



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Skaneateles Lightning Swim Team

2022- 2023 Registration form

September 12, 2022- April 2, 2023

Please make checks payable to Skaneateles YMCA

Please Print:

Swimmers Name	M /F	Current Age	Date of Birth	T-Shirt Size	Level: Please Circle one for each swimmer
1.					Lightning Pre-Lightning
2.					Lightning Pre-Lightning
3.					Lightning Pre-Lightning
4.					Lightning Pre-Lightning

Swimmer's Information:

Address _____
 City _____ State _____ Zip _____
 Primary Phone number _____

Parent/Guardian's Information:

Name _____
 Address _____
 Home Phone _____ Cell Phone _____
 Work Phone _____ Email _____

Name _____
 Address _____
 Home Phone _____ Cell Phone _____
 Work Phone _____ Email _____

E-MAIL ADDRESS

(E-MAIL Address used for communication through Team Unify)



Skaneateles Lightning Swim Team

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Medical Release Form

Swimmers Name _____ Date of Birth _____

Home Address _____

City _____ State _____ Zip _____

Emergency Contact #1

Name/ Relationship _____

Phone Number _____

Emergency Contact #2

Name/ Relationship _____

Phone Number _____

***At least one contact must be accessible during practices and meets**

Allergies YES NO (if yes, detail) _____

Medications YES NO (if yes, detail) _____

Special Concerns: _____

*Please use back of page for further space/explanations

Swimmer's Physician

Name _____

Phone # _____

Insurance Information

Company Name _____

ID or contract # _____

I do hereby give authority to the Skaneateles YMCA Lightning Swim Team coaches or other swim team administrator(s) to obtain appropriate medical and/or dental attention for my child in the event of an accident, injury or illness. I will be contacted as soon as possible in the event of such an emergency. In the event it is deemed necessary by the Lightning coaches, I authorize the contacting and services of the rescue squad, as well as the transporting of my child to the hospital.

Signature of Parent/Guardian _____

Date _____

***This authorization is valid from September 12, 2022 through April 2, 2023**

***Parents are required to notify Coach Seth Williams of any changes to swimmers' medical information during the season**



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Photo/Social Media Release Form

As part of the Skaneateles YMCA Lightning Swim Team communication process, the team maintains a web site and periodically prints newsletters and statistics and/ or provides information to news organizations. This form documents how you want your swimmer's information handled.

Please read and sign below. Indicate YES or NO where appropriate:

1. I hereby authorize the use of still photographs taken at swim meets or other swim team functions. I recognize these photos may be posted on the team website, Face book, or other social media outlet or used by news media in covering swimming events.

Yes No

2. I understand that no personal demographic information will be posted on the team web site in conjunction with these photos.

Yes No

3. I hereby grant permission to post swimming-related statistics and information on the team website, the team newsletter and/or to provide this information to the news media.

Yes No

4. I understand that information listed on the LSC or USA Swimming web site regarding my child is not posted by the Team.

Yes No

6. I authorize the Swim Team, LSC, and USA Swimming to use our contact information in a club roster.

Yes No

7. I hereby release the Swim Team, the LSC or USA Swimming from any and all liability in connection with the above said uses and purposes.

Yes No

Swimmer's Name _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____



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Dry Land Training Release Form

Swimmers Name _____ Date of Birth _____
Home Address _____
City _____ State _____ Zip _____

Please initial if you agree:

I understand the personal safety of the swimmer is of first importance to the Skaneateles Lightning and the Skaneateles YMCA and the staff:

I understand the cost for any injury sustained during the program is the parent’s responsibility and the team is in no way responsible for any cost:

I do hereby give authority to the Skaneateles YMCA Lightning Swim Team coaches or other swim team administrator(s) to obtain appropriate medical and/or dental attention for my child in the event of an accident, injury or illness. I will be contacted as soon as possible in the event of such an emergency. In the event it is deemed necessary by the Lightning coaches, I authorize the contacting and services of the rescue squad, as well as the transporting of my child to the hospital.

Name of Parent/Guardian _____
Signature of Parent/Guardian _____
Date _____

***This authorization is valid from September 12, 2022 through August 31,2023**

***Parents are required to notify Coach Seth Williams of any changes to swimmers’ medical information during the season**

Per the US Anti-Doping Agency, swimmers and their parents are required to abide by the following protocols:

I understand and agree that the FINA Anti-Doping Rules and U.S. Anti-Doping Agency Protocol for Olympic and Paralympic Movement Testing (USADA Protocol) and all other policies and rules adopted by FINA, USADA, and the USOPC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of FINA and/or USA Swimming, if applicable or referred by USADA.

