Welcome to the 2019 Swim Season!

We have SO much planned for our Summit Seals families this season!

Our seven-week season kicks off with a Stroke & Turn Clinic beginning Tuesday, May 28 through Friday, May 31 from 4:00 to 6:00 pm for all ages and abilities. Our official swim season begins on Monday, June 3 with designated age group practices Monday through Friday and ends on Sunday, July 14th. Because we are not "swimming lessons", we ask that a child can "swim" the length of our pool safely and without assistance. The stroke does not need to be perfect or even pretty...we will fix that! (no swim diapers allowed)

Calendars detailing family events, fun activities, swim meet dates and age group practice times are included in this packet as well as on our Shutterfly Share site & Facebook pages.

The Summit Seals program relies on family participation and volunteers. Don't worry, this isn't your normal volunteering. You'll meet new neighbors, see old friends, and overall, just have fun. So please be sure to sign up for any positions that may interest you. We are still in need of some key volunteers, see the Chairperson List in this packet.

Our Seals are a very visible group. We ask that you always set an example of good sportsmanship, neighborly manners, and warm hospitality. While the meets can be exciting and competitive, it is imperative that we maintain a friendly and supportive environment for our opponents and our swimmers

Please join us for an **INFORMATIONAL NEW PARENT ORIENTATION on Wednesday, May 15** from 7-8pm inside the clubhouse. We will discuss the upcoming season, volunteer opportunities and what all they entail and answer any questions you may have. Your attendance at this meeting is strongly encouraged.

We encourage you to make the most of this swim season. Please try to have your swimmer to attend as many practices as possible. Not only will they miss out on the fun, but attendance will also help them make the most progress during our short season. Your swimmer(s) will get a ton of exercise, improve their swimming skills, form new friendships, make lots of great memories and most of all.... have a ton of FUN!

Should you have any questions or concerns, our contact info is in this packet, on our Shutterfly Share site and Facebook page.

GO SEALS!

The Summit Seals Board of Directors

COMMUNICATION

<u>White Board</u> - The large white board at the pool entrance will have important information daily. The Head Coach lists important items on the board, including the name of the Parent on Deck (POD) for practices on that day.

<u>Family File</u> - Each family and coach will have a "Family File" in a file box by the entrance to the pool. Please check your family file daily for any updates or important information related to our schedule. If you need to reach a coach, POD, or board member you can leave a note in their folder and they will get in touch with you.

<u>Shutterfly Share Site & Facebook Page</u> - The Seals have a private Shutterfly site where all pertinent information will be posted; team roster, contact information, necessary (downloadable) forms, and lots of pictures. If you are not yet a member of our Shutterfly Shared site, please contact the Seals Board at <u>valenciasummitseals@gmail.com</u> and request to be added. The Facebook page ("Summit Seals Swim Team"), similar to the Shutterfly site, has updates, documents, pictures and the ability to keep you connected with other Seals families. If you would like to be added to our Facebook page, please search for the name and request to be added.

PRACTICES

<u>Swim Practices</u> – Practices are separated into age groups. Please see the schedule below to determine when your swimmer will be practicing. If your child has a scheduling conflict, please get in touch with our Head Coach to determine a better time. We'll work you in!

2:00 - 3:30	13 years old & Up
3:30 - 4:15	6 years old & Under
4:00 - 5:00	7 & 8 year olds
4:45 - 6:00	9 - 12 year olds

<u>Pick-Up</u> - Out of consideration for the coaches and Parent On Deck, please be at the pool promptly when your swimmer's practice ends. Our coaches need to be able to concentrate on the swimmers in the current practice and cannot supervise your child(ren) **before** or **after** practices.

<u>Coaches</u> - The coaches must be able to focus on the swimmers in the pool during practices. Please do not interrupt the coaches during practice or allow your children who are not practicing, distract the coaches while they are coaching. You are welcome to leave a note for them in their file or email them at the email addresses provided.

