



WINTER SWIM SEASON REGISTRATION PACKET

2011-2012

Welcome to the East Pennsboro Aquatic Club! We're looking forward to a fun and competitive winter swim season. If you're new to our club, the following information will help you and your child get acquainted with our organization.

COACHING STAFF

Our head coach is Lu Ann Hetherington, assisted by Tim Horan, Kirsten Kenyon, Brittany Grigg, Kendall Ferrence and Evelyn Hetherington. All coaches are veteran coaches committed to providing a competitive and fun learning environment for all swimmers.

PRACTICES

EPAC provides instruction for several levels of swimmers from beginner to advanced. All practices are held at the East Pennsboro Middle School pool from September through March. Practices are held by level Monday through Friday evenings throughout the season, and Saturdays when not attending meets.

LEVELS

Coaches will assign swimmers to the appropriate level based on an evaluation of skill level and mastery of the four strokes. As swimmers progress throughout the season, their level will be reevaluated.

Practice 1

- Swordfish (level 1)
- Wahoos (level 2)
- Sharks (level 3)

Practice 2

- Junior Elite
- Advanced Junior Elite
- Elite

DRY LAND STRENGTH TRAINING

In addition to regular pool practices, dry-land strength training sessions are held several evenings at the Middle School for all swim levels.

REGISTRATION

Tuesday and Wednesday, September 6 and 7 from, 5:30 – 6:00 p.m. Tuesday and Wednesday, September 13 and 14 from, 5:30 – 7:00 p.m. Even if your child is not starting until November, please stop by during registration to sign them up.

KEEPING IN TOUCH

The practice schedule and all team correspondence are posted on the bulletin board in the hallway outside of the pool and on our web site www.epac.org. The primary method of communicating practice schedules or other team business is through e-mail. If you don't have Internet access, please check the bulletin board regularly.

VOLUNTEERS

EPAC is a volunteer run organization and needs the help of all member families in order to operate successfully. Many volunteer positions are available on the day of meets and throughout the season. For information on opportunities to help, check the information available online, talk to a board member or email info@epac.org.

MANDATORY PARENTS MEETING

We will hold a parents' meeting for full-season swimmers shortly after the late-start season begins. At least one parent of each swimmer is asked to attend this meeting.

BOARD OF DIRECTORS

Club business is conducted by a board of directors elected annually by the membership.

The 2011-2012 EPAC officers are:

President: Rob Smith

Vice President: Liz Groff

Treasurer: Heather DeGrange

Team Secretary: Hilary Cook

Coach's Secretary: Deb Houser

FEE SCHEDULE

Early Start: *(Participating from September through March— payment plan available)*

Levels 1, 2, 3 – \$330 resident \$360 non-resident

Levels JE, AJE, Elite – \$380 resident \$410 non-resident

Early Start Strength Training Fee: *(September & October— non-swimmer)*

Late start swimmers who wish to participate in early start ST are assessed a fee of \$20.

Late Start: *(Participating from November through March— payment plan available)*

Levels 1, 2, 3 – \$240 resident \$270 non-resident

Levels JE, AJE, Elite – \$275 resident \$305 non-resident

High School:

Swimmers who practice with EPAC during September and October but practice with their high school teams the rest of the year. HS swimmers who wish to continue to practice with EPAC once the HS Season is over may do so.

\$100 resident *(2 payments of \$50, Due upon registration and October 31, 2011)*

\$125 non-resident *(2 payments of \$62.50, Due upon registration and October 31, 2011)*

Concession Buyout:

The concession stand, operated at home meets, is an important source of revenue for the team. Families are asked to provide concession items used for sale. A concession buyout of \$15 for single swimmer families and \$30 for multi-swimmer families is available at registration. This buyout negates a family's obligation to purchase and deliver items weekly.

Sibling Discounts:

10% second swimmer, 25% third swimmer, 4th swimmer free

Fundraising Fee:

Each family will be required to raise \$50 per family. Swimmers/parents will have the opportunity to participate in the various fundraising activities throughout the year where each swimmer's account will be credited for the funds raised. The Fundraising Fee (or swimmer's balance) is due January 31, 2012. A fundraising buyout is available at registration for \$50.

