



**2014-2015
Swimmer
Registration
Packet**



**PACIFIC
SWIMMING**





USA SWIMMING

2015 ATHLETE REGISTRATION APPLICATION LSC: PACIFIC SWIMMING (PC)

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)

FATHER/GUARDIAN LAST NAME

FATHER/GUARDIAN FIRST NAME

MOTHER/GUARDIAN LAST NAME

MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP CODE

AREA CODE

TELEPHONE NO.

FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN: ☐ YES ☐ NO

ARE YOU A MEMBER OF ANOTHER FINA
FEDERATION? ☐ YES ☐ NO

IF YES, WHICH FEDERATION:

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:

PACIFIC SWIMMING

MAIL APPLICATION & PAYMENT TO:

PACIFIC SWIMMING REGISTRATION
1034 WOODSTOCK COURT
WALNUT CREEK, CA 94598

EMAIL: jsiegrist@pacswim.org
PHONE: 925-933-0395

HAVE YOU REPRESENTED THAT
FEDERATION AT INTERNATIONAL
COMPETITION? ☐ YES ☐ NO

2015 REGISTRATION FEE

September 1, 2014 through
December 31, 2015

\$73.00

- ☐ 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*)

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

YEAR LAST REGISTERED: _____. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2014, ENTER THAT CLUB CODE: _____, LSC CODE: _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: _____.