<u>Seals Snack Shack</u> - Stop by the Daily Canteen for a treat or cool drink. Open from 3:15 to 6:15 PM daily during practice. Canteen cards will be available for purchase at Registration and throughout the season, so your swimmer doesn't have to carry money to practice for treats. Cash is accepted and donations to the Snack Shack are always welcome.

<u>Friday Fun Day</u> – To end a great week, the last 30 minutes or so of practice on Fridays will be nothing but fun and games and a special Fun Day treat. Please let us know if your swimmer has any allergies or if you would prefer than he or she not have treats.

SWIM LESSONS

Whether you have a Seal wanting to work on their technique or have little ones wanting to learn to swim, we encourage you to sign up for one on one lessons with our coaches or swim lesson providers. Swim practice is a great work out and the coaches do their best to improve the children's technique, but it is almost impossible to focus on individual swimmers during practice. You will see your swimmer improve by leaps and bounds if you give him or her even one private lesson a week. You can purchase lessons at registration or schedule lessons through https://summitseals.youcanbook.me once schedules are uploaded.

SWIM MEETS

<u>Warm-ups</u> - This is such an important part of Meet Day. We understand it is cold and early, but a good warm-up is crucial to preventing injuries. Warm-up times are established as 7:30-7:50AM for the home team and 7:50-8:10AM for the visiting team. Each team must be assured 20 minutes of warm-up. Please have your swimmer ready for warm-up at 7:15AM for the home meets and 7:30AM for the away meets.

<u>Swim Meets</u> - Are an exciting time for the swimmers to show off their hard work. They are upbeat and fun. Dual Meets begin at 8:30AM and the Championship Meet begins at 8:00AM. While the older swimmers could be there as late as 2:00PM, the younger swimmers will most likely be done by 11:00AM. Be sure to clean up after your family before you leave.

<u>Swimmers Events</u> - The coaches pick the strokes your child will be swimming for the meets. Each meet will most likely be different for the older age groups. Their goal is to have your child swim each stroke before Championships. Please do not ask the coaches to change the event(s) on the day of the meet as all schedules are finalized with the league in advance.

<u>Locations</u> - The meets are held at neighboring HOA pools in Valencia. Here are the addresses:

OOI DOLPHINS 25052 Avenida Rotella

OOII SHARKS 23919 Avenida Entrana

Valencia Hills WAVE 24060 Oak Vale Drive

Summit SEALS 24600 W. Del Monte Drive

<u>What to Bring</u> – Lots of water! Food, although breakfast, lunch, treats, and drinks are sold at each of the meets at the host team's canteen. You will want to bring sunscreen, goggles, towels (one per event is a good rule of thumb - don't forget warm ups), warm clothes for the early mornings, chairs to sit in, and money for the snack bar. The Seals will provide canopies to the away meets. Feel free to set-up your chairs under the VALENCIA SUMMIT SEALS' shade.

<u>Set-Up</u> - You are welcome to set-up chairs for the Saturday meets on the Friday evening before. Set up times will be posted on the white board at the Summit Pool.

VOLUNTEERS

We rely on volunteers to make the season run smoothly and require that you volunteer a minimum of 20 hours during the seven-week season. Thankfully, the Seals families are always quick to volunteer for these jobs, but we still have some important positions to fill (please see our Chair Position list in this packet). We have an online sign-up program at www.whentohelp.com. Returning families will have the same user id and password. For new families or for a reminder on your username and password, please contact Kristy Westbrook (kpwestbrook@gmail.com) or Patricia Kirchmann (lpcal24@gmail.com). Your volunteer check will be returned to you at the Awards Ceremony/Ice Cream Social, provided you hit your 20 hours, of course.

ACTIVITIES

We have all kinds of fun activities planned for all ages. The attached is a preliminary calendar however an updated one will always be available on our Shutterfly site and Facebook pages. If there is no age listed on the calendar, all Seals are welcome.

