

2013-2014 Swimmer Registration Packet

First Day of Practice is Sept 3rd, 2013









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.



Head Coach: Abi Liu **Practice Locations & Times:**

Assistant Coach: Danny Garcia Prospect High School/Lynbrook High School

M,W, F: 3:30-6:30PM; Tu, Thur: 5:30-8:30 PM

M/Th: 5:30-7AM, Sat: 9-11AM

Minimum Requirements:

- High school age (14-18 years old)
- Single-sport athlete
- 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:

- 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 <u>Olympic Trial</u>, <u>National</u>, <u>U.S. Open</u> and <u>Junior National</u> 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: \$2750 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

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Gear: Training equipment, competition suits and team apparel as specified by the Head Coach



Age Group Program

JUNIOR ELITE 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: Abi Liu

Assistant Coach: Danny Garcia

Prospect High School/Lynbrook High School
M,W, F: 6-8:15 PM; Tu, Thur: 3:30-5:45 PM
Sat: 9-11AM

Minimum Requirements:

- Middle school age (11-14 years old)
- <u>Far Western</u> qualifications in multiple events
- 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:

- 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 <u>Sectional</u> qualifications in multiple events, as well as selection to <u>Zone</u> <u>Select Camps</u> 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: \$2200 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

Gear: Training equipment, competition suits and team apparel as specified by the Head Coach



GOLD Group

Coach: Nicole Pang

Practice Locations & Times:

Lynbrook High School

M-F: 6:30-7:45PM

Minimum Requirements:

- 9-12 years old
- <u>Junior Olympics</u> qualifications in multiple events
- The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session

Goals:

- 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 <u>Far Western</u> 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: \$1650 per season with additional expenses for meets and travel + \$150 annual registration fee

includes USA Swimming membership, team T-shirt and swim cap

Gear: Training equipment as instructed by the Coach

SILVER Group

Coach: Nicole Pang	Practice Locations & Times:
	Prospect High School
	M-F: 5-6PM

Minimum Requirements:

- 7-11 years old
- Pacific Swimming A time standards in multiple events
- The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session

Goals:

- 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 <u>Junior Olympics</u> 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: \$1400 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap

Gear: Training equipment as instructed by the Coach



BRONZE Group

Coach: Shelli Kohan	Practice Locations & Times:
	Lynbrook High School
	M-F: 6:30-7:15PM

Minimum Requirements:

- 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:

- 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: \$1100 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap

Gear: Training equipment as instructed by the Coach

Team Fit 2

Coach: Shelli Kohan	Practice Locations & Times:
	Lynbrook High School
	M-Th: 7:15-8:30PM

Minimum Requirements:

- 11-16 years old
- <u>Pacific Swimming A</u> time standards in multiple events
- The final decision for group placement is at the discretion of the Head Age Group Coach after a tryout session

Goals:

- The goal of Team Fit 2 is for swimmers to receive technical training and competitive experience at their own ability level and pace
- 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: \$1320 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap

Gear: Training equipment as instructed by the Coach



Team Fit 1

Coach: TBA	Practice Locations & Times:
	Lynbrook High School
	M-Th: 6:30-7:30PM

Minimum Requirements:

- 8-13 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:

- The goal of Team Fit 1 is for swimmers to receive technical training and competitive experience at their own ability level and pace
- 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: \$1280 per season with additional expenses for meets and travel + \$150 annual registration fee

includes USA Swimming membership, team T-shirt and swim cap

Gear: Training equipment as instructed by the Coach

Team Pre-PEAK

Coach: TBA	Practice Locations & Times:
	Lynbrook High School
	Friday 7:15 PM-8 PM

Minimum Requirements:

- 6-11 yrs (but not limited)
- Swimmers must perform all four strokes legally

Goals:

Pre PEAK is the entry level to our TEAM, introducing young athletes to the world of competitive swimming! Through the application of drills/skills, developing the sensory systems, basic swimming fundamentals and race strategies, the swimmers in the Pre PEAK are taught an appreciation of the sport from a very early age!

Practice Attendance: Swimmers are strongly encouraged to attend all practices

Meet Attendance: Swimmers are strongly encouraged to attend all meets

Fees: 180\$ per quarter with additional expenses for meets and travel + \$150 annual registration fee

includes USA Swimming membership, team T-shirt and swim cap

Gear: fins and kickboard



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 not limited to:

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

Move Over Policy

Move overs 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 move over if:

- You do not meet the minimum requirements for the next level
- You will age up and be outside the age limit of the current level before the next move over

Current Level	Age	Minimum	Move Over Level	
	Limit	Requirement		
JUNIOR ELITE	11-14	Far Western	Team Fit 2	
Age Group GOLD	9-12	Junior Olympic	Team Fit 2	
Age Group SILVER	7-11	Pacific Swimming A	Team Fit 1	
Age Group BRONZE	6-10	Legal 4 strokes	Team Fit 1	



