

RETURNING CATY SWIMMERS

REGISTER IN PERSON

THURSDAY MAY 21ST

OR

WEDNESDAY MAY 27TH

AT THE Y

6-8 PM

BRING:

- 1. COMPLETED EMERGENCY FORM**
- 2. SIGNED CODE OF ETHICS FORM**
- 3. PROOF OF UPDATED Y MEMBERSHIP**
- 4. DEPOSIT OF \$50 PER SWIMMER TO BE APPLIED TO PROGRAM FEES. MAKE CHECK PAYABLE TO CATONSVILLE Y AND BRING TO TEAM TABLE (NOT FRONT DESK).**
- 5. COMPLETED PARENT VOLUNTEER FORM**

CATY SWIMMING

Y of Central Maryland, Catonsville Center
850 South Rolling Road, Catonsville, MD 21228
410.747.9622

April 30th, 2009

Dear Returning CATY Family,

CATY Swimming is preparing for the 2009-2010 season. Enclosed is the registration/emergency form, Code of Ethics form, and parent volunteer form for the 2009-2010 year. **Please complete and bring ALL forms to registration either May 21st or May 27th.** **We must receive all forms and your \$50 deposit per swimmer in order for your swimmer(s) to have a returning spot on the team.** AGAIN THIS YEAR: Swimmers must have all fees (meet and program) from the previous season paid before registering for the next season. No swimmer with outstanding fees will be allowed to register.

Please take the time to fill out the emergency form thoroughly. Also, please fill out the **parent volunteer sheet** for our proposed meets this year. Specify which age group(s)/sessions for which you will be volunteering. In past years, it was extremely helpful to us to have this list at the outset of the season. Families who do not return a sheet will be assigned to a volunteer post, and will be responsible for finding substitutes if they are unable to cover those dates.

The tentative practice and meet schedule are enclosed, and will be posted on our website, www.catyswim.net, as soon as it is finalized (TBA). Practices for Senior/National group will begin **Tuesday, September 8th**. All other groups will start on **Monday, September 14th**.

The general payment plan will remain the same as last year's; one-third of full program fees will be due on each of the following dates: September 30, 2009; November 30, 2009; and January 31, 2010. **These fees are payable to Catonsville Y. Meet fees will be payable to CATY Swimming and due at the time of entry.** No swimmer will be allowed to participate in practices or meets until program fees are up-to-date.

Swimmers' groups will be posted after returning swimmer registration, so that the coaches may analyze the team's makeup and best set up groups by age and ability level.

We are looking forward to another exciting season. Thanks in advance for getting us this paperwork, and for helping to make CATY the great team that it is!

Sincerely,

CATY Coaching Staff and Parents' Committee

REGISTRATION AND FEE INFORMATION

Registration will be held at the Y May 21st and May 27th, 2007, 6-8 PM.

FOR RETURNING SWIMMERS ONLY

To ensure a spot on the team for your returning swimmer(s), we must have **received** each swimmer's registration form by **May 28th**. **After that time we will begin to fill in open slots from the waiting list.**

ALL SWIMMERS MUST BE REGISTERED MEMBERS OF THE Y. To update your membership, please see a membership representative at the Y's front desk.

Y of Central Maryland membership fees:

Family \$74/month +\$99 (one-time) initiation fee
Youth \$13/month (\$156 per year, no initiation fee)

Program Fees:

Group	Fees	3 rd + Swimmer Discounted Rate**
Mini	\$450	\$100
Advanced Mini	\$450	\$100
Prep	\$450	\$100
Cudas	\$545	\$100
Junior 1 and 2 (season)*	\$545	\$100
Junior 2 (full year)*	\$670	\$100
Senior Prep (season)*	\$585	\$100
Senior Prep (full year)*	\$710	\$100
Senior (full year only)	\$795	\$100

***NEW THIS YEAR – FULL YEAR OPTION FOR JUNIOR 2 AND SENIOR PREP (formerly Senior Regional). Swimmers in these groups will have the option of swimming with the CATY team through the end of July. This price will include the stroke and turn clinic, as well as three practices a week in June and July. These groups will observe the traditional late March-early April break after Districts, then resume with stroke and turn and continue until the end of summer swimming. Swimmers may still compete for CMSL teams, and may swim additional meets for CATY as well. The Senior group holds practices year-round for all members.**

****PAY FULL FEES FOR FIRST 2 SWIMMERS, AND THE THIRD SWIMMER FEE IS \$100 FOR THE SEASON.**

Checks should be made payable to CATONSVILLE Y.