JUNIOR COACHES

One of the best aspects of the Seals is seeing the older swimmers interact with the younger swimmers. The Junior Coaches are Seals 13 years and older who volunteer to help and work with the younger swimmers. You'll see them at the younger swimmer's practices in the water encouraging, supporting, and instructing. Many times, they are the reason the younger children want to come to practice. The coaches plan activities to thank and reward the Junior Coaches for their dedication and hard work. We expect a lot from these teens and want to make it a special summer for them as well.

PARENT ON DECK (POD)

We are requiring the team to have a POD on deck M-F from 3:30 to 6:00PM (hourly volunteer shifts are available – a perfect way to get your hours in during your child's practice time). The POD will serve as an extra set of adult eyes on the entire pool area; on deck and in the water. The POD also acts as a liaison between parents and the coaches so that the coaches can keep their focus on the swimmers during practice. The POD is a resource for questions that parents, or Summit residents, may have during the hours of practice. Please keep in mind that a Board Member is usually on deck during practice and will be available to support the POD in any manner necessary.

EVENT DETAILS

WEDNESDAY NIGHT FOOD TRUCK FEST FUNDRAISER - Every Wednesday

Food Truck Fest has become a favorite with our families, the Summit Community AND is a fundraiser for our Seals swim team. Starting April 17 and running through August 28, gourmet food trucks will be parked in the main pool parking lot each Wednesday evening from 5:00 to 8:00PM offering up a fun and convenient way for a quick dinner after practice while everyone gets to relax and hang out with one another. We count on these fundraising nights so please grab your friends and family and enjoy a great meal while helping raise funds for the Seals. We will have a list of our food truck lineup posted on Facebook (https://www.facebook.com/SummitFoodTruckFest), Twitter account (@FoodTrucks_SCV) and Instagram (foodtrucks_scv). **BONUS**: Food Truck set up each Wed. night from 4:30-5:00PM or tear down from 8:00-8:30PM, is a great opportunity for your volunteer hours.

FAMILY BBQ - Saturday, June 1

Meet us up at the big pool from 4-7PM to enjoy a wonderful meal and a relaxing time at the main pool with other Seals families. There will be a sign up for shareables; sides and desserts, while our amazing host family treats us to the main course. This is an all-time favorite so don't miss it!

PANCAKE BREAKFAST – Saturday, June 8

From 7:00-11:00AM, we will have the griddles fired up and coffee a'brewin as we serve up some fantastic flapjacks, sausage and fixings...a perfect way to kick off the weekend! As one of our team fundraisers, each family pre-purchases and receives 10 tickets to our yummy pancake breakfast when registering for the season. This event is open to all so please feel free to share your tickets with family, friends and neighbors. Additional tickets will be available to purchase for \$5 each.

TEAM & INDIVIDUAL PHOTOS – Tuesday, June 11

Lifetouch will be at our pool for team, individual and buddy photos. Order forms will be handed out prior to picture day for purchasing photo packages. Individual pictures will begin at 4:00PM and the team picture will be taken **promptly** at 5:00PM. This is the only day to take photos. **There are NO makeup photos.**

MOCK MEET & TIE DYE DAY – Saturday, June 15

ALL HANDS-ON DECK! This VERY informative practice is one for everyone to participate in so please do not miss it! We will be holding a mock swim meet where we will cover not only set up and breakdown but also cover league rules and regulations, put into motion all of the volunteer positions and go over details of each role, as well as giving the kids a chance to see how the meet flows with lining up, the seating area and of course, the starter "beep". That same morning, the Seals families can create their own green tie-dyed spirit wear masterpiece to show off at our meets. Details on what to bring and instructions on how to prepare your items will be in your family's file folder. We cannot wait to see all of the one of a kind, cool, poolside Seals spirit wear!

SWIM-A-THON – Tuesday, June 18

Can your swimmer swim a mile? You bet! If you give them the incentive of earning one of THE coolest shirts that announces to the world that they swam a mile! These shirts are only ordered for swimmers who earn them so start getting your pledges now. You will be amazed by your swimmers' determination! All swimmers will get prizes and pizza!

