



2015-2016 Swimmer Registration Packet





WELCOME TO PEAK SWIMMING!

"The mission of PEAK Swimming is to promote a nationally recognized swim program that nurtures and develops elite swimmers at all levels, emphasizing individual progress, team unity and family participation."

Dear Swimmers and Parents,

Welcome to PEAK Swimming, home of where swimmers become Elite!

We take pride in our unique training philosophy and scientific approach to swimming. We value a strong and friendly community and encourage our athletes to be fast not only in the water, but also to be leaders outside of the pool. We are lucky to have a great group of coaches who share this vision and are dedicated to bring out the best in each member of the PEAK team.

Our swimmers have competed in all levels of competition: International, Collegiate, National, and Regional levels.

Last year's achievements include:

- Finalist at the Division I NCAA Championships
- Finalists at the Arena Pro Swim Series
- Finalists at the Husky Invitational
- Winners at the Far Western Championships
- Winners at Junior Olympics
- Pacific Swimming Age Group records

Entering its 6th season, PEAK swimming is keeping the same structure for our team and groups as the previous season. We believe this structure better suits the needs of our team members and help them achieve a new level of excellence by maximizing their progression. Over the past five years, we have grown and developed many great athletes. We plan to continue that tradition in the coming year. The following chart should help you find which group a PEAK swimmer belongs in.

	10 Under	Age 11	Age 12	Age 13+	High School
No A Times	Bronze	Silver	Platinum	Platinum	
A Time Cuts	Silver	Gold	Gold	Jr. Elite	
JO Time Cuts	Gold	Jr. Elite	Jr. Elite		
Sectional Cuts					Elite

We are collecting \$52 from every swimmer as part of the registration fees for their own PEAK Team Swim Suit. Wear your suit with pride as a representative of PEAK. Please visit NorCal Swim Shop to place your order no later than 9/15 for on time delivery.

The first day of practice for the season will be on August 31st, 2015.

Thank you for your interest in joining our swim family. I look forward to working with you to help you and your swimmer reach the PEAK of their potential.

Welcome and see you on the pool deck!

Sincerely,

Abi Liu,
Head Coach



PEAK SWIM GROUP DESCRIPTION

Senior Program

TEAM ELITE comprises the senior program in the PEAK Swimming Competitive Team. An elite team atmosphere will be emphasized both in and out of the pool. While swimming fast is the goal, building strong and lasting bonds of mutual trust and respect between teammates and coaches are equally important.

TEAM ELITE

Head Coach: Abi Liu	Practice Locations & Times: Prospect High School Dryland MWF: 3:30-4PM Swim 4-6PM Indoor Pool (SSTA) Monday & Thursday 5:30-7:00AM Lynbrook High School Dryland: T/Th: 5:30-6:30PM; Swim: 6:30-8:30PM Sat: 9-11AM
Minimum Requirements: <ul style="list-style-type: none">• High school age (14-18 years old)• Single-sport athlete• Close to Sectional qualifications in multiple events• The final decision for selection to Team Elite is at the discretion of the Head Coach after a formal interview with each swimmer and their parents	
Goals: <ul style="list-style-type: none">• The goal of Team Elite is for swimmers to achieve competitive successes at their highest potentials• Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers• Swimmers will target Olympic Trial, National, U.S. Open and Junior National qualifications, as well as selection to the National Youth Team and National and Diversity Select Camps• Swimmers are expected to attend all meets not limited to: select national meets (qualifiers), Sectional (summer, winter) and select Grand Prix (qualifiers), Invitational and Senior meets	
Practice Attendance: 95% with all absences approved by the Head Coach in advance Meet Attendance: 100% unless approved by the Head Coach in advance Fees: \$3080 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team polo, 2 T-shirts and swim cap + \$120 CSA Swim League meet registration + \$52 PEAK suit charge Gear: Training equipment, competition suits and team apparel as specified by the Head Coach	



Age Group Program

JUNIOR ELITE Group, PLATINUM Group, GOLD Group, SILVER Group and BRONZE Group comprise the age group program in the PEAK Swimming Competitive Team. Technique and competition will be developed in these groups. While swimming fast is the goal, creating a competitive but fun team atmosphere is equally important.

