



# Lakewood Aquatics

PO Box 8364  
Long Beach, California 90808  
Phone: 562.370.0955  
E-mail: [info@lakewoodaquatics.org](mailto:info@lakewoodaquatics.org)  
Website: [lakewoodaquatics.org](http://lakewoodaquatics.org)

Thank you for your interest in Lakewood Aquatics. Our swim program provides children with a safe and healthy environment that allows them the opportunity to reach their highest potential in competitive aquatic sports. Lakewood Aquatics strives to instill in young swimmers an understanding and appreciation of such concepts as goal setting, personal accountability, and self discipline as these ideals relate to their success in training and competition.

The team is comprised of eight swim groups. Each swimmer is assigned to a group by the coach according to ability. The monthly dues are different for each swim group. Dues for additional swimmers in any one family are each given a \$10 discount. There is a one-time family membership fee of \$75.00 per swimmer. Every swimmer must join USA Swimming, the cost is \$55.00 per calendar year. (Check payable to *Southern California Swimming*.) USA Swimming registration is required for entering all swim meets and covers the liability insurance for our team. Without this registration, a swimmer is not allowed in the pool.

The team usually attends one or two swim meets a month and parents are required to help as timers at those meets. Although your coach will hand out meet forms and entry cards, families are responsible for paying the fees for their swimmer(s) for each meet. All swimmers are expected to have their own gear (goggles, fins, pull-buoys, suits, etc) as required by their coach.

Schedules are subject to change (summer workout schedule varies). Only the Junior, Pre-Senior and Senior groups (age 13 and above only) have morning workouts during the school year.

***Each month a workout calendar is emailed to all families and is posted on the website.***

**IMPORTANT:** When registering for the team, please bring an *original* swimmer birth certificate or passport. USA Swimming requires that all birth dates be verified for registration and without USA Swimming registration, the swimmer cannot be in the water.

Please feel free to call us if you have any questions. This packet, as well as other information, is available for printing on our website [lakewoodaquatics.org](http://lakewoodaquatics.org) under FORMS AND LINKS.

<b>Groups</b>	<b>Dues</b>
White I	\$70.00
White II	\$70.00
Bronze	\$75.00
Silver	\$80.00
Gold	\$80.00
Varsity	\$90.00
Pre-Senior	\$105.00
Senior	\$105.00

\*\*Dues amounts effective September 1, 2009



# Lakewood Aquatics

## Responsibilities of Lakewood Aquatics Members:

**Monthly Billing:** Each month a bill will be e-mailed to you for payment of monthly dues. Dues are payable by the 5th of every month. Dues received after the 15th will be assessed a fee of \$15.00 per month, per swimmer. Family accounts that are delinquent for more than 45 days will be asked to leave the pool area until the account has been paid in full. If a family leaves the team with a balance due the swimmer will be reported to Southern California Swimming due to non-payment.

**Annual USA Swimming Membership:** A yearly registration fee of \$55.00 per swimmer is charged by USA Swimming. This is for membership in USA Swimming, which includes insurance for accidents during practices or swim meets. Membership is mandatory in order to participate on the team.

**Fundraising:** Each family and swimmer is expected to make a meaningful contribution to our fundraising projects. Team members are given many opportunities to assist in fundraising through planned activities throughout the year including our annual Swim-a-thon. Money raised by the team is used for our annual awards banquet for members of the team, our annual beach party, equipment, travel to out of town meets, prizes for swimmers and gifts for our coaches.

**Workouts:** Workouts are held Monday through Friday. Please consult the website CALENDAR page for the monthly workout. Saturday and morning workouts will be held when there is pool time available to us. Any deviation from our regular schedule will be posted on the website and sent to you via email. While we realize that it is sometimes difficult to make it to workouts, it is the regular routine of conditioning and training that provides continued improvement of your times. Lakewood Aquatics is a competitive swim team with many children applying for membership, therefore regular attendance at workouts is necessary to maintain your place on the team.

**Uniforms:** A team swim suit and cap are required at all Championship meets. Shirts, sweatshirts, parkas and other items with the team logo are available for purchase as well. Order forms are available on our website under FORMS AND LINKS.

**Volunteers:** At each swim meet we must provide a certain number of people to work as timers. The number of timers is proportional to the number of swimmers we have participating in the meet. All parents are required to sign up for a timing slot for a minimum of one half hour time slot. Timing is not difficult and every effort will be made to pair experienced parents with those that are not experienced. When the team hosts a meet it is necessary to have many more volunteers—a sign up sheet will be available.