4th of JULY PARADE ENTRY - Thursday, July, 4

Gather all of your Seals green gear, your bikes, scooters, wagons, skates, etc. and join us for our first entry in Santa Clarita's 4th of July parade! We are looking for a chairperson for this event and will have a few meetings to prepare for a fun filled morning sharing our Seals team spirit with the community!

DIVE IN MOVIES – Wednesday, June 26 and Monday, July 8

Whether in the pool or on deck, our Dive in Movie nights are always a great event for everyone. Scheduled from 8:00 to 10:00PM, we turn the pool area in to a movie theater! A family film is shown while we enjoy the cool evening after a hot day. On Wednesday's movie night, grab dinner at Food Trucks! The Snack Shack will open too.

PASTA BY THE POOL – Thursday, July 11 from 6-9PM

The Thursday night before Championships we all come together for a great pasta dinner and awesome company. We will hold our Pasta by the Pool raffle fundraiser while the parents practice their relays for the Championship PARENT RACE along with the kids racing against their coaches! It is a perfect way to spend a summer evening.

AWARDS, ICE CREAM SOCIAL & MEMBER MEETING- Sunday, July 14

The last event of the season caps a week of constant activity and the excitement of the Championship Meet. The Seals families meet for a quick Member Meeting, Award Ceremony and then enjoy an Ice Cream Social.

SEALS COMMEMORATIVE DVD

Each year, at the Ice Cream Social and Award Ceremony, we premiere the Season's Commemorative DVD. These are so much fun to watch years later as our children and their friends grow. During the year, please submit edited video clips and pictures of your children as our volunteers can't possibly catch every swimmer. Order forms to purchase DVD's will be placed in your family file during the season.

SUMMIT SEALS SWIM TEAM BOARD AND LEAGUE CONTACTS

Seals Board President	Angela Ilich-Behnke	ilich.seals@gmail.com
Seals Board Vice President	Stella Barrett	barrett.seals@gmail.com
Seals Board Treasurer	Niki Hyer	twins4niki@ca.rr.com
Seals Board Secretary	Alicia Stella	alicia coash@mac.com
Seals Board Member at Large	Suzanne Stone	suzannestone93@gmail.com
League Representative	Shannon Tester	s.tester.seals@gmail.com

SUMMIT SEALS SWIM TEAM COACHES

Head Coach	Cassidy Block	coachcassidy.seals@gmail.com
Head Coach	Mitch Gordon	mitchg18477@gmail.com
Coach	Luke Christiansen	coachluke.seals@gmail.com
Coach	Julia Melchiorre	coachjulia.seals@gmail.com
Swim Lessons	Hannah Siegel	hannahsiegelswim@gmail.com

VOLUNTEER CHAIR POSITIONS

Photographer

6 and under **OPEN**

7 & 8 **OPEN**

9 - 12 **OPEN**

13 & up **OPEN**

Dive-In-Movies OPEN

Pancake Breakfast Liz Guardado

Family BBQ Wieckowski Family

Tie Dye Day & T-Shirt Craft Day Doris Mollenkopf

Swim-A-Thon Brenda Melchiorre

4th of July Parade **OPEN**

Pasta by The Pool Alicia Stella

Ice Cream Social Sarah Wierman

Season Commemorative DVD Jim Barrett

Meet Director OPEN

Program Manager Phil Wynn

Website Chelsea McBride
League Representative Shannon Tester

Meet Canteen Charlotte Hefti

Daily Canteen Amy Bell

Swim Lesson Coordinator OPEN

Volunteer Coordinators (2) Kristy Westbrook & Patricia

Kirchmann

Please help us fill some of these important positions.

