\_\_ **1/2 of the Program Fee + the registration fee** is due at the time of registration. The balance will be due with in 30 days. Refer to Club Program and Registration information for program fee amounts.

- 4.** \_\_\_\_\_ I understand that all dues, notices, or other financial payments may be made by personal check, cashier's check or money order and should be deposited in the locked OBX Swim Club box (found in the YMCA Lobby) or by mailing to OBX Swim Club / P.O. Box 1028 / Nags Head, NC 27959. If making cash payment, please contact the Team Treasurer, Sarah Gates at 252-207-3825.
- 5.** \_\_\_\_\_ I understand that the Board of OBX Swim Club will do everything possible to maintain the current dues structure for the 2008-2009 Season; however, if it becomes necessary for them to raise the dues, I will be notified at least one month prior to the effective date.
- 6.** \_\_\_\_\_ I understand that if a registered swimmer decides to stop, written notice of intention to stop swimming must be given to the Coach or Team Treasurer at least 30 days in advance by e-mail, in team lock box or mail to the team address or it will be assumed that payment will be due.
- 7.** \_\_\_\_\_ I understand that if a registered swimmer is under the care of a Doctor or is receiving treatment for an injury or health problem that prevents a swimmer from fully participate in the regiment of the practice for competitive swimming, then the swimmer should not participate in practice until released from Doctor's care or is approved for full participation. The Program fee may be adjusted based on Board Policy concerning Doctor's care and/or injuries.
- 8.** \_\_\_\_\_ I understand that as a parent(s) of a registered swimmer, I am committing myself to participate in swim meet operations and fund-raisers for OBX Swim Club.
- 9.** \_\_\_\_\_ I understand that there will be a minimum family fundraising commitment; \$250.00 per year for families of one(1) monthly swimmer, \$350 per year for multi-swimmer families and \$100.00 per 15 week session participant. This can be fulfilled by raising money through team fundraisers. Family fundraising commitments can be fulfilled by making a personal donation and are tax deductible.
- 11.** \_\_\_\_\_ Meet fees are required in order for a swimmer to enter a USA Swim Meet. All swimmers will be expected to keep necessary funds in the Team Escrow Account to cover meet fees. The opening escrow balance for meet fees will be \$75.00 and should be submitted to the treasurer by October 1<sup>st</sup>. When the swimmers escrow balance drops to \$25.00 a notice will be sent requesting additional funds for the meet fee escrow account. Any remaining funds, at the end of the season, will be refunded.

**I have read, do understand, and agree to abide by this contract between myself and OBX Swim Club.**

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# **OBX Swim Club Assumption of Risk and Release**

(It is only necessary to complete one form per family)

For and in consideration of membership for my minor child in the activities of OBX Swim Club for the period beginning September, 2008 and ending August, 2009 (based on membership choice) and for other good and valuable consideration the receipt of which is hereby acknowledged, I the undersigned, for myself and for my minor child, do hereby release and forever discharge OBX Swim Club, all its officers, agents, and employees from and against any and all claims of damages, demands, and actions and/or causes of action for personal injury, illness, death, and/or property damage arising from my child's participation in any activity of the swim team.

I hereby attest and verify that I have full knowledge of the risks involved in the sport of swimming; I assume those risks for myself and for my minor child; and I assume and shall be solely responsible for medical and/or emergency expenses resulting from my child's accident, illness and/or incapacity, if any, whether or not I expressly authorized such expense. I attest that my minor child is physically fit and sufficiently trained to participate in competitive swimming. As the parent of the minor child listed below, I shall be personally responsible for and liable for the actions and conduct of my child and for any damage or injury he or she may cause while participating in the activities of OBX Swim Club.

If my child is in need of emergency medical treatment, I authorize the coaches, lifeguards, and/or a responsible adult to seek immediate attention for my child by calling the appropriate emergency services. I also understand that they will make every effort to contact the parent and/or legal guardian at that time.

I hereby execute this release and indemnity as parent and/or legal guardian of the child, having fully read, and freely and voluntarily agree to its terms and conditions.

In Witness Whereof, I have set my hand this \_\_\_\_\_ day of \_\_\_\_\_, 2008.

Swimmer(s) Name(s): \_\_\_\_\_

Print: \_\_\_\_\_

Print: \_\_\_\_\_

Print: \_\_\_\_\_

Parent's Name (printed): \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

# OBX Swim Club Swimmer Code of Conduct

(To be completed by each swimmer)

The OBX Swim Club believes that proper behavior has a positive influence on individual and team performance and projects a positive image for all to recognize and respect. As a swimmer/athlete member of OBX Swim Club, I agree to abide by the standards of conduct outlined below during the time I am participating throughout the season.

- 1.** Team members will display proper respect and sportsmanship toward fellow team members, fellow competitors, coaches, officials, parents, facility staff, and the public at all times, including during team practice sessions.
- 2.** Team members will not engage in any inappropriate physical contact. Swimmers will not interact with another swimmer in a manner, which they would not be willing to use with any teammate of either gender.
- 3.** Team members will not use obscene, profane, or abusive language in the presence of any swimmer, parent or coach during or traveling to/from practices, meets, or team activities.
- 4.** Team members will respect the host personnel at our practice facilities and abide by all rules concerning use of those facilities.
- 5.** Team members are prohibited from possession and use of illegal substances and/or use of tobacco and alcohol. Likewise, swimmers will not abuse prescription or non-prescription drugs.
- 6.** Team members will refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives which would include but is not limited to deck changing and possession of pornography.
- 7.** All swimmers will follow the directions of the coaching staff and/or chaperones when under team supervision.
- 8.** All swimmers will follow the USA Swimming and Virginia Swimming recruitment policies.

**Failure to comply with this Code of Conduct may result in, but not necessarily be limited to, any of the following action:**

- Swimmer restricted from participating in some or all team activities.
- Swimmer sent home at the swimmer's expense.
- Swimmer suspended from the team.

Upon notification of any violation of the Code of Conduct, the coaches and/or the OBX Swim Club Board shall investigate the circumstances of the violation (as necessary) and notify the swimmer and his or her parent(s). The swimmer shall promptly be given the disciplinary action decided upon for the violation.

Swimmer's Name: \_\_\_\_\_

Swimmer's Signature: \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_