JUNIOR **ELITE** Group

Head Coach: Paul Murphy	Practice Locations & Times: Lynbrook High School M-F: Dryland 6:00-6:30PM, Swim 6:30-8:15PM Sat: 9-11AM
Minimum Requirements: <ul style="list-style-type: none">• Middle school age (11-14 years old)• 11-12 w/J0 times, 13-14 w/A times• The final decision for selection to the Junior Elite Group is at the discretion of the Head Coach after a formal interview with each swimmer and their parents	
Goals: <ul style="list-style-type: none">• The goal of the Junior Elite Group is for swimmers to receive a solid technical foundation and successful competitive experience that will prepare them for Team Elite• Swimmers will target Sectional qualifications in multiple events, as well as selection to Zone Select Camps and All-Star teams• Swimmers are expected to attend all meets not limited to: Sectional (qualifiers), Far Western, Junior Olympics and select Grand Prix (qualifiers), Senior (qualifiers), Junior, C/B/A+ and travel meets	
Practice Attendance: Minimum 85% (5 out of 6 practices per week, swimmers are expected to attend Saturday practice) with all absences approved by the Head Coach in advance	
Meet Attendance: 100% unless approved by the Head Coach in advance	
Fees: \$2320 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA swimming membership, team polo, 2 T-shirts and swim cap + \$120 CSA Swim League meet registration + \$52 PEAK suit charge	
Gear: Training equipment, competition suits and team apparel as specified by the Head Coach	



PLATINUM Group

Coach: Kati McDermott	Practice Locations & Times: Lynbrook High School M-F: Dryland 6:00-6:45, Swim 6:45-8:30PM
Minimum Requirements: <ul style="list-style-type: none">• 12+ years old• Less than Pacific Swimming A time standards• The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">• The goal of the Platinum Group is for swimmers to receive technical training and competitive experience that will prepare them for High School Swimming• Swimmers will target Pacific Swimming A and Junior Olympics qualifications in multiple events• Swimmers are expected to attend meets not limited to: Junior Olympics and select C/B/A+ and travel meets	
Practice Attendance: Minimum 80% (4 out of 5 practices per week) Meet Attendance: Minimum 80% Fees: \$1850 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap + \$120 CSA Swim League meet registration + \$52 PEAK suit charge Gear: Training equipment as instructed by the Coach	

GOLD Group

Coach: Chris Scott	Practice Locations & Times: Lynbrook High School M-F: 6:30 - 8:00 PM
Minimum Requirements: <ul style="list-style-type: none">• 9-12 years old• Junior Olympics qualifications in multiple events for 10 and Under, Pacific Swimming A time standards for 11-12 year olds• The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">• The goal of the Gold Group is for swimmers to receive technical training and competitive experience that will prepare them for the Junior Elite Group• Swimmers will target Far Western qualifications in multiple events, as well as selection to All-Star teams• Swimmers are expected to attend meets not limited to: Far Western (qualifiers), Junior Olympics and select C/B/A+ and travel meets	
Practice Attendance: Minimum 80% (4 out of 5 practices per week) Meet Attendance: Minimum 80% Fees: \$1750 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap + \$120 CSA Swim League meet registration + \$52 PEAK suit charge Gear: Training equipment as instructed by the Coach	



SILVER Group

Coach: Andrew Kikuta	Practice Locations & Times: Lynbrook High School M-F: 7:15-8:30PM
Minimum Requirements: <ul style="list-style-type: none">• 7-11 years old• Pacific Swimming A time standards in multiple events for 10 and Under, or 11 years old without Pacific Swimming A time standards• The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">• The goal of the Silver Group is for swimmers to receive technical training and competitive experience that will prepare them for the Gold Group• Swimmers will target Junior Olympics qualifications in multiple events• Swimmers are expected to attend meets not limited to: Junior Olympics (qualifiers) and select C/B/A+ and travel meets	
Practice Attendance: Minimum 60% (3 out of 5 practices per week) Meet Attendance: Minimum 60% Fees: \$1465 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap + \$120 CSA Swim League meet registration + \$52 PEAK suit charge Gear: Training equipment as instructed by the Coach	