SIGN
HERE x _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

DATE

LSC USE ONLY

REG. DATE / CHECK # _____

~~~~Please cut the form on the line above~~~~



## 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 Grand Prix Series
- Finalists at the USA Swimming Junior Nationals
- Winners at the Far Western Championships
- Winners at Junior Olympics
- National Age Group records
- Pacific Swimming Age Group records

Entering its 5th season, PEAK swimming is excited to announce a new structure for our team and groups. We believe this new structure will better suit the needs of our team members and help them achieve a new level of excellence by maximizing their progression. Over the past four 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.

|                       | <b>10 Under</b> | <b>Age 11</b> | <b>Age 12</b> | <b>Age 13+</b> | <b>High School</b> |
|-----------------------|-----------------|---------------|---------------|----------------|--------------------|
| <b>No A Times</b>     | Bronze          | Silver        | Platinum      | Platinum       |                    |
| <b>A Time Cuts</b>    | Silver          | Gold          | Gold          | Jr. Elite      |                    |
| <b>JO Time Cuts</b>   | Gold            | Jr. Elite     | Jr. Elite     |                |                    |
| <b>Sectional Cuts</b> |                 |               |               |                | Elite              |

Something new this year is that 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.

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 DESCRIPTIONS

### 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Head Coach:</b> Abi Liu                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Practice Locations &amp; Times:</b><br><a href="#">Prospect High School</a><br>Dryland MWF: 3:30-4PM Swim 4-6PM<br><a href="#">Indoor Pool (SSTA)</a><br>Monday & Thursday 5:30-7:00AM<br><a href="#">Lynbrook High School</a><br>Dryland: T/Th: 5:30-6:30PM; Swim: 6:30-8:30PM<br>Sat: 9-11AM |
| <b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ High school age (14-18 years old)</li><li>▪ Single-sport athlete</li><li>▪ Close to <a href="#">Sectional</a> qualifications in multiple events</li><li>▪ 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</li></ul>                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                   |
| <b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of Team Elite is for swimmers to achieve competitive successes at their highest potentials</li><li>▪ Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers</li><li>▪ Swimmers will target <a href="#">Olympic Trial</a>, <a href="#">National</a>, <a href="#">U.S. Open</a> and <a href="#">Junior National</a> qualifications, as well as selection to the <a href="#">National Youth Team</a> and <a href="#">National and Diversity Select Camps</a></li><li>▪ 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</li></ul> |                                                                                                                                                                                                                                                                                                   |
| <b>Practice Attendance:</b> 95% with all absences approved by the Head Coach in advance<br><b>Meet Attendance:</b> 100% unless approved by the Head Coach in advance<br><b>Fees:</b> \$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<br><b>Gear:</b> 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Head Coach:</b> Paul Murphy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Practice Locations &amp; Times:</b><br><a href="#">Lynbrook High School</a><br>M-F: Dryland 6:00-6:30PM, Swim 6:30-8:15PM<br>Sat: 9-11AM |
| <b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Middle school age (11-14 years old)</li><li>▪ 11-12 w/J0 times, 13-14 w/A times</li><li>▪ 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</li></ul>                                                                                                                                                                                                                                                                                           |                                                                                                                                             |
| <b>Goals:</b> <ul style="list-style-type: none"><li>▪ 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</li><li>▪ Swimmers will target <a href="#">Sectional</a> qualifications in multiple events, as well as selection to <a href="#">Zone Select Camps</a> and All-Star teams</li><li>▪ 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</li></ul> |                                                                                                                                             |
| <b>Practice Attendance:</b> 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<br><b>Meet Attendance:</b> 100% unless approved by the Head Coach in advance<br><b>Fees:</b> \$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<br><b>Gear:</b> Training equipment, competition suits and team apparel as specified by the Head Coach      |                                                                                                                                             |



## PLATINUM Group

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>Coach:</b> Shelli Kohan                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Practice Locations &amp; Times:</b><br><a href="#">Lynbrook High School</a><br>M-F: Dryland 6:00-6:45, Swim 6:45-8:30PM |
| <b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>12+ years old</li><li>Less than <a href="#">Pacific Swimming A</a> time standards</li><li>The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session</li></ul>                                                                                                                                                                                    |                                                                                                                            |
| <b>Goals:</b> <ul style="list-style-type: none"><li>The goal of the Platinum Group is for swimmers to receive technical training and competitive experience that will prepare them for High School Swimming</li><li>Swimmers will target <a href="#">Pacific Swimming A</a> and <a href="#">Junior Olympics</a> qualifications in multiple events</li><li>Swimmers are expected to attend meets not limited to: Junior Olympics and select C/B/A+ and travel meets</li></ul> |                                                                                                                            |
| <b>Practice Attendance:</b> Minimum 80% (4 out of 5 practices per week)<br><b>Meet Attendance:</b> Minimum 80%<br><b>Fees:</b> \$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<br><b>Gear:</b> Training equipment as instructed by the Coach                                                   |                                                                                                                            |

## GOLD Group

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Coach:</b> Chris Scott                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Practice Locations &amp; Times:</b><br><a href="#">Lynbrook High School</a><br>M-F: 6:30 - 8:00 PM |
| <b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>9-12 years old</li><li><a href="#">Junior Olympics</a> qualifications in multiple events for 10 and Under, <a href="#">Pacific Swimming A</a> time standards for 11-12 year olds</li><li>The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session</li></ul>                                                                                                          |                                                                                                       |