CATY SWIMMING 2009-2010
Emergency Medical Information Form

Swimmer's Name(s) _____ DOB _____
_____ DOB _____
_____ DOB _____
_____ DOB _____

Parent(s) Name(s) _____
Address, Zip Code _____
Phone (home) _____ (work) _____
(cell) _____

Emergency Contact Person _____
Phone(s) _____

Medical Information

Allergies of any kind (including medications) _____

Existing medical condition/disease _____

Does your child have any behavioral, social, or learning diagnoses that may require special attention? Yes// No If yes _____
Is your child on any medication? Yes// No If yes _____

Name of Primary Physician or medical contact _____
Phone _____

Person(s) authorized to transport my child to and from swim meets, or to medical attention if necessary _____

The Y has my permission to transport my child home or to medical treatment in the event that I cannot transport him/her. Yes // No

Additional information regarding my child _____

Parent/Guardian Signature _____ Date _____

Email Address (please!!) _____

CATY BARRACUDAS SWIM TEAM/CATONSVILLE Y

CODE OF ETHICS FOR SWIMMERS AND FAMILIES

Swimmers:

- I agree to conduct myself in a courteous, respectful and exemplary manner.
- I recognize that the reputation of myself, my family, CATY Swimming and Catonsville Y are affected by and dependent upon my conduct and behavior at all times.
- I will conform to all rules, regulations, and procedures announced by the CATY Coaches and the Catonsville Y Staff.
- I will compete in all of my events to the best of my ability.
- I will not in any way endanger the safety of another swimmer.

Parents and Families:

- I will encourage good sportsmanship by demonstrating positive support verbally and by my actions for all swimmers, coaches, and officials at every game, practice or any other event.
- I will trust the coaches and/or Y staff to approach officials and representatives of other teams when and if any issues arise, and will not approach or contact these representatives myself.
- I will place the emotional and physical well being of my child ahead of my personal desire to win, remembering that the sport is for youth – not adults.
- I will require my child to treat all other swimmers, coaches, fans and officials with respect.
- I will remember that the CATY Coaches are accredited, trained professionals.
- I recognize that the reputation of myself, my family, CATY Swimming, and Catonsville Y are affected by and dependent upon my conduct, words and behavior at all times.

Swimmers and Families further acknowledge that the following conduct is unacceptable and will not be tolerated:

- Possession or use of illegal drugs at any time. Possession of tobacco products on Y property.
- Possession or use of alcoholic beverages or tobacco products (by swimmers).
- Use of profanity or inappropriate language.
- Inappropriate or unsupervised activities between team members.

I understand and accept that failure to abide by the CATY SWIM TEAM/CATONSVILLE Y CODE OF ETHICS FOR SWIMMERS AND FAMILIES may result in immediate disciplinary action including but not limited to the following:

- Suspension from the meet, event or practice session.
- Suspension or expulsion from the team.
- Forfeiture of all payments or credits for participation in the meet or event.
- Dismissal from the Y and the team. If the dismissal occurs while on a trip, the cost of the immediate return trip will be at the swimmer's/parent's expense.
- Any combination of the above.

I understand that CATY Coaches and Catonsville Y Staff judgment will prevail in any disciplinary action that arises, and that any necessary code interpretation will be the sole responsibility of CATY Coaches and Catonsville Y Staff.

I pledge to abide by the CATY SWIM TEAM/CATONSVILLE Y CODE OF ETHICS FOR SWIMMERS AND FAMILIES.

Swimmer's Signature

Date

Parent's Signature

Date

TENTATIVE MEET SCHEDULE 2009-2010

DATE	MEET	WHERE	NOTES
10/11	Time Trials 12 & under	CATY	TENTATIVE DATE (possibly with SPRFC)
11/7	Opening Gun	TCY	TENTATIVE DATE
12/4-12/6	Invitational Meet?		TENTATIVE DATE
12/4-12/6	Capital Classic (Qualifiers)	Raleigh	Travel 12/3
1/10-1/11	Winterfest	UMCP	TENTATIVE DATE
1/23 or 1/30	CUY Invitational	CUY	TENTATIVE DATE
2/13-2/14	C&P	TBA	TENTATIVE DATE
3/7	Towson 8&under Mini Meet -	TBA	TENTATIVE DATE
3/12-3/14	Districts	TBA	TENTATIVE DATE
4/7-4/10	Short Course Nats	Ft. Lauderdale	

DUAL MEETS:

We are also scheduled to have 4 league dual meets (Towson Y, SPY, HCY, and the new Randalstown Y). Dates and times for those will be finalized later, but we expect to have two in fall 2009 and two in winter 2010. We are also looking into meets with Brandywine Y and the Arena Club (formerly HARY). Some of these meets may be 12&under only, 12&over only or split session meets.

NOTE: All "split" meets are actual dual meets; scores at the end of both sessions will be combined to determine final score

FAMILY: _____

PHONE: _____

PARENT VOLUNTEER GRID

Please check off dates that you will be available. If you have more than one child, and ages/sessions are spread out, note the age group on the form. A blacked-out square denotes no need for a certain volunteer at that meet.