SUMMIT SEALS & SANTA CLARITA SWIM LEAGUE PARENTS' CODE OF CONDUCT

$\ \square$ I will maintain a "Fun is No. 1 attitude.		
 I will treat officials, coaches, my child(ren), their teammates, and with respect and avoid ridicule and sarcasm. 	d their opponents	
☐ I will praise my child(ren), their teammates, and opponents just regardless of their athletic skills.	for participating	
☐ I will remember to look for positives with my child(ren), their teammates, and their opponents.		
☐ I will remind my child(ren) and their teammates not to get down on themselves when things do not go well.		
 I will try not to take myself too seriously when it comes to my invisuoms swimming, reminding myself that this program is for the children, 		
☐ I will emphasize teamwork in sports with my child(ren), teaching them to think "we" instead of "me."		
 I will teach my child(ren) by giving them a good example of sport demonstrating positive support for all swimmers, coaches and off meet and practice. 		
WINNING WITHOUT GLOATING		
LOSING WITHOUT COMPLAINING		
It is imperative that parents conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff coaches, or swimmers, will not be permitted. I understand that failure to abide by the above code of conduct may result in parents being asked to leave the premises, and possible exclusion from attendance at future meets.		
Parent's SignatureDate		
Swimmer(s) Name(s)		

SUMMIT SEALS & SANTA CLARITA SWIM LEAGUE SWIMMERS' CODE OF CONDUCT

$\hfill \square$ I will treat officials, coaches, teammates, and opponents with respect and avoid		
ridicule and sarcasm.		
$\hfill\Box$ \hfill I will praise my teammates and opponents just	for participating, regardless of their	
athletic skills.		
$\ \square$ I will remember to look for positives in my team	nmates and opponents.	
$\ \square$ I will remind my teammates not to get down on themselves when things do not g		
well.		
$\ \square$ I will emphasize teamwork in sports, consistent	cly emphasizing "we" instead of "me."	
$\hfill\Box$ I will set a good example of sportsmanship by demonstrating positive support for a		
swimmers, coaches, and officials at every meet	and practice.	
It is imperative that swimmers conduct themselves verbal or physical harassment towards officials, staff, whether teammates or opponents, will not be tolerate By signing below, I agree that I have read and undalso understand that any failure to abide by the abo	parents, coaches, or other swimmers, ed. erstand the above code of conduct. I	
being asked to leave the premises, possible exclusi or expulsion from the Summit Seals Swim Team.		
Swimmer's Signature	Date	
Swimmer's Signature	Date	
Swimmer's Signature Date		
Swimmer's Signature Date		

Photograph Release for Minors and Adults

I/We being the Parent/Guardian of the	family hereby
consent that our names, images and likenesses, as photographs, or electronic images may be used by publicize or promote the Summit Seals Swim Team such photographs, films, recording, electronic images	s shown in the videotapes, the Summit Seals Swim Team to n. Furthermore, I hereby consent that
software for which they are made shall be their so right to use, modify, duplicate and publish such ph images, plates, tapes and software to publicize and Team, free and clear of any claim whatsoever on r	notographs, films, recording electronic d/or promote Summit Seals Swim
In witness of this, I have signed and agreed to this	s release. Names of family members:
Parent/Legal Guardian Signature:	Date:
Santa Clarita Swim League Rules and Regulati	
(A copy of these forms are available in the front of the family file or or I/we, on behalf of the	•
with the bylaws and rules as set forth by the Santa C	Clarita Swim League.
Parent/Legal Guardian Signature:	Date:
Parent/Legal Guardian Signature:	Date:

