WELCOME TO THE NAMPA SWIM TEAM
2011/2012 SEASON

It is our hope that being a member of NST and through the programs we offer, you and your child will gain an understanding of the fundamentals of competitive swimming. Your child has the opportunity to not only learn how to swim competitively, but also to develop personal goals, meet challenges, and master a lifelong athletic skill. We also hope during this endeavor, your child will develop friendships with team members and competitors.

The Nampa Swim Team has a current membership of approximately 50 swimmers. The Sharks practice daily at the Nampa Rec. Center (NRC). The team competes in swim meets on a monthly basis during the winter and summer. Swim meets are usually held on weekends. Participation in meets is not mandatory; however, most swimmers find the competition very rewarding.

Enclosed are the documents that need to be filled in completely to register for the Nampa Swim Team. These forms are to be completed each year.

Please return the forms to the Registration Chair via the NST Lockbox at the pool or by mail to P.O. Box 753, Nampa, ID 83653:

- NEW member of the NST;
  1. NST registration packet.
  2. 2011-12 USA Swimming Registration Form.
  3. Copy of swimmer’s Birth Certificate (a copy of baptismal records, passport or other documents stating the child’s legal name and date of birth are also acceptable).
  4. Check for $80.00 (2011-12 Annual Fee) payable to Nampa Swim Team. The annual fee includes $55 for the annual USA Swimming membership and a $25 NST administrative fee.

The above documents (items 1, 2, 3, 4), are due prior to the swimmer entering the pool as a NST Shark.

- CURRENT member of NST;
  1. NST registration packet.
  2. A check for $80.00 (2011-12 Annual Fee) payable to Nampa Swim Team. The annual fee includes $55 for the annual USA Swimming membership and a $25 NST administrative fee.
  3. Returning NST members will be billed the Registration Fee instead of August dues.

SCHEDULE & FEES

<table>
<thead>
<tr>
<th>Group</th>
<th>NRC Member</th>
<th>Non NRC Member</th>
<th>Practice schedule (subject to change)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinner Sharks</td>
<td>$45.00</td>
<td>$45.00</td>
<td>Tuesday &amp; Thursday 6:00-7:00 pm</td>
</tr>
<tr>
<td>Sand Sharks</td>
<td>$55.00</td>
<td>$65.00</td>
<td>Monday, Wednesday, Friday 4:30-6:00 pm</td>
</tr>
<tr>
<td>Silver Sharks</td>
<td>$65.00</td>
<td>$75.00</td>
<td>Monday, Wednesday, Friday 6:00-7:30 pm</td>
</tr>
<tr>
<td>Leopard Sharks</td>
<td>$80.00</td>
<td>$90.00</td>
<td>Monday – Friday 4:30-6:00 pm</td>
</tr>
<tr>
<td>Tiger Sharks</td>
<td>$90.00</td>
<td>$100.00</td>
<td>Monday – Friday 3:45–6:00 pm</td>
</tr>
</tbody>
</table>

* Silver Sharks and above are required to provide their own pull buoys and fins.
Swim Meets hosted by NST or other Clubs within the Snake River League:
- Meet Fees, usually $25-$35 dollars are nonrefundable and due prior to the official meet entry (immediately after the meet sign-up). Relay fees will be assessed as part of the following billing cycle.
- For swim meets outside our Snake River LSC, coaching fees will apply; $75.00 for the 1st swimmer, $25.00 for the 2nd swimmer, or $100.00 family maximum.
- Attending swim meets is voluntary.

Concessions:
- NST hosts approximately 2 swim meets per year. Each family will provide $15.00 for food item(s) to sell as concessions. This fee is required regardless of your swimmer’s participation in the meet.

Swimmers are charged a full month’s dues for participation in the club. There is no payment option for partial month participation.

If your swimmer is taking time off from swimming with the team, you are required to submit a completed Leave of Absence Form to the NST billing administrator or treasurer to avoid further charges to your swimmer’s account. Leave of absence forms are required by the 15th of the month prior to the leave.

All fees are non-refundable. There is a $25.00 charge for any non-sufficient check.

