

# HAMILTON Y AQUATIC CLUB

[www.hamiltonaquatics.com](http://www.hamiltonaquatics.com) email – hacy.swimming@gmail.com

Developing Champions for 26 years

**WINTER 2009-2010**

Sponsored by:

Hamilton Area YMCA

## **Age Group and Senior II Competitive Training** **Ages 9 thru High School**

In affiliation with West Windsor Recreation Department

For the experienced, committed, year round swimmer. Swimmers in this practice group are encouraged to set goals which include US Bronze, Silver, Junior Olympics, and YMCA Long Course National Cuts. Swimmers will participate in all YMCA league meets, and selected USS swim meets. Selection for this level will be based on the individual's ability to maintain time standards and consistent practices. Swimmers will be evaluated and selected for this level at the following **tryout dates**- Aug. 4 & 12, 6:00-7:00pm at John Witherspoon Middle School in Princeton. New swimmers and previously registered Level 1 or 2 swimmers, who want to be a member of the AgeGroup/Senior II practice level must attend **one** of the tryout dates. Swimmers unable to attend scheduled tryout must contact Sue Welsh at [SJWelsh99@aol.com](mailto:SJWelsh99@aol.com) for makeup session.

Dates: Sept. 16, 2009 – last meet in March 2010

September 16, 2009– November 15, 2009

\* \* Practice: Monday – Thursday 7:00 – 8:30pm, Friday 6:30– 8:00pm

\* \* Location: West Windsor-Plainsboro HS South

November 16 – March 2010

Monday, Wed. Thurs. & Friday at WWP South 7 – 8:30pm

Tuesday TBA

**\*\*Please note:** The construction at WWP South is expected to run into the beginning of September. We are planning to start our program at WWP South. Nottingham HS will be used in the event WWP South is not available for September M/W 5:00 – 6:30pm, Tues., Thurs. & Fri. 5:30 – 7:00pm

### Fees

**Age Group/Senior II - \$1,250**

**\$600 deposit** due with registration payable to: HAC

**\$150.00 check** payable to: West Windsor Recreation Dept

(US Swimming Membership included in fee

**Balance due by 10/25/09 - \$500**

**An additional \$100 entry fee to be held in escrow**

### West Windsor Recreation Fee

*Age Group and Senior II swimmers* must register with the WW Recreation Department. A separate check, for \$150.00 payable to West Windsor Recreation, along with the WW registration form, must accompany all registrations.

### Hamilton Area YMCA Swim Team Membership

*All swimmers must be GENERAL members of the Hamilton Area YMCA.* A separate check payable to the Hamilton Area YMCA must accompany registration. New swimmers must also complete a Y Registration form – available at Parent Orientation.

Swimmers with current GENERAL or FITNESS Y memberships need only provide membership number on registration form. (Please note if you have a BASIC membership it will have to be upgraded, your additional fee will be calculated for you please note membership on registration form – do not send a check at this time!).

**Membership will be valid from September 15, 2009 – April 15, 2010**

Child (age 0-8) \$61.00

Youth (age 9-12) \$90.00

Teen (age 13-17) -\$115.00

**Membership will be valid from September 15, 2009 – September 14, 2010**

Child (age 0-8) annually \$96.00 bank draft \$8.83 monthly

Youth (age 9-12) annually \$145.00 bank draft \$12.91 monthly

Teen (age 13-17) annually \$189.00 bank draft \$16.58 monthly

**REGISTRATION AND DEPOSIT ARE DUE BY AUGUST 20, 2009**

Please make checks payable to HAC, Inc. 20 Birchwood Ct., Princeton Jct. NJ 08550

# Parent Information Sheet

## Fees:

Deposits are required with all registrations. Balance of payment is due 10/25/09. Fees for families with two or more swimmers are discounted automatically. Payment schedule is available for those families that are interested.

## Official Training:

**Our team is required to provide certified officials for YMCA and USS Meets. We provide the training. This is a great way to become involved in the sport. If you are interested, please contact Mike Grace at [michelney@aol.com](mailto:michelney@aol.com) or on 609.581.1730. WE NEED HELP HERE!**

## Practice Times:

Parents are urged to have their children ready to ENTER the water at the designated start time of practice – generally that means you should get there 10 –15 minutes ahead of schedule to allow time to change, get organized, and stretch!

## YMCA Girls and Boys Teams:

There are separate YMCA Swim Teams for the boys and girls – that means that they do not compete together.

## USS Swimming:

Swimmers must be registered with NJ Swimming in order to compete in USS meets. The fee for membership is included in the Age Group, Senior II, and Senior level fee.

## Parental Responsibilities:

We are dependent on parents to effectively, efficiently, and economically, run this swim club. As such there are a number of requirements that must be fulfilled. None of them are difficult, and they don't have to cost you anything – what we need is your time. They are detailed on the Parent Responsibility Form. That form needs to be read, signed, and turned in.