SANTA CLARITA SWIM LEAGUE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

Volunteer Participation

1.	I,the parents/legal guardian of	
	acknowledge that I have voluntarily applied to the Santa Clarita Swim League to allow my child to participate in the Old Orchard I Swim Team, Old Orchard II Swim Team, or Valencia Hills Swim Team, or Valencia Summit Swim Team (each individually and collectively, the "Santa Clarita Swim League").	
2.	Assumption of Risk I AM VOLUNTARILY PERMITTING MY CHILD TO PARTICIPATE IN THESE ACTIVITIES WITH THE KNOWLEDGE OF THE POTENTIAL DANGER INVOLVED. I HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY OR DEATH, AND VERIFY THIS STATEMENT BY PLACING MY INITIALS HERE	
3.	Release and Waiver In consideration for being permitted by the Old Orchard I Homeowners Association, Old Orchard II Homeowner Association, Valencia Hills Homeowners Association, Valencia Summit Homeowners Association or the Summit Sea Swim Team (individually the "Association" or collectively the "Associations") or one of their affiliated organizations participate in these activities and use their facilities, I hereby agree that I, my assignees, heirs, distributes, guardians, at legal representatives will not make a claim against, sue, or attach the property or assets of the Associations, any of the affiliated organizations, their agents, employees, volunteers, or management companies for injury or death resulting from the negligence or other acts, howsoever caused, by any employee, agent, contractor or volunteer of any Association any of its affiliated organizations as a result of my child's participation in the Santa Clarita Swim League. I hereby releat the Associations, their affiliated organizations, employees, agents, contractors or volunteers from all legal actions, claim or demands that I, my assignees, heirs, distributes, guardians, and legal representatives now have or may hereafter have for injury or death resulting from my child's participation in the Santa Clarita Swim League.	
4.	Indemnification I HEREBY AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Associations, their affiliated organizations, employees, agents, contractors or volunteers, and each of them from any loss, liability, damages, attorney's fees or costs they may incur due to my child's participation in the Santa Clarita Swim League, and whether caused by the negligence of any Association, its affiliated organizations, employees, agents, contractors or volunteers.	
5.	Knowing and Voluntary Execution I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT BETWEEN MYSELF AND THE SANTA CLARITA SWIM LEAGUE, OLD ORCHARD I HOMEOWNERS ASSOCIATION, OLD ORCHARD II HOMEOWERS ASSOCIATION, VALENCIA HILLS HOMEOWNERS ASSOCIATION, AND VALENCIA SUMMIT HOA ASSOCIATION, OR VALENCIA SUMMIT SEALS SWIM TEAM AND/OR THEIR AFFILIATED ORGANIZATIONS AND SIGN IT OF MY OWN FREE WILL. I FURTHER AGREE THAT NO ORAL REPRESENTATION, STATEMENT OR INDUCEMENTS APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE.	
Exe	ecuted at Santa Clarita, California on	
SIC	GNATURE OF RELEASOR/PARENT/LEGAL GUARDIAN DATE	

Summit Seals Swim Team, Santa Clarita Swim League 2019 REGISTRATION (Please Print Clearly)

*Parent Name:	Email:	
Home Address:		
Home Phone:	Work Phone:	Cell Phone:
*Parent Name:		_ Email:
Home Phone:	Work Phone:	Cell Phone:
EMERGENCY CONTACT	PHONE: (other than parents)	
Please list phone numbers	you would like included on the "Or	ne Call Now" group messaging service:
Swimmer	M/F DOB	Age (as of 6/4/19)
Swimmer	M/F DOB	Age (as of 6/4/19)
Swimmer	M/F DOB	Age (as of 6/4/19)
Swimmer	M/F DOB	Age (as of 6/4/19)
Consent for Medical 1	reatment, HOA Verification	& Refund Information
Valencia Summit Homeo 2019 swim season, and the 2019 season. I under made after June 3, 2019 official of the Summit Se swimmer(s) from any lice	owners Association, have read ar will abide by the rules of the "Su erstand and agree that no refund D. Further, I consent that the add eals Swim Team may obtain med eensed physician, hospital, or med e contacted in person or by telep	swimmer(s), a legal resident within the nd understand the "Team Rules" for the ummit Seals Swim Team" in effect for ds of registration, or other fees, will be ult manager, director, coach, or other dical care for the above named edical clinic, when I or other parent or phone for said care. A copy of this
true and correct and exe	ecuted at the city of Santa Clarita	State of California that the forgoing is a, county of Los Angeles, California.
	nature:	
Printed Name:		Parent Guardian* (circle one)

^{*}A legal guardianship may be substituted for a parent. Please attach a copy of the court order that establishes legal guardianship of the above-mentioned minor(s).