

THIS FORM IS DUE BY: JANUARY 30, 2016



# Utah Club Swimming

## Registration Form 2015-2016 Season

Welcome!

Thank you for your interest in the University of Utah Club Swim Team. We hope that you will take the time to review this form and take the steps toward becoming a member of our team. Below you will find information detailing your membership dues and what is provided upon joining, as well as all the pertinent information on how to join.

The University of Utah Club Swim Team strives to offer a flexible training schedule built around the needs of an active college student, an engaging team environment and challenging practices. Athletes of every level should feel welcome on our team as we learn the skills necessary to swim in a competitive environment, and foster a passion for hard work and the sport of swimming.

We hope to see you in the water soon!

Your 2015-2016 President,

Ethan Beseris

### Personal Information

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Class **(Circle One)**: Fr So Jr Sr Graduate Alumni Staff Faculty

uID Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone (mobile): \_\_\_\_\_

May we add you to our Facebook group? **(Circle One)**: Yes No

May we add you to our team group message? **(Circle One)**: Yes No

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## Emergency Contact Info

Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone (mobile): \_\_\_\_\_

Phone (other): \_\_\_\_\_

## Practice

There is no attendance requirement to maintain active status, so participants may have the freedom to determine how practice best fits their schedule.

Practices will begin Monday, January 11<sup>th</sup>. All practices are held in the George S. Eccles Student Life Center.

### Spring 2016 Practice Schedule

	6AM-8AM	5:30PM-7:30PM
Monday		Freestyle Training Workout Leader: Matt Bird
Tuesday	IM/ Middle Distance Workout Leader: Jeppesen Feliciano	Dryland Workout Leader: Ethan Beseris
Wednesday		Sprint Day Workout Leader: Melissa Hofmann
Thursday	Swim Workout Leader: Janey Heyman	Dryland Workout Leader: Matt Bird
Friday	Swim Workout Leader: Pierce Darragh	NO PRACTICE
Saturday, 8AM-10AM: Team Practice w/ Ethan		

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**Season Plan**

Week 1	January 11 <sup>th</sup> -16 <sup>th</sup>	Technique/Conditioning Target Yardage: 3500M Technique Focus: Catch
Week 2	January 19 <sup>th</sup> -23 <sup>rd</sup>	Technique/Conditioning Target Yardage: 3500M Technique Focus: Catch
Week 3	January 26 <sup>th</sup> -30 <sup>th</sup>	Conditioning Target Yardage: 4000M Technique Focus: Catch
Week 4	February 1 <sup>st</sup> -6 <sup>th</sup>	Conditioning Target Yardage: 4500M Technique Focus: Conclude Catch
Week 5	February 8 <sup>th</sup> -13 <sup>th</sup>	Maximum Week Target Yardage: 5000M Technique Focus: Stroke Finish
Week 6	February 16 <sup>th</sup> -20 <sup>th</sup>	Acceleration/Deceleration Training Target Yardage: 4500M Technique Focus: Stroke Finish
Week 7	February 22 <sup>nd</sup> -27 <sup>th</sup>	Drag Training Target Yardage: 3500 M Technique Focus: Stroke Finish Training Focus: Parachutes/Bungees
Week 8	February 29 <sup>th</sup> -March 5 <sup>th</sup>	Drag Training Target Yardage: 3500 M Technique Focus: Stroke Finish Training Focus: Parachutes/Bungees
Week 9	March 7 <sup>th</sup> -March 12 <sup>th</sup>	Power Training Target Yardage: 3500M-4000M Technique Focus: Stroke Finish Training Focus: Parachutes/Bungees
Week 10	March 14 <sup>th</sup> -March 19 <sup>th</sup>	Power Training, Pre-Taper Target Yardage: 3000M-3500M
Week 11	March 21 <sup>st</sup> -26 <sup>th</sup>	Taper Target Yardage: 2250M-2500M
Week 12	March 28 <sup>th</sup> -30 <sup>th</sup>	Taper Target Yardage: 2000M-1500M

\*Please note that is a condensed version of the entire season plan. Yardages and focuses may change depending on the needs of the team.

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### Coaching

The coach-to-swimmer relationship on our team is very unique in that your coaches are also your teammates. If you wish to discuss your season goals and training plan with the officers, they are available via appointment.

Are you interested in scheduling a goal-setting meeting with an officer? **(Circle one)** Yes or No

If yes, do you have a preference which officer you meet with? \_\_\_\_\_

### Competition

Our team competes in local meets through US Masters swimming and against other collegiate clubs, including Utah State, Boise State, UC Boulder and other area US Masters teams. We compete roughly once per month, with schedules announced at the start of the year (see below). The season concludes with a trip to East Coast Collegiate Swim & Dive National Championships, in Atlanta, Georgia (see next section).

Those wishing to compete will need to register as an athlete on the [US Masters website](#). Our team name on USMS is University of Utah Club Swimming (UUCS). Individual registration for USMS opens November 1<sup>st</sup>, 2015. The price for individual registration for USMS is **\$45.00** and must be paid BY THE INDIVIDUAL if they wish to compete.