| <b>Goals:</b> <ul style="list-style-type: none"><li>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</li><li>Swimmers will target <a href="#">Far Western</a> qualifications in multiple events, as well as selection to All-Star teams</li><li>Swimmers are expected to attend meets not limited to: Far Western (qualifiers), Junior Olympics and select C/B/A+ and travel meets</li></ul> |                                                                                                       |
| <b>Practice Attendance:</b> Minimum 80% (4 out of 5 practices per week)<br><b>Meet Attendance:</b> Minimum 80%<br><b>Fees:</b> \$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<br><b>Gear:</b> Training equipment as instructed by the Coach                                                                        |                                                                                                       |



## SILVER Group

|                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Coach:</b> TBA                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Practice Locations &amp; Times:</b><br><a href="#">Lynbrook High School</a><br>M-F: 7:15-8:30PM |
| <b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ 7-11 years old</li><li>▪ <a href="#">Pacific Swimming A</a> time standards in multiple events for 10 and Under, or 11 years old without <a href="#">Pacific Swimming A</a> time standards</li><li>▪ The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session</li></ul>                                            |                                                                                                    |
| <b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of the Silver Group is for swimmers to receive technical training and competitive experience that will prepare them for the Gold Group</li><li>▪ Swimmers will target <a href="#">Junior Olympics</a> qualifications in multiple events</li><li>▪ Swimmers are expected to attend meets not limited to: Junior Olympics (qualifiers) and select C/B/A+ and travel meets</li></ul> |                                                                                                    |
| <b>Practice Attendance:</b> Minimum 60% (3 out of 5 practices per week)<br><b>Meet Attendance:</b> Minimum 60%<br><b>Fees:</b> \$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<br><b>Gear:</b> Training equipment as instructed by the Coach                        |                                                                                                    |

## BRONZE Group

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                    |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <b>Coach:</b> TBA                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Practice Locations &amp; Times:</b><br><a href="#">Lynbrook High School</a><br>M-F: 6:30-7:15PM |
| <b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ 6-10 years old</li><li>▪ Ability to swim all 4 strokes legally as evaluated by the Head Age Group Coach</li><li>▪ The final decision for group placement is at the discretion of the Head Age Group Coach after a tryout session</li></ul>                                                                                                                                                                 |                                                                                                    |
| <b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of the Bronze Group is for swimmers to receive technical training and competitive experience that will prepare them for the Silver Group</li><li>▪ Swimmers will target <a href="#">Pacific Swimming A</a> time standards in multiple events</li><li>▪ Swimmers are encouraged to attend select C/B/A+ meets</li></ul>                                                                                           |                                                                                                    |
| <b>Practice Attendance:</b> Swimmers are strongly encouraged to attend all practices<br><b>Meet Attendance:</b> Swimmers are strongly encouraged to attend all meets<br><b>Fees:</b> \$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<br><b>Gear:</b> 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |   |                                                                     |                  |           |            |                  |   |   |      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------|------------------|-----------|------------|------------------|---|---|------|
| <b>SWIMMER INFORMATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |   |                                                                     |                  |           |            |                  |   |   |      |
| 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 |
| <b>PARENT/GUARDIAN INFORMATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |   |                                                                     |                  |           |            |                  |   |   |      |
| Parent 1 name:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |   |                                                                     |                  |           |            |                  |   |   |      |
| Parent 1 address:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |                                                                     |                  |           |            |                  |   |   |      |
| City:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |   |                                                                     | State:           |           |            | ZIP Code:        |   |   |      |
| Phone:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |   |                                                                     | Email:           |           |            |                  |   |   |      |
| Parent 2 name:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |   |                                                                     |                  |           |            |                  |   |   |      |
| Parent 2 address:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |                                                                     |                  |           |            |                  |   |   |      |
| City:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |   |                                                                     | State:           |           |            | ZIP Code:        |   |   |      |
| Phone:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |   |                                                                     | Email:           |           |            |                  |   |   |      |
| <b>EMERGENCY CONTACT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |   |                                                                     |                  |           |            |                  |   |   |      |
| Name of a relative not residing with you:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |   |                                                                     |                  |           |            |                  |   |   |      |
| Address:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |   |                                                                     |                  |           |            | Phone:           |   |   |      |
| Insurance Provider:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |   |                                                                     |                  | Group ID: |            | Patient ID:      |   |   |      |
| Physician:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |   |                                                                     | Physician Group: |           |            | Physician Phone: |   |   |      |
| Medical Conditions:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |   |                                                                     |                  |           |            |                  |   |   |      |
| <b>CURRENT TEAM</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |   |                                                                     |                  |           |            |                  |   |   |      |
