



## Emergency/Medical Information and Release

My Child/Children \_\_\_\_\_,  
has my full permission to participate on the Seabrook Stingray Swim Team. I believe that my child(ren) are in good physical condition. Any exceptions noted below.

I do not hold the Swim Team board or personnel, Clear Creek Swim League, City of Seabrook, or personnel of the swimming pool responsible for any accidents or illness.

If my child(ren) is injured and requires medical treatment, my signature on this form authorizes the Seabrook Stingrays Swim Team personnel to consent to medical treatment in my absence. Every effort will be made to contact me first. Medical treatment also includes pre-hospital medical care, all hospital and physician services, whether medical, surgical, and/or dental, that may be necessary for the benefit, safety, and well being of my child(ren).

I understand this release and agree to be financially responsible for all expenses associated with providing medical care for my child(ren).

EXCEPTIONS:

\_\_\_\_\_

\_\_\_\_\_  
Signature Date Relationship

Are you insured for emergency medical treatment? \_\_\_\_ yes \_\_\_\_ no Company \_\_\_\_\_

Emergency contact if **Parent** is not available:

\_\_\_\_\_  
Name Cell Phone Relationship

\_\_\_\_\_  
Name Cell Phone Relationship

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## Code of Conduct and Volunteer Participation

I have read and understand the code of conduct for parents and swimmers included in this packet.

\_\_\_\_\_ Swimmer's Initials

\_\_\_\_\_ Parent Signature

I understand and agree to the volunteer commitment to this team.

\_\_\_\_\_ Parent Signature

## Parent Volunteer Sign-Up Form

Important Information "Please Print"	Swimmer(s) Name (Include Last Name if Different from Parent/Guardian)	Age as of May 1 <sup>st</sup>	
Parent/Guardian's First and Last Name	1.		
Phone - Day	2.		
Phone - Evening	3.		
Parent/Guardian's E-Mail Address		Parent/Guardian's Cell Telephone	

Parents are an important part of our team. The swim meets, at home or away, can not run without your help. Some jobs require training, most do not. As part of the Seabrook Stingrays Swim Team you agree to volunteer during half of all five meets your child/children swim. Please let us know your experience and interests so you can have fun and be helpful to the team.

Fill out with your initials:

\_\_\_\_\_ I am *certified/experienced* as (circle) Clerk of Course, Stroke & Turn Judge, Referee, Starter.

\_\_\_\_\_ I am interested in *attending a training session* for swim meet officials.

\_\_\_\_\_ I can make phone calls/email for the team or help with other small but necessary jobs.

**PLEASE LIST 1<sup>st</sup> AND 2<sup>nd</sup> CHOICES FOR AM OR PM POSITIONS THAT YOU ARE INTERESTED IN HELPING WITH.**

**\*\*VOLUNTEER JOB DESCRIPTIONS (See Other Side)\*\***

Swim Meet Volunteer Position	AM	PM
Announcer		
Clerk of Course (Training Required)		
Referee (Training Required)		
Starter (Training Required)		
Stroke and Turn Judge (Training)		
Concessions		
Ribbon Writers		
Runners		
Scorers		
Ready Area		
Swim Event Sign-In Parent		
Timers		

We MUST fill the following positions (per meet) to run a swim meet:

	Home	Away
Clerks	2	2
Concessions	12	0
Officials	5	5
Ready Area	6	4
Ribbon Writers	4	4
Runners	4	0
Scorers	4	4
Set-Up/Take Down	Many	
Sign-In Parents	10	10
Timers	24	24

**\*\*\* PLANNED ABSENCES (Please circle any meet that swimmers may miss.) \*\*\***

**2010 Swim Meet Dates: June 05    June 12    June 19    June 26    July 03**

Last Chance Meet – week of July05 (Prelim)    Novice/Reserve Meet –July 10    Championship Meet –July 11

## VOLUNTEER JOB DESCRIPTIONS

**ANNOUNCER** – announce the events, call swimmers to the ready area, miscellaneous announcements

**CLERK OF COURSE** – runs the meet; in charge of organizing the events. Some computer knowledge necessary.

**CONCESSIONS** – sell food and drinks at home swim meets

**OFFICIALS** – league-trained volunteers who do Stroke & Turn Judging, Refereeing, and Starter jobs (Training involves a 2 hour course offered prior to start of season)

**READY AREA** – help seat swimmers on benches in order and help line up younger swimmers at starting blocks

**RIBBONS** – write names and times on ribbons, involves sitting and writing (usually in the shade)

**RUNNERS** – collect cards from timers and deliver them to the score table

**SCORERS** – keep track of points at the scoring table, involves sitting and writing (usually in the shade)

**SWIM EVENT SIGN-IN PARENT** – assign swim events to individual swimmers by 7:00 am (write events on arms)

**TIMERS** – operate a stop watch along with two other timers in a swim lane, record times on a card

### Sponsorship help needed!!!

Parents please be aware that the Stingrays need sponsors and their donations to keep the team running. If you know of a company, large or small, who would like to support the Stingrays, please contact a Board member.

We would also like to remind you that many companies will reward their employees who donate volunteer time with a financial contribution to organization where the volunteer hours occurred. We all know how many hours a swim team parent puts in a season. So... please contact your HR department to see if you qualify for volunteer match money. These funds can go directly to our scholarship fund.

Please contact a board member with questions via our website:

[www.seabrookstingrays.com](http://www.seabrookstingrays.com)

# Swimmer Code of Conduct

## Summer 2010

- 1) Be on time to all practices and meets.
- 2) Wear proper attire to all practices and events.  
(Girls: one piece bathing suits. Boys: bathing suits, no cut-offs)
- 3) Maintain a positive attitude at all times.
- 4) Show respect to coaches and other swimmers at all times.
- 5) Follow posted pool rules.
- 6) Respect pool property and equipment at home or away.
- 7) Practice during specified time for his/her age group.  
\*There is a coaches' notebook to write them notes, they check it daily.
- 8) During meets, swimmers agree to:
  - a) Be at meet on time. Notify coaches' if leaving for any reason.
  - b) Observe all safety rules.
  - c) Be in the Ready Area when called and remain until your heat is called.
  - d) Demonstrate good sportsmanship to teammates and other teams.
- 9) Respect coaches' privacy and authority:
  - a) Follow coaches' instructions the first time they are given.
  - b) No harassment regarding swim assignments – place requests in coaches' notebook
  - c) Appropriate texting only to notify swim meet availability
  - d) No Hanging out under the Coaches' Tent during swim meets unless discussion swim assignments/sequence

### **Consequences:** (based on infractions within the same week)

First offense: Verbal warning.

Second offense: Swimmer is moved to another group.

Third offense: Removal from practice and a phone call to parents.

Two removals from practice = no participation next Saturday swim meet.

## Parent's Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating with the Seabrook Stingrays, Inc. by following this Parents' Code of Ethics:

- 1) I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every meet, practice, or other event.
- 2) I will place the emotional and physical well being of my child ahead of my personal desire to win.
- 3) I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- 4) I will remember that our team is for youth, not adults.
- 5) I will do my very best to make swimming fun for my child.
- 6) I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- 7) Parents' NO coaching child from deck during practice. Deck Area is for Coaches' only. Talk to coaches' before or after practice.

**Contact Information:** Board President: Bill Griffin -

Registration: Katie Spicer – 281-794-0537

[www.seabrookstingrays.com](http://www.seabrookstingrays.com)