## Team Swim Suits:

We do have team suit. A "suit sale" date will be announced in September. Latex team caps are provided.

## Team Apparel:

Optional Team Apparel will be available. Please look for forms to be distributed at practice, to your email address and on the web site at the start of practices. The turn around time for ordering is very fast – so don't delay!

## Parent Liaison:

There will be one "experienced" parent at each practice level who will be responsible for making sure papers/forms/information are distributed. This parent will also serve as a contact point for other parents at that practice level. At each practice site there will be a file maintained for each family. That file should be checked EVERY week! If a swimmer is dropped off – they need to know to check that file!

## E-Mail:

**All of the information regarding the club is sent to everyone via email. It is IMPERATIVE that we have an email address that is read on a consistent basis. Information is sent in WORD and Excel format. If more than one email address is needed, that's fine...we just want to make sure everyone gets everything!**

## Club Contacts:

Questions and Information:	<a href="mailto:hacy.swimming@gmail.com">hacy.swimming@gmail.com</a>
Parent Contact:	Wendi Davies    wendi_davies@hotmail.com or 609 799-1099
President/Head Coach:	Sue Welsh <a href="mailto:sjwelsh99@aol.com">sjwelsh99@aol.com</a> or 609.936.7294

2009 –2010 Winter Registration/Medical Form  
**DUE 8/20/09**

**Registering for:** (circle one) Age Group/SRII OR Senior

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
First middle initial last (as of 12/1/09)

ADDRESS: \_\_\_\_\_  
Street town township state zip code

HOME PHONE: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Parents names and work & cell phone #'s:

father \_\_\_\_\_ mother \_\_\_\_\_

YMCA Swim Team Registration: New \_\_\_\_ Returning: \_\_\_\_  
OR General/Fitness Member: # \_\_\_\_\_ Basic Member: # \_\_\_\_\_

USS Member Yes \_\_\_\_ Team \_\_\_\_\_ No \_\_\_\_ **T-SHIRT SIZE Youth \_\_\_\_ Adult \_\_\_\_ Check one**  
**Circle one S, M, L, XL**

**MEDICAL INFORMATION:**

Emergency contact : \_\_\_\_\_  
Name Phone # relationship

Doctor: \_\_\_\_\_ Phone # \_\_\_\_\_ Hospital: \_\_\_\_\_

Medical Insurance: \_\_\_\_\_ ID # \_\_\_\_\_ last 4 digits SSN \_\_\_\_\_

Are you allergic to any medications? No \_\_\_\_ Yes \_\_\_\_ (list) \_\_\_\_\_

Do you take any prescribed medications on a permanent or semi-permanent basis? No \_\_\_\_  
Yes \_\_\_\_ (list) \_\_\_\_\_

Do you have asthma or other respiratory disease? No \_\_\_\_ Yes \_\_\_\_ (list) \_\_\_\_\_

Do you have any learning disabilities that the coaching staff should be aware of? No \_\_\_\_  
Yes \_\_\_\_ (list) \_\_\_\_\_

Are there any other issues that the coaching staff should be aware of? No \_\_\_\_  
Yes \_\_\_\_ (list) \_\_\_\_\_

Participation in HAC programs requires an annual physical. Date of last physical: \_\_\_\_\_

If a medical emergency or illness occurs, I authorize the coaching staff of Hamilton Aquatics to send my child to a physician or hospital, and authorize emergency medical treatment.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT RESPONSIBILITIES**

Should my child be responsible for damage to the facilities/equipment at their practice location I understand that I am responsible for restitution.

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

# CONSENT AND GENERAL LIABILITY RELEASE AND WAIVER OF CLAIMS

**Hamilton Aquatics Club  
20 Birchwood Ct.  
Princeton Jct., NJ 08550**

I, the parent/legal guardian of \_\_\_\_\_ do hereby give my approval of his/her participation in the HAC Swimming Program to be held September 2009 – April 2010

I, \_\_\_\_\_, do hereby state that I am at least 18 years of age and I wish to participate in the HAC Swimming Program to be held from \_\_\_\_\_ to \_\_\_\_\_.

I assume all risks and hazards incidental to this event. I do further release, absolve, indemnify, and hold harmless the HAC, the organizers, sponsors, supervisors, volunteers, and officials, their agents, representatives, or assigns. I hereby waive all claims against HAC, the organizers, the sponsors, supervisors, volunteers, officials, their agents, representatives, or assigns, for any injury to myself if I am at least age 18, / or to my child (as applicable) for any loss due to theft of or damage to my personal property or for any other consequential or incidental damages caused in any manner whatsoever where any such liability is attributable to the absence of ordinary or even slight care by the event organizers and the conduct of this event.

I further state that there is no medical condition which I/my child, \_\_\_\_\_, has that would prevent him/her from participating in this event.

\_\_\_\_\_  
Signature of Parent or Guardian (or participant if age 18 or over)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name