| Team:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |   |                                                                     | Coach:           |           |            |                  |   |   |      |
| Coach phone:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |   |                                                                     | Coach email:     |           |            |                  |   |   |      |
| <b>PEAK GROUP</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |                                                                     |                  |           |            |                  |   |   |      |
| Returning swimmer:<br>Yes      No                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   | Elite      Jr Elite      Platinum      Gold      Silver      Bronze |                  |           |            |                  |   |   |      |
| <b>SIGNATURES</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |   |                                                                     |                  |           |            |                  |   |   |      |
| <p>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):</p> <ol style="list-style-type: none"> <li>1. PEAK Payment Terms Form</li> <li>2. PEAK Emergency Medical Authorization Form</li> <li>3. PEAK Media Release Form</li> <li>4. PEAK Code of Conduct Form</li> <li>5. PEAK Parent Volunteering Form</li> <li>6. CSA League Information</li> <li>7. USA Swimming Liability Release and Indemnification Form</li> </ol> |   |                                                                     |                  |           |            |                  |   |   |      |
| Signature of parent:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |   |                                                                     |                  |           |            | Date:            |   |   |      |



## PEAK SWIM PAYMENT TERMS 2014-15

### Payment Information

**To assist PEAK Swimming in planning ahead for the 2014-2015 season, a late fee of 5% of the annual fee will be applied to Registration Forms *received* after September 20, 2014.**

### 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, 2014 for annual and quarter payment (and December 1, 2014, March 1, 2015 and June 1, 2015 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

|                |                   |
|----------------|-------------------|
| <b>Annual</b>  | September 1, 2014 |
| <b>Quarter</b> |                   |
| <b>Fall</b>    | September 1, 2014 |
| <b>Winter</b>  | December 1, 2014  |
| <b>Spring</b>  | March 1, 2015     |
| <b>Summer</b>  | June 1, 2015      |

| Payment Amount | Annual Registration | PEAK Suit | CSA League | Total Amount Enclosed |
|----------------|---------------------|-----------|------------|-----------------------|
|                |                     |           |            |                       |



## PEAK SWIM MEET SCHEDULE

| <b>Dates:</b> | <b>Meet type:</b>              | <b>Location:</b>    | <b>Groups:</b> |
|---------------|--------------------------------|---------------------|----------------|
| 9/21/14       | Dual meet against PASA         | Lynbrook            | All groups     |
| 10/4/14       | Tri meet: SEA, QSS, PEAK       | Seaside             | All groups     |
| 10/11-10/12   | Morgan Hill CBA                | Morgan Hill         | B,S,G,P,Jr     |
| 10/17-10/19   | Sr-II                          | Walnut Creek        | Jr, Elite      |
| 11/2/14       | Quad meet: BAC, SEA, EBA, PEAK | Ohlone College      | All groups     |
| 11/15-11/16   | Tri meet: PEAK, BAC, WEST      | Independence        | All groups     |
| 12/4-12/7     | Husky Invitational             | Federal Way         | Qualifiers     |
| 12/5-12/7     | Junior Olympics                | Morgan Hill         | Qualifiers     |
| 12/13-12/14   | CSA Championships              | QSS                 | Qualifiers     |
| 1/17-1/19     | Austin Grand Prix              | Austin, TX          | Qualifiers     |
| 1/23-1/25     | Sr-II                          | Santa Clara         | Jr, Elite      |
| 2/14-2/16     | Sr-II                          | Santa Cruz          | Jr, Elite      |
| 2/21-2/22     | Santa Cruz CBA                 | Santa Cruz          | B,S,G,P,Jr     |
| 2/26-3/1      | TX sectionals                  | College Station, TX | Qualifiers     |
| 3/7-3/8       | Osprey CBA                     | San Jose            | B,S,G,P,Jr     |
| 3/14-3/15     | Sr-II                          | Pleasanton          | Jr, Elite      |
| 3/20-3/22     | Junior Olympics                | Concord             | Qualifiers     |
| 4/9-4/12      | Far Westerns                   | Morgan Hill         | Qualifiers     |
| 4/18-4/19     | Sr-II LCM                      | Santa Clara         | Jr, Elite      |
| 4/25/14       | 10 & under champs              | Saratoga            | Qualifiers     |
| May           | CCS championships              | Santa Clara         | Qualifiers     |
| 6/6-6/7       | Sr-II LCM                      | Pleasanton          | Jr, Elite      |
| 6/6-6/7       | Osprey CBA                     | San Jose            | B,S,G,P,Jr     |
| 6/19-6/22     | Santa Clara Grand Prix         | Santa Clara         | Qualifiers     |
| 6/27-6/28     | Sr-II LCM                      | Pleasanton          | Jr, Elite      |
| 6/27-6/28     | QSS Age group open LCM         | San Jose            | B,S,G,P,Jr     |
| 7/10-7/12     | Junior Olympics                | Concord             | Qualifiers     |
| TBA           | LA Invite                      | USC                 | Qualifiers     |
| 7/18-7/19     | Santa Cruz CBA                 | Santa Cruz          | B,S,P          |
| 7/29-8/2      | Far Westerns                   | San Jose            | Qualifiers     |
| Aug           | Junior National                | San Antonio         | Qualifiers     |



## 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 swimmer's, 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 **20 hours** of volunteer hours per swim year.

### 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 20 hours in a given swim year, will be charged \$50 per hour for each hour less than 20.

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:

## 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 9 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 9 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 2014 Registration Packet, the cost is \$30 per meet, \$120 total for the four meets in 2014 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:



USA SWIMMING

# 2015 ATHLETE REGISTRATION APPLICATION

## LSC: PACIFIC SWIMMING (PC)

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)

FATHER/GUARDIAN LAST NAME

FATHER/GUARDIAN FIRST NAME

MOTHER/GUARDIAN LAST NAME

MOTHER/GUARDIAN FIRST NAME

If not affiliated with a club, enter "Unattached"

MAILING ADDRESS

CITY

STATE

ZIP CODE

AREA CODE

TELEPHONE NO.

FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN: ☐ YES ☐ NO

ARE YOU A MEMBER OF ANOTHER FINA  
FEDERATION? ☐ YES ☐ NO

IF YES, WHICH FEDERATION:

### 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:

**PACIFIC SWIMMING**

### MAIL APPLICATION & PAYMENT TO:

**PACIFIC SWIMMING REGISTRATION  
1034 WOODSTOCK COURT  
WALNUT CREEK, CA 94598**

**EMAIL: jsiegrist@pacswim.org  
PHONE: 925-933-0395**

HAVE YOU REPRESENTED THAT  
FEDERATION AT INTERNATIONAL  
COMPETITION? ☐ YES ☐ NO

### 2015 REGISTRATION FEE

September 1, 2014 through  
December 31, 2015

**\$73.00**

- ☐ 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*)

HIGH SCHOOL STUDENTS – Year of high school graduation: \_\_\_\_\_

YEAR LAST REGISTERED: \_\_\_\_\_. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2014, ENTER THAT CLUB CODE: \_\_\_\_\_, LSC CODE: \_\_\_\_\_ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: \_\_\_\_\_.

**SIGN**  
**HERE x** \_\_\_\_\_  
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

DATE

LSC USE ONLY

REG. DATE / CHECK # \_\_\_\_\_

~~~~Please cut the form on the line above~~~~