	Timing	Stroke/ Turn	Table	Starter	Setup	8U's	Cleanup	Runner	Marshal	Food
11/7 Opening Gun										
12/5@ Invitational? AM or PM										
12/6@ Invitational? AM or PM										
12/4@ YOTA AM or PM										
12/5@ YOTA AM or PM										
12/6@ YOTA										
1/10 Winterfest AM or PM										
1/11 Winterfest AM or PM										
1/23 or 1/30 CUY Invit.										
2/6 or 2/13 C&Ps										
3/6-8 Districts										
3/7 8U Champs										

DUAL MEET VOLUNTEERS

Because we do not have our dual meet schedule set, we know it will be hard to volunteer for specific meets at this time. Please indicate at least two areas in which you are willing to volunteer at dual meets and we will assign volunteers after signouts for each meet. Thank you!

Timing _____
 Starter _____
 Cleanup _____
 Concessions _____

Stroke/Turn _____
 Setup _____
 Runner _____

Table _____
 8&unders _____
 Marshall _____

Parent Committee Chairs

For the 2009-2010 season, we have several open chairs for our parent committees that we need to fill before the season begins. A brief description of the open positions is below. If you would like to volunteer for one of the committee chairperson positions, please contact Coach Mike (coachmike@catyswim.net) or bring this form to registration. We have also included a list of the committee that have chairpersons, but need additional volunteers to perform smaller tasks under the direction of the chairperson. If you would like to volunteer to be a part of a committee, please contact either Coach Mike, the chairperson, or bring this form to registration. We need your help to make the season run smoothly! Thank you.

Committee Chairs Needed:

Volunteer Coordinator (1 or 2) – Coordinate parent volunteers for various meets and events, plan parent volunteer meetings, assist coaches with tasks as needed.

Locker Room – Schedules parents to monitor the locker room during practice transitions from 6:45-7:15 pm and 7:45-8:15 pm.

Goodie Bags – Coordinates orders for and distribution of goodie bags for the championship meets, February and March, also handles orders of items to be included in bags when necessary.

Concessions – Two needed, one for 12&under sessions, one for 13&over sessions. Works to assign food/beverage donations for dual meets, set up concessions area and sell concessions (with help) during meets.

8&unders – Helps to get 8&under swimmers to blocks at dual and invitational meets.

10&Under Ribbons – Apply labels from results reports and stuff mailboxes with ribbons.

Treasurer – Manages some fundraising monies and meet entry checks. Would be helpful to have a parent of a USA registered swimmer.

Help Needed:

Swim-a-thon

Concessions

Goodie Bags

Locker Room

Ribbons

I would like to volunteer to chair the _____ committee.

I would like to volunteer to help with _____.

TENTATIVE PRACTICE SCHEDULE 2009-2010

Practice Group	Day	Dryland	Swim
Mini	M,W,F Sun*	N/A	7-8 PM 6-7 PM
Advanced Mini	M,W,F, Sun*	N/A	6-7 PM
Prep	M,W,F Sun*	N/A	7-8 PM 6-7 PM
Cudas	M,W,F Sun*	5:30-5:55 PM 6:30-6:55 PM	6-7 PM 7-8 PM
Junior 1	M,W,F, Sun*	6:30-6:55PM	7-8PM
Junior 2	M,W,F Sun*	7:30-7:55 PM 6:30-6:55 PM	8-9 PM 7-8 PM
Senior Prep	M, W, F Sun*	7-7:30 PM 6:00-6:55 PM	7:30-9 PM 7-8:15 PM
Senior	M, W, Th Tu, F Sun*	3:15-3:55 PM** Lift on own 6-6:55 PM	4-6 PM 3:45-6 PM 7-8:15 PM

*Sunday practices for Mini, Advanced Mini and Prep are optional. Sunday practices for Cudas, Juniors and Seniors are not intended to be optional practices.

**Senior National swimmers who attend schools dismissed after 3pm will do dryland as a group from 6:10-6:40 on set days. These swimmers should try to arrive by 3:45pm (or as soon as possible) to stretch and do cords.

Essential Practice Equipment: All swimmers

- Practice suit that fits, goggles, cap - EVERY PRACTICE
- A spare suit, cap and goggles should be kept in swim bag

Cuda and Junior Equipment

- Mesh bag with fins and pull buoy, water bottle, and extra caps and goggles
- Appropriate clothes and shoes for dryland and/or lifting EVERY DAY, just in case!

Senior National and Regional Equipment

- Mesh bag with fins, buoy and paddles, warm-up cords (provided by coaches), water bottle and extra caps and goggles
- Appropriate clothes and shoes for dryland and/or lifting EVERY DAY, just in case!

Periodically, photos and/or videos may be taken of CATY swimmers for instructional or Y promotional use. The Y may take photos or videos to be used in promotional materials. The team may also take photos and post them to the team website for spirit-building purposes. The team may take videos, both above and under the water, in order to better instruct swimmers on stroke technique and to illustrate both positive and negative aspects of a swimmer's stroke or racing skills.

_____ I give the CATY swim team and the Y of Central Maryland permission to take photos and video of my child(ren).

_____ I do NOT give the CATY swim team and the Y of Central Maryland permission to take photos and video of my child(ren).

Parent Signature

Child's Name

Child's Name

Child's Name

Child's Name