



Fall Swim Team Registration Packet

For more information or to contact us or visit our
website at
hooveralabama.gov/parksandrecreation

Why swim?

Physical Development

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much? Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills. Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well. Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion. Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement. Swimming is the most injury-free of all children's sports. Swimming is a sport that will bring kids fitness and enjoyment for life.

Intellectual Competence

In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally their accomplishments in learning and using new skills contribute to a stronger self-image.

Coaches Role

All HHST coaches must meet high criteria set forth by USA Swimming. Each coach is a certified lifeguard and holds a current First Aid and CPR Training for the Professional Rescuer certification. Coaches are also required to complete the USA Swimming Safety Training for Swim Coaches Course. HHST coaches have also passed a background check. All of the above requirements must be kept up to date for a swim coach to remain in good standing with USA Swimming and Hoover Parks and Recreation.

HHST coach's main responsibility is to mold all of our swimmers into the best swimmers that they can be. In addition, coaches mentor swimmers in life skills and positive values.

Coaches shall build relationships with team families, to achieve mutually-set goals for each swimmer. Coaches also help the team to build relationships with other aquatic organizations.

Parent/Guardian's Role

As the Parent/Guardian of a competitive swimmer, your main responsibility is to provide a caring, supporting environment. This support will encourage your child to feel good about his or her interest in competitive swimming. Show your support by ensuring your swimmer's attendance at practices and swim meets. Parents/guardians are not participants on their child's team but contribute to the success experienced by the swimmer and his or her team. Parents/guardians serve as role models, and children frequently emulate their attitudes. Parents should strive to be a positive role model and most importantly, show good sportsmanship at all times toward coaches, officials and other teams.

I. Swim Team Information

There will be three options for swimmers to participate on the Hoover Hurricanes swim team this season: Beginner, Intermediate, and Advanced. Please read the information below relative to ages, ability, fees, forms, and meetings.

- **Beginner Level**
 - Must be able to swim 100 yards freestyle (four lengths) unassisted with rotary beathing.
 - Must be able to swim 100 yards backstroke (four lengths) unassisted.
 - Be comfortable putting face in the water.
- **Intermediate Level**
 - Must be able to swim 200 yards freestyle (with side breathing), without stopping.
 - Must know at least one additional stroke to freestyle and backstroke (either breaststroke or butterfly).
 - Comfortable with the idea of diving and flip turns.
- **Advanced Level**
 - Must be able to swim 400 yards freestyle (with side breathing), without stopping.
 - Must know all four strokes (freestyle, backstroke, breaststroke, and butterfly).
 - Dive from the blocks.
 - Flip turn and open turn correctly.

II. Forms

Hoover Parks and Recreation requires certain forms to be completed by participants prior to participation in the swim team. These forms are attached and labeled as noted. Separate forms will need to be completed for each swim team member.

- Registration Form: Page 6
- Hoover Parks and Recreation Waiver and Release Form: Page 7
- Parent Code of Conduct: Page 8
- Swimmer Code of Conduct: Page 9

How to Register:

- To Register: Complete forms (*Pages 6-9, attached*) and return them to the Hoover Parks and Recreation Center (Located at 600 Municipal Drive, 35216). Forms may be mailed, emailed to Laney Beard (laney.beard@hooveralabama.gov) or Cambree Kennedy (cambree.kennedy@hooveralabama.gov) or hand delivered. Monthly dues will be invoiced on the 1st of each month.
- Rec Center Hours: Monday-Thursday 5am-9pm, Friday 5am - 6pm, Saturday 8am-6pm, Sunday 1pm-6pm.

III. Fees

Note:

Only Hoover residents may join the swim team. A full membership or a \$25 program pass will be required for participation.

Please call the front desk at 444-7703 for more information on memberships and program passes.