BRONZE Group

Coach: Andrew Kikuta	Practice Locations & Times: Lynbrook High School M-F: 6:30-7:15PM
Minimum Requirements: <ul style="list-style-type: none">• 6-10 years old• Ability to swim all 4 strokes legally as evaluated by the Head Age Group Coach• The final decision for group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">• The goal of the Bronze Group is for swimmers to receive technical training and competitive experience that will prepare them for the Silver Group• Swimmers will target Pacific Swimming A time standards in multiple events• Swimmers are encouraged to attend select C/B/A+ meets	
Practice Attendance: Swimmers are strongly encouraged to attend all practices Meet Attendance: Swimmers are strongly encouraged to attend all meets Fees: \$1160 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap + \$120 CSA Swim League meet registration + \$52 PEAK suit charge Gear: Training equipment as instructed by the Coach	



Move Up Policy

Move ups will occur 3 times per year:

- **September:** First day of practice after summer break
- **January:** First day of practice after winter break
- **April:** First day of practice of long course season

You will be *considered* for move up if:

- You meet the minimum requirements for the next level
- You will not age up to the next age group (8 & Under, 10 & Under, 11-12, 13-14, 15-16 and 17-18) before the next move up

The final decision for group placement is at the discretion of the Head Coach and Head Age Group Coach after a tryout session. The Head Coach and Head Age Group Coach will evaluate the swimmer on the factors below, including but not limited to:

- Talent (potential in the next level)
- Commitment (practice and meet attendance and work ethic in the previous level)
- Attitude

TEAM **ELITE** and JUNIOR **ELITE** Group Policy

The final decision for selection to Team Elite and the Junior Elite Group is at the discretion of the Head Coach after a formal interview with each swimmer and their parents.



PEAK SWIM TEAM APPLICATION

SWIMMER INFORMATION

First name:	Middle Initial:	Last name:
Date of birth:	Age:	Phone:
Current address:	Email:	
City:	State:	ZIP Code:
School:	Grade:	USA Swimming #:
Gender: M F	T-shirt type: Adult Youth	T-shirt size: S M L XL

PARENT/GUARDIAN INFORMATION

Parent 1 name:		
Parent 1 address:		
City:	State:	ZIP Code:
Phone:	Email:	
Parent 2 name:		
Parent 2 address:		
City:	State:	ZIP Code:
Phone:	Email:	

EMERGENCY CONTACT

Name of a relative not residing with you:		
Address:		Phone:
Insurance Provider:	Group ID:	Patient ID:
Physician:	Physician Group:	Physician Phone:

Medical Conditions:

CURRENT TEAM

Team:	Coach:
Coach phone:	Coach email:

PEAK GROUP

Returning swimmer:	Elite	Jr Elite	Platinum	Gold	Silver	Bronze
Yes No						

SIGNATURES

I agree that the information contained in this form is accurate and correct. I also agree to the terms as outlined in the following forms (which I have signed and submitted separately):

1. PEAK Payment Terms Form
2. PEAK Emergency Medical Authorization Form
3. PEAK Media Release Form
4. PEAK Code of Conduct Form
5. PEAK Parent Volunteering Form
6. CSA League Information
7. USA Swimming Liability Release and Indemnification Form

Signature of parent:	Date:
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PEAK SWIM PAYMENT TERMS 2015-16

Payment Information

To assist PEAK Swimming in planning ahead for the 2015-2016 season, a late fee of 5% of the annual fee will be applied to Registration Forms *received* after September 20, 2015.

Proration

Fees will be prorated by month: if a swimmer attends a single practice in a given month, fees for the entire month will be applied.

Withdrawals

If you withdraw from PEAK Swimming before the end of a quarter or the season, fees will be prorated in the above manner, and the remaining balance will be refunded. None of the registration fee will be refunded. (Annual Payment: fees will not be prorated with the 10% discount.) A Withdrawal Form must be *received* before the 15th of the current month (prior to the month you will withdraw) to avoid being charged for the next month. A \$25 processing fee will be applied to withdrawals. Accounts must be paid in full before withdrawals will become effective.

Bounced Checks

Checks should be made payable to PEAK Swimming. A \$25 processing fee will be applied to bounced checks.

Late Fees

Payment must be *received* by September 1, 2015 for annual and quarter payment (and December 1, 2015, March 1, 2016 and June 1, 2016 for quarter payment). A \$25 late fee will be applied to late payments.