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:			N	∕Iiddle I	nitial:		Last na	me:			
Date of birth:			Δ	Age:			•	Phone:			
Current address:						Е	mail:				
City:			S	State:				ZIP Cod	e:		
School:	1		G	Grade:	1			USA Sw	imming #:		
Gender: M	F T-9	shirt type:	Adu	lt y	Youth	T-shi	rt size:	S	М	L	XL
		PAR	ENT/	'GUARI	DIAN INF	ORM	ATION				
Parent 1 name:											
Parent 1 address:			-					Т			
City:			S	State:				ZIP Cod	e:		
Phone:			E	mail:							
Parent 2 name:											
Parent 2 address:											
City:		S	State:				ZIP Code:				
Phone: Email:											
			ΕN	/IERGEI	NCY CON	TACT	•				
Name of a relative not residing with you:											
Address: Phone:											
Insurance Provider:	Insurance Provider: Group ID:				Patient	ID:					
Physician: Physician Group:				Physicia	ın Phone:						
Medical Conditions:											
				CURR	ENT TEA	М					
Team:			C	Coach:							
Coach phone:			С	Coach er	mail:						
PEAK GROUP											
Returning swimmer: Yes No	Elit	te Jr Elite	(Gold	Silver	Br	onze	Fit 1	Fit 2	Pre PEAK	
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 Emergency Medical Authorization Form 2. PEAK Media Release Form 3. PEAK Payment Terms Form 4. PEAK Code of Conduct Form 5. PEAK Parent Volunteering Form 6. USA Swimming Liability Release and Indemnification Form											
Signature of parent:								Date:			



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 in them, for the purposes of promoting PEAK Swimming not limited to: Penewsletter and local newspapers and television.	5	
Name of Swimmer:		
SIGNATURE		
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.
- 2. 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.
- 3. Timing The most common way 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 assigned lane.

Requirements: If your swimmer is attending a meet, you are required to help. Those who are not officials or bringing equipment to and from the swim meet, are required to help by timing swimmers. Timing signup is done via www.uptous.com where you have already been given an account.

Timing 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).
- If you do not sign up, your coach will assign a slot for you to be a timer.
- You must notify the timing organizer and/or find a replacement if you cannot time.
- If you miss your assigned timing slot, you will be fined \$50 payable to your swimmer's coach.

Name of Swimmer:	
SIGNATURE	
I understand my responsibilities and the requirement to volunteer in one or the policy as stated above.	more of the listed tasks and agree to
Signature of parent:	Date:

*All terms subject to change.



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.

Date:		
Swimming event, I hereby release and waive, any and all claims, respect to any and all damage in the activities. I also agree that if anding, shall continue in full force that would prevent participation in asurance as a primary medical edical treatment in the event such		
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 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 PAYMENT TERMS 2013-2014

Payment Information

To assist PEAK Swimming in planning ahead for the 2013-2014 season, a late fee of 5% of the annual fee will be applied to Registration Forms *received* after September 20, 2013.

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, 2013 for annual and quarter pay©; a°(and December 1, 2013, March 1, 2014 and June 1, 2014 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
Team ELITE	\$2775*	\$730*	\$150
Junior ELITE	\$1980	\$550	\$150
Gold Group	\$1485	\$415	\$150
Silver Group	\$1240	\$350	\$150
Bronze Group	\$990	\$275	\$150
Team Fit 2	\$1190	\$330	\$150
Team Fit 1	\$1050	\$320	\$150
Pre-PEAK		\$180	\$150

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

Payment Due Dates

Annual	September 1, 20	
Quarter		
Fall	September 1, 201	
Winter	December 1, 201	
Spring	March 1, 201	
Summer	June 1, 201	

Payment Amount	Annual Registration Fee	Total Amount Enclosed



PEAK SWIM MEET SCHEDULE SEPT – DEC 2013			
Dates	Meet Name	Location	Groups Attending
9/21-9/22	C/B/A+	Morgan Hill	All groups
10/18-10/20	Senior II	Walnut Creek	Qualifiers
10/26-10/27	IM Ready	San Jose	TF1, TF2, Bronze, Silver, Gold
11/2-11/3	C/B/A+	San Jose	TF1, TF2, Bronze, Silver, Gold
11/8-11/10	Sr.III	Terrapins	Qualifiers
11/16-11/17	C/B/A +	San Jose	TF1, TF2, Bronze, Silver, Gold
12/06-12/08	J.Os	Morgan Hill	Qualifiers
12/06-12/08	Husky Invitational	Seattle	Qualifiers
12/12-12/14	Jr National	Greensboro, NC	Qualifiers
12/14	Novice	San Jose	TF1, TF2, Bronze, Silver, Gold