**USA Swimming Meets:** Swimmers compete within their age group as follows: 6 & under (some meets), 8 & under, 9-10 or 10 and under, 11-12, 13-14, 15-16 and 17-18 for girls and boys. We swim year round and there are two swim seasons: Short Course Season (25 yard pool) that runs September through February and Long Course Season (50 meter pool) that runs March through August. Swimmers are grouped at meets by age and then by their best times; Red, White, Blue times are the divisions. Meets are held at various locations throughout Southern California. There are fees associated with entering every meet and those fees are printed on the meet information sheet. The information sheet is emailed and will also be posted on our website. Meets are where swimmers receive official times and can qualify for Invitational Meets, Junior Olympics and other higher levels of competition. There are 3 **mandatory meets** per year for all swimmers, however regular attendance at additional meets is *highly recommended* as it is an important part of the coaches evaluation of your swimmer's progress.

In order to encourage the individual swimmer's sense of personal involvement and accomplishments, each swimmer should keep track of his or her own times for each event. After becoming a USA Swimming member, a swimmer and parent can create an account at USASwimming.org that reflects all meets attended, times achieved as well as event best times. Our Second Vice President can be contacted for this information as well.



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## Registration Form

### Family Information:

Father's Name: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Father's Work Phone #: \_\_\_\_\_ Father's Cell Phone #: \_\_\_\_\_

Mother's Work Phone #: \_\_\_\_\_ Mother's Cell Phone #: \_\_\_\_\_

Primary Email: \_\_\_\_\_

### Swimmer Information:

Name (Last, First, Middle Initial)	Age	Date of Birth	M/F	Group	Monthly Dues
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____
					\$ _____ SUBTOTAL

### Monthly Dues Information:

Swimmers are assigned to a group by the coaches:

**White I or II:** \$70.00    **Bronze:** \$75.00    **Silver or Gold:** \$80.00

**Varsity:** \$90.00    **Pre-Senior or Senior:** \$105.00

### Registration Checklist:

- Date of Birth verified. Please provide a copy of each swimmer's Birth Certificate
- Family Membership Fee \$75 per swimmer (includes Lakewood Aquatics tshirt, cap and USA Swim Guide) \$ 75.00
- Check #1** made payable to **Lakewood Aquatics** for Group Monthly Dues plus Family Membership: \$ \_\_\_\_\_ TOTAL #1
- USA Swimming Membership Form completed. \$55 annual fee for each swimmer is **mandatory**
- Check #2** made payable to **Southern California Swimming (SCS)** for USA Swimming Membership \$ 55.00 TOTAL #2

### Membership Agreement:

I have received and read all of the information outlined on the *Responsibilities of Lakewood Aquatics Members* sheet. I agree to abide by those responsibilities and I understand that it is also my responsibility to read the Lakewood Aquatics Team Handbook and to learn and follow the safety rules established by the club. I understand that the team is run by parent volunteers and that my participation in some capacity is greatly appreciated.

How did you find Lakewood Aquatics?  Friend  KidsGuide  Flyer  Internet Search

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date:

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date:

Please check this box if you **DO NOT** want to be included on the quarterly team roster. (Roster is published for team members only.)

### FOR OFFICIAL USE ONLY

- Received Shirt/Cap/Guide
- USA Swimming membership completed
- Family Membership Paid in Full
- 3 payments of \$25.00

# Emergency Contact and Medical Information for Swimmer

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ M F  
Sex

Parent's/Guardian's Name \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_

( ) \_\_\_\_\_  
Home Phone

( ) \_\_\_\_\_  
Work Phone

( ) \_\_\_\_\_  
Home Phone

( ) \_\_\_\_\_  
Work Phone

Cell Phone ( ) \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City, ST ZIP Code \_\_\_\_\_

City, ST ZIP Code \_\_\_\_\_

## Alternate Emergency Contacts

Primary Emergency Contact \_\_\_\_\_

Secondary Emergency Contact \_\_\_\_\_

( ) \_\_\_\_\_  
Home Phone

( ) \_\_\_\_\_  
Work Phone

( ) \_\_\_\_\_  
Home Phone

( ) \_\_\_\_\_  
Work Phone

Cell Phone ( ) \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City, ST ZIP Code \_\_\_\_\_

City, ST ZIP Code \_\_\_\_\_

## Medical Information

Hospital/Clinic Preference \_\_\_\_\_

Physician's Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

Allergies/Special Health Considerations \_\_\_\_\_

In the event that neither a parent/guardian or an alternate contact can be reached in the case of an emergency, I hereby authorize employees or agents of Lakewood Aquatics to seek immediate medical treatment for my child listed above if a medical emergency arises during any practice, meet, or event in which the team participates. I also authorize the attending physician or paramedics to perform any emergency treatment, after consultation with the coach or agent if I cannot be reached.

Parent's/Guardian's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's/Guardian's Signature \_\_\_\_\_

Date \_\_\_\_\_