Please remit your monthly dues to the Treasurer by the 1st of the month.

Mail dues to NST INC., P.O. Box 753, Nampa, ID 83653 or you can drop them in the new NST Lock Box on the wall of the swim deck. There will be a $10.00 late fee assessed to dues that are received after the 10th of the month for past due amounts.

If you have any billing questions, please email NSTSharks@yahoo.com or contact a board member.

PLEASE KEEP for your records:
- Cover letter
- Service Contract
- Swimmer & Parent Code of Conduct
- Swimmer Leave of Absence Form

PLEASE RETURN:
- Swimmer Registration Form, Emergency Information Form, and Signature Page.
  Team website http://www.nstsharks.com
NST is a private, non-profit club. Any dues paying family is a voting member of the club (with one vote per family at the annual meeting). NST is not associated with the city of Nampa, the Nampa Recreation Center, or supported by any other group. NST is a non-profit organization managed by volunteer parents, funded by monthly fees, swim meets, and by fund-raisers: swim meets hosted by NST, the swim-a-thon, Aqua-thon/Swim Challenge, and other opportunities.

Our expenses, which include but are not limited to coaching fees, pool rent, and supplies are not completely covered by our monthly dues. We are fortunate that our pool rental fee to the Rec. Center is lower than the national average. Since our monthly dues do not cover all our expenses we use fundraising to help bridge the gap. If we were to cover all of our expenses strictly from monthly dues, we would need to increase the dues approximately 30%. In lieu of raising our monthly fees, **all families must participate in fundraising.**

**FUND-RAISING IS A SEMI-ANNUAL COMMITMENT:**

NST will provide opportunities to raise funds during each year. However, if the annual amount is not raised, it will be assessed to the January and July monthly bills. The swimmer will not be permitted to swim in the winter or summer champs if the fundraising obligation has not been paid. If a swimmer only participates with the NST for part of the season, the fundraising obligation will be prorated as a monthly expense over the 11 month season. (There are no team dues in August.)

**SEMI-ANNUAL FUND-RAISING OBLIGATION:**

<table>
<thead>
<tr>
<th>Group</th>
<th>Obligation per season (Winter/Summer)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinner Shark</td>
<td>$55.00 per season = $110 / year</td>
</tr>
<tr>
<td>Sand Shark</td>
<td>$82.50 per season = $165 / year</td>
</tr>
<tr>
<td>Silver Shark</td>
<td>$82.50 per season = $165 / year</td>
</tr>
<tr>
<td>Leopard Shark</td>
<td>$110 per season = $220 / year</td>
</tr>
<tr>
<td>Tiger Shark</td>
<td>$110 per season = $220 / year</td>
</tr>
</tbody>
</table>

- The total fund-raising obligation is annual. If a swimmer raises the annual fundraising obligation in the Winter season, then there is no further obligation for the Summer season.

Initial: __________

**SERVICE HOURS**

Each family is required to provide 22 service hours during the year. If the 22 service hours are not met in a year, a $10 per hour fee will be added to the swimmer’s July bill.

Initial: __________

**NST Hosted Meets:**

Each family who has a swimmer participating in the meet will volunteer **at least** 2 hrs/day, or 4 hrs total for a 2-day meet, 6 hrs total for a 3-day meet.

**Away Meets:**

All clubs in our LSC need volunteers to time at every meet. Each team is expected to provide timers for their designated team
NST families are vital to our team financially, and it helps to promote a sense of community. There are many ways to be involved with no experience necessary. Contact a Board Member and to be a supportive swim team parent.

By signing the Signature Form you are indicating your commitment to assist your child’s team in fundraising and service for the Nampa Swim Team.