Team Fees:

In consideration of the participation of the swimmer(s) in the Hoover Hurricanes swim program, the Parent/Guardian agrees to pay the dues for the swimmer practice level that is set forth. Monthly payment of dues shall be payable on the 1st-10th of each month. Invoices will go out on the 1st of each month. Dues may be prepaid at any time. Swimmers are expected to pay for the entire month no matter how many days they attend practice. If the Swimmer is transferred to a different group by the coaching staff, the fees for the new group will be invoiced in the next billing cycle. If advance payments have been made the difference will be invoiced to the swimmers account. If the monthly dues payment is not received in full by the 10th of the month, a late fee of \$10 per month per swimmer will be assessed to the family's account. If you choose to quit the team for a month, a written notification or email must be submitted at least 30 days in advance. Payments may be processed at the Hoover Recreation Center front desk or online at: <http://webtrac.ci.hoover.al.us>

For swim team, participants will be broken into groups based on skill level and placed on the appropriate team during the first week of practices. Once you have been assigned a group you will pay one of the following monthly fees:

Beginner	September	October	November	December
Full Member	\$50.00	\$65.00	\$50.00	\$50.00
Program Pass	\$65.00	\$80.00	\$65.00	\$65.00
Inter/Adv	September	October	November	December
Full Member	\$60.00	\$75.00	\$60.00	\$60.00
Program Pass	\$75.00	\$90.00	\$75.00	\$75.00

IV. Swim Team Practice Schedule:

Practice will begin Tuesday, September 3rd.

September, October, November & December

- **Beginner:**
 - Days: Mondays, Tuesdays, Thursdays
 - Time: 4:00 PM-5:00 PM
- **Intermediate & Advanced:**
 - Days: Mondays, Tuesdays, Thursdays
 - Time: 5:00 PM-6:30PM

V. Appropriate Swim Wear:

Boys may wear swim trunks or jammers. Girls may wear one piece swim suits that are not considered "fashion" swim meets. (I.e. ruffles, tutus, holes on the side.) All swimmers should have appropriate competition goggles. Goggles with a nose piece or foam around the eye lids are not allowed.

All appropriate swimwear can be found online at <https://www.swimoutlet.com/hooverhurricanes>

VIII. Late Policy:

If your swimmer is more than fifteen (15) minutes late to practice they will not be allowed to swim. However, if you communicate with the coaches that you will be late due to another function, traffic, etc. your swimmer will be allowed to participate.

Per the Hoover Recreation Center Membership Guide:

"Children under age 12 must be accompanied by an adult, who must remain in the building during the entire time the children are present."

IX. Swim Meets:

We are considered a recreational swim team, however; we encourage everyone to compete in all swim meets. For many new swimmers, taking the first step and going to their first competitive swim meet is a big undertaking. Our coaches understand this and are happy to share information about each meet and what meets may be good for beginners.

We encourage all of our swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates.

All swimmers must compete in all of the HHST home meets they qualify for, unless excused by the coach.

X. Swimmer Events:

Your swimmer's coach will select the events that they will compete in at meets. The coaching plan, swimmer ability, coach-swimmer goals, and other factors will be considered as the events are being selected. Swimmers and parents/guardians are able to request events during the sign up process, but the coaches make the final decision. Newer swimmers will initially be placed in events that they will succeed in. As their skills build, they will be placed in more challenging events as determined by their coach.

XI. Volunteer Expectations:

It is expected that parents volunteer at a minimum of two (2) meets per season. Since we are a smaller team, we ask that you understand we may need you to volunteer more than twice. Meets cannot operate without the help of volunteers. This typically includes timing but may also include helping with ribbons or in the bullpen. If parents are unable to volunteer at any meet, their child is attending a \$25 fee will be assessed to the families account. One parent must agree to volunteer at all home meets they are in attendance.

HOOVER PARKS AND RECREATION SWIM TEAM

REGISTRATION FORM

Name of Participant _____ Age _____ DOB _____

Sex (Circle): M F Indicate your child's t-shirt size below.
 T-Shirt Size (Circle) Youth S Youth M Youth L Adult S Adult M Adult L

Address _____

Hoover, AL Zip _____

Mother _____ Work _____ Home _____ Cell _____

E-mail _____

Father _____ Work _____ Home _____ Cell _____

Email _____

Emergency Contact Person _____

Work _____ Home _____ Cell _____

Pediatrician _____ # _____ Hospital Preference _____

Allergies and Other Medical Information

Please check here if you need any accommodation in accordance with the Americans with Disabilities Act to participate in an activity/ program or to use any facility provided by Hoover Parks and Recreation. If an accommodation is needed, a member of our staff will contact you about how we can be of further assistance.