EPAC Payment Schedule: Payments can be made in installments (for full season, late start or high school). Please use the attached coupons when making your payment.

LATE PAYMENT POLICY: All monthly payments not received within 10 days of the due date will be considered late. Swimmers will not be permitted to participate in practice until registration payments are current. Late payment reminders will not be prepared and repeated requests for payments will not be made. Please make your registration payments on time so that your child does not miss practice.



WINTER SWIM SEASON REGISTRATION FORM

2011-2012

SWIMMER 1: (last) _____ (First) _____ (MI) _____

Sex: M () F () Age: _____ Birth date: ____ / ____ / ____

SWIMMER 3: (last) _____ (First) _____ (MI) _____

Sex: M () F () Age: _____ Birth date: ____ / ____ / ____

SWIMMER 3: (last) _____ (First) _____ (MI) _____

Sex: M () F () Age: _____ Birth date: ____ / ____ / ____

SWIMMER 4: (last) _____ (First) _____ (MI) _____

Sex: M () F () Age: _____ Birth date: ____ / ____ / ____

SWIMMER 5: (last) _____ (First) _____ (MI) _____

Sex: M () F () Age: _____ Birth date: ____ / ____ / ____

Street Address: _____ City: _____

State: _____ Zip: _____ Township/Boro: _____

Home Phone #: (_____) _____ Cell Phone #: (_____) _____

Email Address 1: _____

Email Address 2 (optional): _____

Parents/Guardian Name(s): _____

Emergency Contact Person: _____

Relationship: _____ Phone #: (_____) _____

Physician: _____ Phone #: (_____) _____

Please list any special Medical Concerns: _____

I am willing to assist the team by volunteering for the following positions during the season (please check at least 2): Timer, Computer/Timing System Operator, Scorer, Team Parent, Concession Stand Volunteer, Ribbon Volunteer, Announcer, Fundraising Coordinator, Team Store Operator, Board Member-at-Large, Triathlon Event Committee, League Official

I grant EPAC permission to use my swimmer's name(s) and/or photo(s) on epac.org.

I hereby assume all responsibility for accidental injuries in connection with the Program. I realize I must use my personal insurance coverage or be otherwise responsible for any expenses resulting from such injury. I will not hold EPAC liable for any injury which may occur while this swimmer participates in the swim league.

Parent or Guardian Signature

Date



REGISTRATION USE ONLY

SWIMMER 1

Table with 3 columns: Registration Category, Resident Fee, Non-Resident Fee. Rows include Early Start (Levels 1, 2, 3; JE, AJE, Elite), Late Start (Levels 1, 2, 3; JE, AJE, Elite), High School, and Early Start Strength Training Fee.

SWIMMER 2

Table with 3 columns: Registration Category, Resident Fee, Non-Resident Fee. Rows include Early Start (Levels 1, 2, 3; JE, AJE, Elite), Late Start (Levels 1, 2, 3; JE, AJE, Elite), High School, and Early Start Strength Training Fee.

SWIMMER 3

Table with 3 columns: Registration Category, Resident Fee, Non-Resident Fee. Rows include Early Start (Levels 1, 2, 3; JE, AJE, Elite), Late Start (Levels 1, 2, 3; JE, AJE, Elite), High School, and Early Start Strength Training Fee.

SWIMMERS 4 PLUS ARE FREE

Table with 3 columns: Registration Category, Resident Fee, Non-Resident Fee. Rows include Concession Buyout (Optional) and Fundraising Buyout (Optional).

Total Due \$ _____ \$ _____

Monthly payment for September registration 5 Payments \$ _____

Monthly payment for October registration 4 Payments \$ _____

PARENTS INITIALS: _____

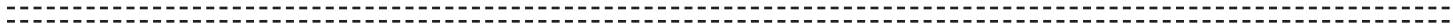


EAST PENNSBORO AQUATIC CLUB REGISTRATION COUPON

Payment #1 – Due at Registration Swimmer’s Name: _____

Parent/Guardian Name _____ Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025

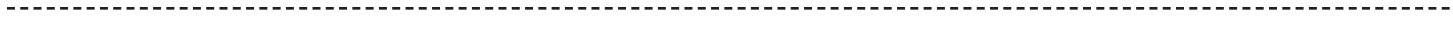


EAST PENNSBORO AQUATIC CLUB MONTHLY FEE COUPON

Payment Due October 31, 2011 Swimmer’s Name: _____

Parent/Guardian Name _____ Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025