Name of Swimmer:

SIGNATURE

Signature of parent:

Date:

	Annual Option	Quarter Option	Registration Fee	CSA League
Team ELITE	\$3080*	\$810*	\$150	\$120
Junior ELITE	\$2320	\$610	\$150	\$120
Platinum Group	\$1850	\$485	\$150	\$120
Gold Group	\$1750	\$460	\$150	\$120
Silver Group	\$1465	\$385	\$150	\$120
Bronze Group	\$1160	\$305	\$150	\$120

*Team Elite fees includes an additional fee for Dry-Land Specialist (\$300 Annual or \$75 per Quarter).

Payment Due Dates

Annual	September 1, 2015
Quarter	
Fall	September 1, 2015
Winter	December 1, 2015
Spring	March 1, 2016
Summer	June 1, 2016

Payment Amount	Annual Registration	PEAK Suit	CSA League	Total Amount Enclosed



PEAK 2015-2016 SWIM MEET SCHEDULE

Date	Location/Name/Host	Type	Groups
Sept 26th – 27th	Gilroy Gators	CBA	B, S, G, P, Jr
Oct 17th – 18th	Walnut Creek	SR2	Elite, Jr
Oct 24th-25th	Morgan Hill	CBA	B, S, G, P, Jr
Nov 21st-22nd	Gilroy Gators	SR	Elite, Jr
Nov 21st-22nd	Osprey	CBA	B, S, G, P, Jr
Dec 4th-6th	Morgan Hill	JO	Qualifiers
Dec 4th-6th	Walnut Creek	SR	Elite
Dec 9th- 12th	Austin, TX	JR Nat	Qualifiers
Jan 16th-18th	TBA	Zones	B, S, G, P, Jr
Jan 22nd-24th	Husky Invite	Qualifiers	Elite
Jan 30th-31st	QSS	CBA	B, S, G, P, Jr
Feb 20th-21st	Morgan Hill	SR	Elite, Jr
Feb 27th-28th	Osprey	CBA	B, S, G, P, Jr
Mar 5th-6th	Walnut Creek	SR2	Elite
Mar 11th-13th	San Ramon	JO	Qualifiers
Mar 31st-Apr 3rd	Pleasanton	FW	Qualifiers
Apr 23rd-24th	Pleasanton	SR	Elite, Jr
Apr 23rd-24th	Cupertino	10 & UN	Qualifiers
May 13th – 14th	Santa Clara	CCS	Elite
May 15th	Santa Clara	SR	Elite
May 21st-22nd	Morgan Hill	CBA	B, S, G, P, Jr
Jun 4th-5th	Pleasanton	SR2	Elite, Jr
Jun 11th-12th	Osprey	CBA	B, S, G, P, Jr
June 25th-26th	Gilroy Gators	SR2	Elite, Jr
Jun 26th-Jul 3rd	Omaha	OT	Qualifiers
Jul 8th-10th	Moraga	JO	Qualifiers
Jul 16th-17th	QSS	CBA	B, S, G, P
Jul 27th-31st	Concord	FW	Qualifiers

- Schedule for 4 CSA Swim League Meets and one Championship are still being decided and they will be posted in the meet schedule later.
- There will be meets added to the Elite group, such as: Arena Pro Swims; Sectionals; Junior Nationals; Olympic Trials.
- SR meets for Jr Elite group: Only applied to qualifiers, please consult with your coach.



PEAK SWIM EMERGENCY MEDICAL AUTHORIZATION

All PEAK Swimming Competitive Team coaches are American Red Cross First Aid/CPR/AED certified and have completed American Red Cross and USA Swimming Safety Training for Swim Coaches.

In case of medical emergency, I authorize PEAK Swimming to provide medical care to my child, and to call 911 for emergency personnel to transport my child to the nearest medical center and for medical professionals to provide medical treatment to my child. I assume full responsibility of all costs incurred from any transportation and medical treatment received by my child.

Name of Swimmer:

SIGNATURE

Signature of parent:

Date:



PEAK SWIM MEDIA RELEASE FORM

I authorize PEAK Swimming to use photos or videos taken of my child, and to allow my child to be identified in them, for the purposes of promoting PEAK Swimming not limited to: PEAK Swimming website and newsletter and local newspapers and television.

