



Any Residents of Cypress Mill or of any other subdivision that does not have an existing swim team recognized by NWAL may join if:

1. Swimmer is 18 years of age or younger on May 31, 2009
2. A novice swimmer (defined by NWAL as anyone who has not participated in USS competition from the beginning of the NWAL season until the end of the NWAL season) may join the Cypress Mill Mako Sharks swim team.
3. This is a swim team and not swimming lessons therefore we require each child to be "**Pool Safe**" Although we want to make the swim team open to as many of our families as possible, to ensure the children's safety each child must demonstrate that he or she is "pool safe" which is defined as being able to **swim the length (25 yards)** of the pool by the end of the second week of practice. Swimmers who are unable to meet these criteria are not ready for swim team this year. Decisions regarding this matter will be made by the Coach and Swim Team Board.
4. Like many sports, swim team requires parent involvement. Running our home meets and attending away meets take a lot of parent volunteers to make the meets run smoothly. **IT IS MANDATORY FOR ALL PARENTS TO VOLUNTEER ONE SHIFT PER MEET FOR THE SUMMER SWIM SEASON.** A deposit fee of \$100 per family will be taken upon registration that will be refunded if all volunteer hours are served at the end of the season.
5. Swim team fees are \$100 for the first swimmer in the family, \$90 for the second, \$80 for the third, etc...

Team fees include the following:

Weekly swim practice
Team T-shirt
Individual Trophy for those that participate in at least 3 meets
End of Season Party

**For your convenience, D&J Sports will be at our registration in order for you to purchase our NEW 2009 – 2010 team uniform. It is a great idea for you to bring your swimmer(s) with you to registration in order for them to try on their uniform before purchasing.*

6. Residents of Cypress Mill must have HOA fees current by May 1, 2009 to participate
7. Non residents of Cypress Mill will pay a \$25 additional fee per family.
8. For more information you may refer to our Parent Handbook online at www.makosharks.org
9. We will hold a mandatory parent information meeting at 4:00 p.m. on Sunday April 26th at the Cypress Mill Park II pool (aka the main pool). This will be your opportunity to get answers to any questions that you may have.

Thank you,
Cypress Mill Mako Sharks
Swim Team Board

Dear Mako Parents,

Welcome back 2008 Division Champs! Thank you for giving your children another opportunity to participate in summer swimming. As many of you know committing to swimming with the Mako Sharks means giving up your Saturday mornings for a while, and also requires a lot of patience (meets can be long!) and willingness to help out – we couldn't run our meets without a lot of parent support!

For those families that are new to swimming, you will see your swimmer progress quickly and hopefully master the basics. For those returning Mako Shark families, welcome back! We are really looking forward to getting started and building on last year's success!

Some General Info

Practice Equipment:

Boys: Non-baggy shorts

Girls: One piece swim suit

Goggles: Required for all swimmers – D&J Sports has a great selection

Swim cap: For hair that is longer than shoulder length or hair that hangs in swimmer's face

Also we will be doing some training for the older swimmers with fins. These will not be required but are a “nice to have”.

Stroke Clinics – will be offered after regular practice times. A schedule will be put out once practices are going with more info.

Meet participation – please let the coaches know as soon as possible if you will not be attending a specific meet

We are here for the children and will try to make this experience fun and exciting for them. If you have any questions or concerns, please get with a coach after practice and we will try to help in any way we can.

Thanks,

Coach Christine and Coach Jeanne



**2009
CYPRESS MILL MAKO SHARKS
CALENDAR**

Saturday March 28th Registration at the Cypress Mill Rec Center from 9am - 1pm

Saturday April 4th Registration at the Cypress Mill Rec Center from 1pm – 3pm

Wednesday April 15th First day of practice for older swimmers

Wednesday April 29th Mandatory practice for all swimmers

Friday May 15th Swim Team Pictures

Pictures will be held at the main pool. Individual pictures will start at 5 p.m. and team picture at 6 p.m. Following the team picture, we will continue with individual pictures. Please wear your team swim uniform and t-shirt.

Friday May 15th Shark In The Park Pep Rally. Please join us for our team pep rally following our team pictures. The kids will cheer, make spirit banners, and receive their numbers for the next day's meet. We will be serving dinner as part of fundraiser. More information will be posted closer to this date.

Saturday May 16th Home Meet vs. Blue Marlins

Saturday May 23rd Home Meet vs. Windsong

Saturday May 30th Away Meet at Enchanted Valley

June ??? Sharks In The Water (More information to come, this is our team Fundraiser)

Saturday June 6th Away Meet at Stone Gate

Saturday June 13th Home Meet vs. Bear Creek

Saturday June 20th Divisional's at Bear Creek

June 21st Team Party and Award Ceremony at 6:30 pm We will be having a cookout in the back field. Awards will be handed out from 7 – 8 pm in the back field. From 8 – 10 p.m. we will be having our private team pool party, with a bunch of fun things to do.