EAST PENNSBORO AQUATIC CLUB MONTHLY FEE COUPON

Payment Due November 31, 2011 Swimmer’s Name: _____

Parent/Guardian Name _____ Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025



EAST PENNSBORO AQUATIC CLUB MONTHLY FEE COUPON

Payment Due December 31, 2011 Swimmer’s Name: _____

Parent/Guardian Name _____ Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025



EAST PENNSBORO AQUATIC CLUB MONTHLY FEE COUPON

Payment Due January 31, 2011 Swimmer’s Name: _____

Parent/Guardian Name _____ Amount: _____

Mail checks to: Heather DeGrange, 11 Logans Run, Enola, PA 17025





EAST PENNSBORO AQUATIC CLUB BEHAVIOR POLICY

Effective 9/1/2011

The East Pennsboro Aquatic Club (EPAC) Board Members and Coaches acknowledge that it is a privilege for our children to have the opportunity to participate in this sports program. The EPAC Team helps build character, sportsmanship, and a sense of team spirit. Because this is a voluntary activity, it is expected that those participating would do so with a sense of desire and pride in their team.

The Board Members and Coaches also acknowledge the cooperation of all parents for their support and assistance in making the swim team successful. Without their backing the team could not exist. In order to run an effective competitive swim program, we request parents and swimmers to follow the guidelines below.

1. The Coaches are in charge of swim practices and meets. They deserve your respect and best effort while participating in the program.
2. All swimmers at practice are expected to be in the pool area with the coaches.
3. All swimmers are to arrive at practice with the necessary equipment as instructed by the Coaches.
4. Parents are responsible to see that their children arrive at practices and meets on time and are picked up promptly after those practices and meets.
5. Disrespectful or profane language, or dangerous or destructive behavior will not be tolerated. Coaches have the authority to remove any swimmer who engages in these behaviors and repeated incidents can and will result in expulsion from the team. This policy also applies to swimmers who repeatedly do not obey the Coaches' instructions to perform drills or who consistently disrupt others during practice. Coaches also have the authority to define other behaviors that disrupt practice sessions or meets. The following is a schedule of offenses and consequences:
 - a. **First offense**—A warning will be given to the individual and the coaching staff may ask the individual to leave the practice. The parents will be notified.
 - b. **Second offense**—The swimmer will be dismissed from practice and the parents will be notified. A meeting will be held with the Coaches and representatives from the Board to discuss the offense. Parents of the offender will be asked for their assistance in correcting behavior. The swimmer will not be allowed to return to practice until after the meeting.
 - c. **Third offense**—Suspension or expulsion from the team at the Coaches' discretion and the parents will be notified.

We reserve the right to direct the parents of swimmers who do not cooperate during practices to assist with correcting the behavioral problem. If the problem involves behavior occurring in the locker room or outside the immediate pool area, we reserve the right to direct parents to supervise and assist in preventing behavior problems in those areas. We also ask that parents who observe behavior problems in these areas inform the coaching staff.

This Behavior Policy is not meant as a statement of punishment but as a means to ensure a more a more enjoyable experience for everybody involved in the program. Fun is the key word and we wish everyone an enjoyable season.

To help ensure everyone’s cooperation, we would appreciate both a parent and swimmer’s signature on the attached sheet. Please return the signed acknowledgment when you submit your registration and payment. Thank you for your assistance.

As a final note, the Coaching staff, with the approval of the Board, has determined that swimmers have a more effective practice when parents are not in the pool area. The Coaches will announce periodic sessions during which parents will be permitted in the pool area during practices. Parents should not approach or attempt to talk to coaches during practices. Coaches must engage their attention entirely on their swimmers in order to ensure the greatest results with your children. If you need to communicate with a coach you can wait until practice is over.



BEHAVIOR POLICY

We support the Behavior Policy of the EPAC Board and Coaches. We fully understand the implications of this policy. We will abide by this policy in order that everyone involved with the Team will have a safe and enjoyable experience.

Parent or Guardian

Swimmer

Swimmer

Swimmer

Swimmer

Swimmer