***Please initial the Volunteer Contract line on the signature page***
2011/2012 SWIMMER REGISTRATION FORM
(Revised 08/11)

***IMPORTANT***
Please make sure you provide your e-mail address.
This is NST’s primary form of communication with parents & swimmers

Athlete Information

Last Name: __________________________ First Name: __________________________ Middle Initial: _______

Preferred Name: __________________________ Birth Date: __________________________ Age: ______ Gender: _______

School __________________________ Grade __________________________ Graduation Year ___________

Swimmer’s E-mail Address: __________________________

NRC Pass Holder: YES or NO
(Circle one)

Primary Mailing/Contact Information (parent/guardian)

Last Name: __________________________ First Name(s): __________________________
(Parent/Guardian 1) (Parent/Guardian 2)

Mailing Address: __________________________

City: __________________________ State: __________________________ Zip+4: __________________________

Home Phone: __________________________ Mobile Phone: __________________________

Parent/Guardian 1: Work Phone: __________________________ Mobile Phone: __________________________

E-mail: __________________________

Parent/Guardian 2: Work Phone: __________________________ Cell Phone: __________________________

E-mail: __________________________

PLEASE FILL IN & RETURN TO TEAM ADMINISTRATOR
SWIMMER EMERGENCY INFORMATION

AUTHORIZATION TO PROVIDE EMERGENCY TREATMENT TO A MINOR

We, the undersigned parents of (Name) ____________________________ Birth date __/__/____, do hereby consent to any x-ray, examination, anesthetic, medical, or surgical diagnosis or treatment and hospital service that may be rendered to said minor under the general or special instructions of the emergency physician in charge of the health facility selected by NST, Inc.

It is understood that this consent is given in advance of any specific diagnosis or treatment being required, but is given to encourage NST, Inc. and said physician to exercise their best judgment as to the requirements of such diagnosis or treatment.

It is also understood that this authorization extends to the performance of major surgery and to the administration of blood and any extensive resuscitative measures as may be needed in the case of drowning or other serious accident.

We hereby designate ______________ M.D. as primary physician and request the emergency physician to call him/her for primary care of the above mentioned minor if practicable.

Parent/Guardian ____________________________ Date _____________

GENERAL MEDICAL INFORMATION:

Doctor’s Name: ____________________________ Phone: _____________
Emergency Contact(s): ______________________ Phone: _____________
Medical Conditions: ____________________________________________
________________________________________________________________
________________________________________________________________
Medication: ____________________________________________________
________________________________________________________________
Date Last Tetanus: ______________

PLEASE FILL IN & RETURN TO REGISTRATION CHAIRPERSON
The following is the Code of Conduct for Nampa Swim Team swimmers governing participation in the swimming program, at out of town or local meets, and any NST swimmer representing Snake River Swimming or USA Swimming.

The purpose of the contract is to promote the best possible individual, team and program impression.

General Rules:
1. I will abide by the code of conduct.
2. I will exhibit good sportsmanship toward coaches, team members and other teams.
3. I will attend as many meets as possible during the swimming season. (September-August)
4. I will keep my USA Registration current.
5. I will respect the coaches and their decisions regarding team matters. The coaches are the persons in charge. Where and what position swimmers are placed in concerning drills, relays, practices and meets depends upon the coaches decisions.
6. I understand that team unity, respect and courtesy are a must and it begins with me.
7. Horseplay is not acceptable at practice. Unacceptable behavior in a pool results in accidents or interferes with the team unity and purpose, and the swimmer runs the risk of being asked to leave practice. Respecting the rules of the pools in which practice and swim events are held is enforced and expected.
8. Continuous negative behavior will result in expulsion from the team.
9. I will not enter the water without a coach on deck.
10. I will not push fellow teammates or coaches in the pool.
11. I will not run on deck.
12. Dive boards are off limits during practice.
12. Negative comments will not be tolerated.
14. Positive attitudes are a must.
15. Relays will be determined by time, unity to the group and sportsmanship.
16. The right to feel safe and free from sexual harassment is important and necessary
17. If the coaches release me from practice because of offensive behavior, I will call my parents to pick me up or exit the pool immediately. If I need to conference with the coach, I will set up a time convenient with all parties (coach, parent and athlete).
18. Team suits and caps are required for meets.
19. The use of alcoholic beverages, drugs (unless prescribed by a physician) and tobaccos are prohibited.
20. Indiscreet or destructive behavior will not be tolerated.
21. All swim equipment will be cleared from the deck and put away at the end of each practice.
22. I understand that I am member of the Nampa Swim Team and I will honor and always display respect and support my team and my coaches. If I happen to go against these rules, I understand that it could result in my immediate termination.
23. The use of profanity during practice, during meets, or representing the Nampa Swim Team in any event is prohibited.
24. Registration fees or any other fees associated with Nampa Swim Team or pool facilities will not be refunded under these circumstances.