June 25th - 28th Invitational's
Red, White & Blue, All Stars & Ponderosa

2009
CYPRESS MILL MAKO SHARKS SWIM TEAM
REGISTRATION FORM

Only one form required per family

Parent(s) Name: _____ Home Phone: _____

Address: _____

Subdivision: _____

Father's Work Number: _____ Cell Number: _____

Mother's Work Number: _____ Cell Number: _____

Email Address: _____

Family Physician's name: _____ Phone: _____

Emergency Contact Name (other than parent): _____ Phone: _____

Registration Fees:

\$100 for 1st swimmer, \$90 for 2nd, \$80 for 3rd, \$70 for 4th, etc...
 Plus volunteer deposit of \$100
 Non residents of Cypress Mill will pay a \$25 additional fee per family

Swimmer's Name	Shirt Size	Gender M/F	Date of Birth	Age (as of 5/31)	FEE
Total amt. due					

OFFICE USE ONLY

Registration Fee Check #		Rec'd By:		Date:		Amt:	
Volunteer Deposit Check #		Rec'd By:		Date:		Amt:	\$100.00
Non Resident Fee Check #		Rec'd By:		Date:		Amt:	\$25.00

Return check fee of \$50.00

2009
CYPRES MILL MAKO SHARKS SWIM TEAM
PARENTAL WAIVER AND CONSENT FORM

As the parent or legal guardian of the child named below, I hereby give my full consent and approval for my child to participate as a team member in the sport designated below.

I understand that there are certain risks of injury inherent in the practice and play of this sport, as well as in traveling and other related activities incidental to my child's participation, and I am willing to assume these risks on behalf of my child. I hereby certify that my child is fully capable of participating in the designated sport and that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities, except as listed below.

In addition to giving my full consent for my child's participation, I do hereby waive, release and hold harmless the organization, Cypress Mill Mako Sharks, its officers, coaches, sponsors, supervisors and representatives for any injury that may be suffered by my child in the normal course of participation in the designated sport and the activities incidental thereto, whether the result of negligence or any other cause.

1.) _____
(Name of Child) _____
(Date of Birth)

2.) _____
(Name of Child) _____
(Date of Birth)

3.) _____
(Name of Child) _____
(Date of Birth)

4.) _____
(Name of Child) _____
(Date of Birth)

5.) _____
(Name of Child) _____
(Date of Birth)

6.) _____
(Name of Child) _____
(Date of Birth)

(Parent(s) Signature) _____
(Date)

Cypress Mill Mako Sharks
(Name of Sponsoring Organization)

Swim Team
(Designated Sport)

**2009
CYPRESS MILL MAKO SHARKS SWIM TEAM
CRITICAL PARENT INFORMATION**

One form required per family.

We're ready for a great 5th season! We have learned some important points in the past three years that will help us to make this season be as enjoyable as possible for you and your child(ren). Please read and initial the following swim team policies.

BEHAVIOR: It is critical that all parents be responsible for their child(ren) behavior at all practices and meets. Good sportsmanship and following pool rules is required. For the safety and enjoyment of others, anyone participating in inappropriate behavior will be asked to leave.

_____ (PARENT INITIAL)

VOLUNTEERING: Summer league swimming requires a lot of parent volunteers. To ensure that our children have a fun and safe time, each family is required to volunteer for one shift of every meet their child will be attending.

_____ (PARENT INITIAL)

MEET SIGN-UP: This is **CRITICAL**... Each week you must make sure that your swimmer(s) is signed up to swim in that week's meet. The coaches must have the names of all swimmers participating by 6 p.m. on Wednesday.

_____ (PARENT INITIAL)

TIME TRIALS: Each parent is responsible for making sure their swimmers have a "time trial" for each event prior to the first meet. Without an official time, swimmers will be put in the slowest heat of the first dual meet.

_____ (PARENT INITIAL)

REFUNDS: If your child is removed from the team by you or by any of the rules stated above during the first week of practice, you will be entitled to a full refund. ***There will be no refunds for withdrawals after May 1st.*** Requests for refunds must be in writing and directed to tsimmons@landata.com.

_____ (PARENT INITIAL)

NON SWIMMING SIBLINGS: We can not allow any siblings of a swimmer that are not participating on the team to get into the big or kiddie pool. This is a liability on our behalf. Please keep an eye on your children at all times.

_____ (PARENT INITIAL)

TROPHIES & AWARDS: Swimmers must swim the ***minimum of 3 meets*** to be entitled to a trophy or other award at the end of the swim season. No exceptions.

_____ (PARENT INITIAL)

2009 NORTHWEST AQUATIC LEAGUE PARENT / COACH CODE OF CONDUCT

Children's sports are supposed to be fun-for the children. Unfortunately, many parent, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following Code of Conduct is for parents and spectators to abide by at every practice and meet.

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups.
13. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- ⌚ Verbal warning by official, head coach and/or head of league organization
- ⌚ Written warning
- ⌚ Parental meet suspension with written documentation of incident kept on file by organizations involved.
- ⌚ Meet forfeit through the official or coach
- ⌚ Parental season suspension.

Parent / Guardian signature

Parent / Guardian signature

****The basis for this code of conduct is produced by the National Youth Sports Safety Foundation