Name of Swimmer:

SIGNATURE

Signature of parent:

Date:



PEAK SWIM CODE OF CONDUCT FORM

If selected for the PEAK Swimming Competitive Team, a completed Code of Conduct should be mailed to PEAK Swimming, Attention: Competitive Team, 12230 Saratoga Sunnyvale Road, Saratoga, CA 95070. A completed Code of Conduct MUST be received before a swimmer attends the first practice.

It is our goal to ensure our swimmers, parents and coaches are part of a competitive but congenial team atmosphere. It is our expectation that our swimmers, parents and coaches will behave in accordance with the guidelines below:

- Swimmers, parents and coaches will honor our team philosophy (outlined in the welcome letter from the Head Coach). Please speak with the Head Coach if you have any questions or concerns about it.
- We believe our parents should be supportive of our swimmers, however, we also believe in boundaries. Please speak with your coach to set up boundaries that swimmer, parent and coach mutually agree upon.
- Swimmers may not receive outside coaching from parents or non-PEAK Swimming Competitive Team coaches. We have a zero tolerance policy against outside coaching, and swimmers will be excused from the PEAK Swimming Competitive Team. Please speak with your coach if you have any questions or concerns, they are there to listen and help!
- Swimmers may not attend swim meets without approval from their coaches in advance. We have a zero tolerance policy against swimmers attending swim meets not approved by their coaches in advance, and swimmers will be excused from the PEAK Swimming Competitive Team.
- Swimmers, parents and coaches will not engage in threatening nor combative (verbal or physical) behavior against other swimmers, parents, coaches and USA Swimming and Pacific Swimming officials. We have a zero tolerance policy against such offensive behavior, and swimmers will be excused from the PEAK Swimming Competitive Team.

It is our expectation we will not have to take such measures, however, the final decision regarding enforcement of the Code of Conduct is at the discretion of the Head Coach.

I agree to behave in accordance with the Code of Conduct, and understand that should my behavior deter from the guidelines above, I will accept the consequences.

Name of Swimmer:

SIGNATURE

Signature of swimmer:

Date:

Signature of parent:

Date:



PEAK SWIM VOLUNTEER RESPONSIBILITY

Swimming requires strong dedication not only from the swimmers but also from the swimmer's parents. PEAK relies on and requires the active participation of parents in a variety of tasks.

Job Duties:

1. Meet Officials – Also known as referees, are a vital part of any swim meet. Officials are responsible for keeping swim meets fair and accurate. If you are interested in becoming an official, please speak to your swimmer's coach (hours accrue on a 1:1 basis, where each hour worked at a meet counts as 1 hour of volunteer responsibility).
2. Travel Meet Chaperone – PEAK attends several travel meets per year and needs parents to help by traveling with the team. Parent chaperones provide supervision and help with all aspects of group travel (hours accrue as 5 hours per day of chaperoning; extra hours may accrue for service as team drivers on lengthy road trips).
3. Equipment Transportation – Usually the only equipment that requires transportation to and from swim meets is the shelters swimmers sit under during the meets. Bringing them to and from the meet is the responsibility of one or more families (hours accrue as ½ hour per equipment delivery and ½ hour for equipment return).
4. Meet Timing – The most common way for parents to help is by timing at swim meets. Timing is easy and simply requires you to push a button and/or record the time of the swimmer in your lane (hours accrue as 1 hour per shift, even if the shift lasts more than 1 hour).
5. Meet Hosting – As a member of the CSA League, PEAK hosts small swim meets during the swim season. There are a wide variety of jobs that need to be completed by PEAK families (hours accrue on a 1:1 basis, where each hour worked at a meet counts as 1 hour of volunteer responsibility).

Requirements:

- Families must complete the following volunteer hours per swim year.

	Bronze	Silver	Gold	Platinum	Jr. Elite	Elite
Total Hours	15 hours	20 hours	25 hours	10 hours	30 hours	30 hours

- Pro-rate: Required volunteering hours will be pro-rated by the portion of the season the swimmer was with the team. e.g. if a swimmer was a member of the team for three quarters of the season, the family of the swimmer will be required to complete three quarters of the hours required for the whole year as shown in the table above.
- Families with more than one swimmer in the team must complete the volunteering hours for the swimmer in the higher age group as shown in the table above. E.g. if your family has a swimmer in Bronze and another in Gold, then your family must complete 25 hours for the Gold Group.