*** Please initial the Code of Conduct line for swimmers on the signature page ***
**2011/2012 PARENTS CODE OF CONDUCT**  
(Revised 8/11)

The Code of Conduct for Nampa Swim Team parents governing participation in the Swim program for practices, meets and any NST functions.

The purpose of the contract is to promote the best possible individual, team, and program impression. Nampa Swim Team parents provide a necessary element for the Shark Attack Program.

1. I will keep my swimmer’s fees, monthly passes, and USA Registration up to date.
2. I will allow the coaches to coach and not interfere with their coaching techniques. Parent coaching does nothing but confuse the athlete and cause ripples on the team.
3. I will provide transportation or arrange for a car pool group for transportation to and from meets. Please do not ask coaches to transport your athlete.
4. If I have questions or concerns, I will either call or arrange a meeting with the coach, or, I will reserve any communication with the coach to before or after practice.
5. Observation of practice is welcome and parents may sit on the bleachers. Sitting in any other area on deck is discouraged and is distracting to swimmers and coaches.
6. I will not undershoot the coach and I’ll try to remember that there are two sides to every story. Negative comments will tear teams apart.
7. It seldom happens, but sometimes a conflict arises between coach and swimmer and the swimmer will be asked to leave the pool area. If your child does not drive, you will be contacted to retrieve your child.
8. Team hopping is highly discouraged.
9. Harmful comments toward another swimmer, parent, or coach may result in expulsion from the team.
10. I realize that I will be asked to contribute and volunteer for jobs that will help the team function, or I will contribute to the Donor Fee.
11. I will be supportive to the team and to my swimmer by assisting in fund raisers, meet event activities, NST sponsored events.

*** Please initial the Code of Conduct line for parents on the signature page ***
2011/2012 PARENT & SWIMMER SIGNATURE FORM
(Parent & swimmer - please initial each line & then sign below)

CODE OF CONDUCT

_____ I have read and understand the rules and regulations of the Swimmers Code of Conduct.

_____ I have read and understand the rules and regulations of the Parents Code of Conduct.

PHOTOGRAPHS

_____ I will allow pictures of my child to be posted on the team website.

Parent/Guardian signature: ___________________________ Date: ____________

Swimmer signature: ___________________________ Date: ____________

PLEASE FILL IN & RETURN TO REGISTRAR
2011/2012 SWIMMER LEAVE OF ABSENCE FORM

Date: __________________

To: Nampa Swim Team

From: ____________________________________________ (Parent Name)

This is to inform the Nampa Swim Team that effective the 1st day of ____________________________, My son(s)/daughter(s), ____________________________________________ will be taking a Leave of Absence from the swim team program. I anticipate the Leave of Absence to last approximately _________________ days/months with a return date of ________________________.

Reason for Leave __________________________________________________________

______________________________________________________________

I understand that I remain fully responsible for any unpaid balances due to Nampa Swim Team up to the above effective date.

Submitted by,

______________________________________________
Parent or Guardian

Return Form to: Nampa Swim Team
Billing volunteer or Treasurer
P.O. Box 753
Nampa, ID 83653
NSTSharks@yahoo.com

Please Note!
This form must be completed and mailed or emailed to the Treasurer such that the Treasurer receives it by the 21st of the month preceding the month in which the leave of absence or termination is planned to begin. Otherwise, the member will be responsible for all fees and charges normally assessed in that billing cycle. (i.e. member x wishes to take a 3 month hiatus to play basketball commencing in October. The treasurer must receive Leave of Absence form no later than September 21st; otherwise the member will be charged for October).