Please circle the level that pertains to your child and what months they will be participating in:

Beginner September October November December
 Intermediate/Advanced

Participants will be registered for every month that is circled and invoiced monthly. Hoover Parks and Recreation must receive a 30 day cancellation notice if your child will not be participating in the next month's activity.

Important Information

The City of Hoover strives to conduct its recreation programs and activities in a safe manner and holds the safety of participants in the highest regard. Participants and parents registering their child in recreation programs must recognize however that there is an inherent risk of injury when choosing to participate in any recreation activities. The City of Hoover continually strives to reduce such risks and insists that all participants follow safety rules and instructions which have been designed to protect the participant's safety.

Please recognize that the City of Hoover does not carry medical accident insurance for injuries sustained in its programs. The cost of such would make program fees prohibitive. Therefore, each person registering themselves or family member/ward for a recreation program/activity should review their own insurance policy for coverage.

Due to the difficulty and high cost of obtaining liability insurance, the City of Hoover requires execution of the following Waiver and Release. Your cooperation is greatly appreciated.

WAIVER AND RELEASE OF ALL CLAIMS

Please read this form carefully and be aware that in registering yourself and/or your ward to participate in this/these program(s), you will be waiving and releasing all claims of injuries, damages or loss, or claims your ward might sustain through participation in this/these program(s) listed below.

Swim Team

As a participant or the parent/guardian of a participant in this program, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or loss which I or my ward may sustain as a result of participating in any way associated with the activities of the program.

I further agree to indemnify, hold harmless, and defend the City of Hoover, its officials, agents, servants, representatives, employees and board members from any and all claims for injuries, damages or loss sustained by me or my ward arising out of, connected with, or in any way associated with the activities of the program.

In the event of any emergency, I authorize program officials to secure from any licensed hospital, physician and /or medical personnel any treatment deemed necessary of my or my ward's immediate care and agree that I will be responsible of repayment of any and all medical services rendered.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE PROGRAM DETAILS, WAIVER AND RELEASE OF ALL CLAIMS AND PERMISSION TO SECURE TREATMENT.

Participant's Full Name _____ (print)

Signature of Participant or Parent/Legal Guardian (if participant is under 19 years of age) _____

Parent Code of Conduct

As a Parent of the Hoover Hurricanes Swim Team, I will abide by the following code of conduct:

1. Practice teamwork with all parents, swimmers & coaches by supporting the values of discipline, loyalty, commitment & hard work.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Communication with the coaching staff should occur prior to the start of a coach's shift or after the conclusion of his/her coaching shift.
3. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials & the coaches at meets & practices.
4. Maintain self-control at all times & know my role. Swimmers – swim, Coaches - coach, Officials – officiate, Parents –parent.
5. Enjoy involvement with the HHST by supporting the swimmers, coaches & other parents with positive communications & actions.
6. During meets, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
7. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, &/or any participating swimmer will not be permitted or tolerated.
8. I understand, as a parent it is my duty to volunteer at a minimum of one (1) home meet and one (1) away meet when needed.

I understand and agree to the above terms and condition of the Hoover Hurricanes Swim Team in exchange for the privilege of my child(ren), registered with this agreement, to participate in the activities and swimming program of the Hoover Hurricanes Swim Team.

Should I conduct myself in such a way that brings discredit or discord to HHST, Hoover Parks and Recreation maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

Parent(s) Signature

Date

Swimmer Code of Conduct

As a swimmer & member of the Hoover Hurricanes Swim Team, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. As a matter of team pride & courtesy to meet hosts, pool facility operators, & janitorial staff members, I will leave the HHST pool area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, bleacher areas, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will follow verbal directions of the coaching staff.
8. I will respect the rights and space requirements of other groups using the swimming facility.
9. I will follow the Code of Conduct at home, at away events and at any event where HHST is represented.

Prohibited Behavior:

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
7. Interference with the progress of another swimmer during practice or at any other time.

Consequences for Violation of the Code of Conduct:

This code shall be in effect for all HHST swimmers during practice, during swim meets, and at events where HHST is represented. Disciplinary action can range from; reprimand, repetition of a drill, push-ups, or receiving any other disciplinary action that the coaches deem necessary if a member fails to adhere to the Swimmers Code of Conduct.

Swimmer(s) Signature

Date