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____



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Lightning Expectations

Practices:

1. Swimmers are expected to be at practice on time and prepared to swim every day.
2. Swimmers are expected to stay for the entire practice; if a swimmer needs to leave early, please notify the coach before practice starts.
3. All swimmers will help in the set up and take down of pool equipment (Coaches' direction)
4. All pool rules and Lifeguard instruction must be followed.
5. Misbehavior of any kind including bullying, horse play, and vandalism will not be tolerated and will result in immediate suspension from practice.
6. During school breaks an extra set of practices may be held for swimmers in the mornings.
7. During School breaks there will be no practice for the Pre-Lightning Swim Team.
8. Good teamwork and pool behavior is expected during practice time to allow orderly and well-run practices.
9. Attentiveness to coaches is important to make practices run smoothly and workouts done properly.
10. ANYONE who cannot behave during practice (being disruptive, not listening, and arguing) will be asked to sit out for a period of time or may be asked to leave for the remainder of practice.

Meets:

1. Be prompt for meets.
2. At away meets you are representing your team; please behave accordingly.
3. A great deal of time and energy goes into meets. It is necessary that swimmers stay in the pool area for a large portion of the meet. Swimmers are also required to stay for the duration of the meet to cheer on fellow teammates!
4. At the discretion of the coaching staff, a swimmer that fails to show up for an event may be removed from the roster for the remainder of the meet. It is the swimmer's responsibility to pay attention as events are coming up.
5. At home and away meets, your events will be posted on the wall. Remember what event you will be swimming; it is your responsibility.
6. The lineup cannot be adjusted or altered after it is submitted. Please tell your coaches as soon as possible if you are able to attend a meet. There may be additional paperwork for meets stating what events swimmers may be interested in.
7. At home meets the "guard office" and "aquatics director office" is off limits to all swimmers. Also, it is responsibility of the home team to help with clean up after home meets!



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Code of Conduct

Skaneateles YMCA Lightning Code of Conduct/Expectations: Please read thoroughly with your athlete.

- I will respect and show courtesy to my teammates, coaches, and parents of the program at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my teammates.
- I will be respectful of my teammates’ feelings and personal space. Swimmers/Parents who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official’s call, I will talk with my coach and not approach the official directly.
- Parents and athletes will face disciplinary actions if they interfere/disrupt a practice or competition.
- I will obey all of YMCA/USA Swimming’s rules and codes of conduct.
- I will always follow Safe Sport guidelines and expectations.
- During meets, parents are not allowed on deck unless they are working in an official volunteer capacity.

I understand that if I violate this code of conduct, I will be subject to disciplinary action as deemed appropriate by the Head Coach, Aquatics Director, and YMCA Branch Executive Director. Disciplinary action may include a written warning, 30-day suspension, 1-year suspension, or lifetime ban of program/facility.

Swimmer’s signature

Date

Swimmer’s signature

Date

Swimmer’s signature

Date

Swimmer’s signature

Date

Parent’s signature

Date

Parent’s signature

Date



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Lightning Practice Times

6 practice days per week: 12 hours per week

Mon - Fri: 5:30-7:30pm

Sat: 8:00- 10:00am

- **Head Swim Coach will decide practice duration within each swim group for each swimmer**
- Dry Land Training is open to swimmers 10 years of age and older or has prior authorization from swim coach.

Pre-Lightning Swim Team

Practice Times

Monday, Wednesday 5:30-6:30pm OR

Tuesday, Thursday 5:30-6:30pm

Swimmers on the Pre- Lightning team will spend 45 minutes every practice working on different areas of swimming (stroke development, starts, turns etc.) The last 15 minutes of the practice will be spent “playing”, learning the fun parts of swimming

Pre-Lightning swimmers will be swimming in the Leisure and Competition pool during practices. The competition pool is known as a colder pool and we highly recommend body suits for when the kids are swimming in that pool. Information can be found on the Team Unify site.

Alternate days will be added to the Pre-Lightning practice schedule if enrollment allows.

Pre-Lightning will not practice during school breaks (Thanksgiving, Christmas)