Rules:

- You must sign-up for and time on each day your swimmer has entered an event (even if they are only swimming in one event that day).
- You must notify the organizer and/or find a replacement if you cannot fulfill your job.
- If you miss your assigned slot or job, you will be fined \$50 payable PEAK and must be paid before your swimmer attends the next practice.
- Any family that completes less than allotted volunteering hours in a given swim year, will be charged \$50 per hour for each hour less than the allotted volunteering hours.

Name of Swimmer:

SIGNATURE

I understand my responsibilities and the requirement to volunteer in one or more of the listed tasks and agree to the policy as stated above.

Signature of parent:

Date:



There are many ways to earn your volunteer hours!

*** Meet helpers:**

Be a member of the PEAK home meet committee (7 person; 20 hours each per season)

Away swim meet helpers: Timing (1:1); officiating (1:1); equipment transporting (1:1/2)

*** Group organizers:**

Be a group activity organizer (2 person each group; 5 hours per person per season); ie: bowling night out; ice cream social;

Manage each group's up to us page (2 person each group; 5 hours per person per season), be the go-to person for questions, sign ups.

*** Team office helpers:**

Volunteer hours monitor (3 person; 20 hours each per season)

Team store (2 person; 20 hours each per season)

Office helper (2 people; 20 hours each per season)

*** Global:**

Team social media (4 person: Facebook, Twitter, Instagram, team web site; 10 hours each per season)

Find sponsorships for PEAK (10 hours per person per season per sponsorship)



CSA SWIM LEAGUE

PEAK is a member of The Competitive Swim Conference (CSA), a group of local swim teams that compete with each other in smaller swim meets.

- The current CSA is composed of 7 USA Swimming teams. The conference is modeled after NCAA (college) swimming to create a more fun, team oriented, and competitive swim conference in the California Bay Area.
- The 7 teams in the conference race the other teams in a dual meet during the competition season. There are 4 dual meets in total for each swimmer to attend. At these meets, each age group swimmer can score points for his or her team, including relays, just like at a college meet. Swimming is, after all, a team sport. Like NCAA, the swimmers from the teams are encouraged to excel in both academics and athletics while representing the swimmer's home team.
- The cost to attend meets is included as a separate line item in the PEAK registration packet (in the Fall 2015 Registration Packet, the cost is \$30 per meet, \$120 total for the four meets in 2015 and does not include the Championship Meet that requires an additional attendance fee. Swimmers pay to attend all CSA meets even if they do not compete in all the meets).
- PEAK will host at least one swim meet a year in the CSA Swim League format.



For more information, check the CSA website: <http://www.swimcsa.com>

Name of Swimmer:

SIGNATURE

I understand my responsibilities and the requirements for the CSA Swim League.

Signature of parent:

Date:



USA SWIMMING LIABILITY RELEASE AND INDEMNIFICATION FORM

If selected for the PEAK Swimming Competitive Team, a completed USA Swimming Liability Release and Indemnification Form should be mailed to PEAK Swimming, Attention: Competitive Team, 12230 Saratoga Sunnyvale Road, A completed USA Swimming Liability Release and Indemnification Form MUST be received before a swimmer attends the first practice.

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities." Sponsored by PEAK Swimming, USA Swimming, city of Saratoga and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release: Minor's Rights

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless PEAK Swimming, USA Swimming, city of Saratoga and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Name of Swimmer:

Minor's signature:

Date:

Release: Parents'/Guardians'

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

Name of Swimmer:

Parent's signature:

Date:



USA SWIMMING LIABILITY RELEASE AND INDEMNIFICATION FORM

Indemnification by Parent/Guardian

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Release and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Name of Swimmer:

Parent's signature:

Date:



PEAK 2015-2016 IMPORTANT DATES

First Day of Practice:

August 31, 2015

Payment Due Dates:

September 1, 2015: Registration, Annual Payment and Fall Quarter Payment

December 1, 2015: Winter Quarter Payment

March 1, 2016: Spring Quarter Payment

June 1, 2016: Summer Quarter Payment