



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 Besis

Personal Information

Name: _____

Age: _____

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

ulD 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

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, August 24th. Dryland workouts will not begin until the 4th week of practices (first dryland is Tuesday, August 15th). All practices are held in the George S. Eccles Student Life Center.

Fall 2015 Practice Schedule

	6AM-8AM	5:30PM-7:30PM
Monday	NO PRACTICE	Stroke Technique Workout Leader: Pierce Darragh
Tuesday	Test Set Tuesday Workout Leader: Ethan Beseris	Strength and Conditioning (Dryland) Workout Leader: Ethan Beseris
Wednesday	NO PRACTICE	Sprint Day Workout Leader: Melissa Hofmann
Thursday	IM Training Workout Leader: Jeppesen Feliciano	Strength and Conditioning (Dryland) Workout Leader: Ethan Beseris
Friday	Distance Workout Leader: Matt Bird	NO PRACTICE
Saturday, 10AM-12PM:		

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

As of Fall 2015, our team competes in local meets through US Masters swimming. Competitors at these meets include Utah State Swimming, Boise State Club Swimming, 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 1st, 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 rd	Red vs. Black Intrasquad Meet Life Centre Athletic Club, Sandy, UT
October 24 th	Buff Invite University of Colorado, Boulder, CO
October	Olympus Masters October Meet Olympus High School, Holladay, UT
November 14 th	South Davis Masters Meet South Davis Recreation Center, Bountiful, UT
December	Olympus Masters December Meet Olympus High School, Holladay, UT
January	Spring Intrasquad Life Centre Athletic Club, Sandy, UT
February	QUAC Ski-n-Swim Meet Northwest Recreation Center, Salt Lake City, UT
March	Olympus Masters Spring Meet Olympus High School, Holladay, UT
April 8 th -10 th	East Coast Collegiate Swim & Dive Club National Championships Georgia Institute of Technology, Atlanta, GA

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.

As of July 2015, the budget estimates the final cost per individual for nationals, including airfare, lodging, and food, as **\$507.00**. However, because our funding through ASUU is entirely reimbursement, athletes must be able to front an additional **\$180.00** when registering for the meet, for an initial total of **\$687.00**. The extra \$180.00 will be credited back to the individual in late July/August of 2016. Note that while registration for Nationals will not be due until the Spring semester, we highly recommend that all interested athletes begin budgeting and making preparations for such expenditures **now**.

Athlete Dues

- ☐ **Full Year** \$125.00
Complete membership for the entire competitive season (excluding meets).
-Shirt (\$20)
-Caps (\$26)
-Activities (\$40)
-Administrative Fees (\$39)
- ☐ **Semester** \$80.00
Valid for the fall semester only, at a slight mark-up
-Shirt (\$20)
-Caps (\$26)
-Activities (\$20)
-Administrative (\$14)
- ☐ **Meets** \$90.00
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.
-Olympus October (\$15)
-South Davis (\$25)
-Olympus December (\$15)
-QUAC (\$20)
-Olympus Spring (\$15)

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

Name you would like to appear on cap: _____

To see images of the apparel, go to <http://www.utahclubswimming.com/apparel/>.

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 team@utahclubswimming.com.

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

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 not be accepted.

Item		Subtotal
Dues		
Meets		
Donation (optional)		
Total:		

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

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

801.554.1274

Matt Bird

Vice President

VicePresident@utahclubswimming.com

801.557.6102

Melissa Hofmann

Treasurer

Treasurer@utahclubswimming.com

801.739.4083

Jeppesen Feliciano

Secretary

Secretary@utahclubswimming.com

801.671.2911

Janey Heyman

Women's Team Captain

Captain.Women@utahclubswimming.com

831.332.4591

Pierce Darragh

Men's Team Captain

Captain.Men@utahclubswimming.com

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Josh Parata

Marketing Board Chairman

Marketing@utahclubswimming.com

801.604.2629