#### 2015-2016 Meet Schedule (Subject to Change)

October 3 <sup>rd</sup>	Red vs. Black Intrasquad Meet Life Centre Athletic Club, Sandy, UT
October 24 <sup>th</sup>	Buff Invite University of Colorado, Boulder, CO
November 14 <sup>th</sup>	South Davis Masters Meet South Davis Recreation Center, Bountiful, UT
December 5 <sup>th</sup>	Olympus Masters December Meet Olympus High School, Holladay, UT
January 23 <sup>rd</sup>	Spring Intrasquad Life Centre Athletic Club, Sandy, UT
February 20 <sup>th</sup>	QUAC Ski-n-Swim Meet Northwest Recreation Center, Salt Lake City, UT
March 5 <sup>th</sup>	Olympus Masters Spring Meet Olympus High School, Holladay, UT
April 1 <sup>st</sup> -3 <sup>rd</sup>	East Coast Collegiate Swim & Dive Club National Championships Georgia Institute of Technology, Atlanta, GA

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## ECC Nationals

The East Coast Collegiate Swim & Dive Club National Championship is a national competition for collegiate club teams only, and will serve as our season's championship meet. Participation in nationals, like any other meet, is **non-mandatory**, but highly encouraged. ECC Nationals are NOT included in your dues package, and will be an extra expense for those wishing to participate.

If you want more information about the national competition, please email [president@utahclubswimming.com](mailto:president@utahclubswimming.com) for a registration packet.

## Athlete Dues

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### Semester

Valid for the spring semester.

\$80.00

-Shirt (\$20)  
-Caps (\$26)  
-Activities (\$20)  
-Administrative (\$14)

☐

### Meets

In addition to your dues package, you may also add meet entry fees for the meets currently listed on the schedule. If you choose not to add meet entries up-front, you may simply pay by the meet throughout the season for no additional charge.

\$40.00

-QUAC (\$20)  
-Olympus Spring (\$20)

## Apparel

Mandatory Items			
Item	Size (Circle one)	Type (Circle one)	Cost
Under Armour Locker T-Shirt	XS S M L XL XXL	M or F	Included with dues
Team Cap		Silicone or Latex	Included with dues

## Donations

Because our organization is student-run, and receives no funding from Campus Recreation Services, large portions of our expenditures are funded through private donations. If you or a family member wish to make a charitable donation to the team, you may either include it in your total costs, or pay online through a secure PayPal domain. We welcome donations of any amount, and all of our funds are dedicated to giving our athletes the best experience possible.

If yourself or your company is interested in becoming an official sponsor of Utah Club Swimming, please contact us directly at [sponsorships@utahclubswimming.com](mailto:sponsorships@utahclubswimming.com).

PayPal Donation link: <https://goo.gl/PXJBTE>

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## Total Costs

Please total all costs from the "Athlete Dues," "Apparel" and "Donations" sections here. Please make checks payable to "Utah Club Swimming." Cash will only be accepted in a sealed envelope with the athlete's name on the exterior.

Item	Subtotal
Dues	
Meets	
Donation (optional)	
	<b>Total:</b>

## Required Paperwork

In addition to our team forms, Campus Recreation Services requires additional paperwork to participate in a Sport Club. All forms must be completed and signed by the athlete before they can be considered a full member of the team and compete in meets.

Below find a list of all the forms required for full membership. Please initial on the line to verify your completion of the forms. To access the Assumption of Risk/Release of Liability and Proof of Insurance form, go to <https://orgsync.com/93190/forms>. If you have not used OrgSync previously, you must first create an account with your Campus ID, and then request to join the "Club Swim Team" portal. Once your request is approved, you may then access the forms.

Assumption of Risk/Release of Liability? (OrgSync) \_\_\_\_\_

Proof of Insurance? (Orgsync) \_\_\_\_\_

Dues Paid? \_\_\_\_\_

## Constitution

Our constitution serves as the self-governing document for all team operations. Please read and be familiar with our bylaws and policies prior to completing your registration (Constitution will be issued separately from form).

*I have read and am familiar with the bylaws, policies and values of the University of Utah Club Swim team. I understand what is expected of me as a participant and agree to abide by the outlined code of conduct or risk suspension or expulsion from the team.*

x \_\_\_\_\_

Date \_\_\_\_\_

## General Contact Information

Website: <https://utahclubswimming.com>

Email: [team@utahclubswimming.com](mailto:team@utahclubswimming.com)

Facebook: <https://facebook.com/utahclubswimming>

Twitter: <https://twitter.com/utahclubswim>

Instagram: <https://instagram.com/utahclubswimming>

Flickr: <https://www.flickr.com/photos/utahclubswimming>

## Officer Contact Information

Ethan Beseris

President

[President@utahclubswimming.com](mailto:President@utahclubswimming.com)

801.554.1274

Matt Bird

Vice President

[VicePresident@utahclubswimming.com](mailto:VicePresident@utahclubswimming.com)

801.557.6102

Melissa Hofmann

Treasurer

[Treasurer@utahclubswimming.com](mailto:Treasurer@utahclubswimming.com)

801.739.4083

Jeppesen Feliciano

Secretary

[Secretary@utahclubswimming.com](mailto:Secretary@utahclubswimming.com)

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Janey Heyman

Women's Team Captain

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Pierce Darragh

Men's Team Captain

[Captain.Men@utahclubswimming.com](mailto:Captain.Men@utahclubswimming.com)

801.884.6241

Josh Parata

Marketing Board Chairman

[Marketing@utahclubswimming.com](mailto:Marketing@utahclubswimming.com)

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