



This registration packet contains information about league and team registration, practice and meet schedules, and ordering of swimsuits and Rocket Logowear. Information about our team goals and philosophies, Rollingwood Rockets Booster Club and parent responsibilities, and other important information about the team is in the Rollingwood Rockets Swim Team Handbook.

REGISTRATION CHECKLIST

| Required | What | Details |
|--------------------------------|--|--|
| REQUIRED Due-3/14/10 | Rollingwood Rockets 2010 Swim Team Registration | 1) Complete form and sign bottom. 2) Attach two copies Birth Certificate (for new swimmers only) 3) Attach check for the correct amount of registration to Rollingwood. 4) Attach check to RRBC for booster fees (\$35 per swimmer, family cap of \$70) 5) If your Rollingwood Membership needs to be upgraded to a family membership, contact the club at 988-1727 |
| REQUIRED Due-3/14/10 | Sacramento Swim League Application for Registration | 6) Complete a form for each swimmer and sign. 7) Rollingwood is not a USS (USA) Club – if you have only swum on the Rockets, ANSWER NO to question “Have you ever participated with a USS Club?” (USA teams are year-round teams like the Sierra Marlins or California Capital Aquatics – if you have participated in any of their fall clinics, indicate so, and the year of the clinic). If you have any questions, please call Coach Kim at 988-4044 to discuss. |
| REQUIRED Due-3/14/10 | Swimmer of the Week Questionnaire and T- Shirt Size(s) | 8) Complete questionnaire for each swimmer. 9) Provide T-Shirt size for each swimmer. |
| REQUIRED Due-3/14/10 | Parents Meet Sign-Out Form | 10) Fill out form with your vacation dates and list of job preferences. |
| ENCOURAGED Due-4/13/09 | Team Suit | 11) 1) Suit Sizing will be held pool side during Practices as follows: April 5, 6, 9, 13 3:30-6:15pm 12) 2) Orders need to be placed at these times. Please do not leave checks at the front desk or with Coach Kim. |

DOUBLE CHECK YOUR DOCUMENTS BEFORE TURNING IN!

Important Note!

Your swimmer's spot on the team IS NOT GUARANTEED until ALL forms and payments are complete and turned in to the team Registrar. Forms and payments will be accepted at the registration meeting March 5th (7:00 p.m. -9 p.m.) and the new swimmer registration meeting, March 6th form 10:00am – noon, or at the Front Desk after the meeting date. **There will be a \$10 late fee per swimmer if registration forms or payments are received after 3/14/10.**

Swim Suits: The Rollingwood Rockets custom dyed suits are produced by Agonswim.com. We HIGHLY RECOMMEND trying on the suit before ordering at one of the suit sizing dates listed below. Agon suit sizes differ greatly from other brands. Suits are custom made and not exchangeable for size.

It is best to try on suits BEFORE practice when swimmers are dry. Suits must be tried on over undergarments (girl's suit or boy's jammer/brief are ok).

Sizing Days During Swim Team Practice: Mon. April 5, Tues. April 6, Fri. April 9, Tues. April 13, 3:30-6:15. The deadline for ordering suits is April 13th.

If you have questions, contact Brenda Carlson at 988-2461

| Pricing | Speedline Fabric | Streamline Fabric* |
|----------------|------------------|--------------------|
| Girls Freeback | \$51 | \$68 |
| Boys Jammer | \$34 | \$48 |

*According to Agonswim.com, Streamline is a "high technology" fabric, designed to reduce drag by its water repellent stripes.

ROLLINGWOOD ROCKETS 2010 SEASON*
SPRING PRACTICE SCHEDULE
Monday – Friday April 5, 2010– June 11, 2010

| Group | Time/ Emphasis | Summer Group |
|-----------------------------------|---|-----------------------------|
| Firecracker & Bottlerockets | 3:55 – 4:30 Indoor pool – Mon thru Thurs only (Basic Stroke Instruction) | Firecracker & Bottlerockets |
| Group 1 – Beginners/ Intermediate | 3:55 - 4:40 M-F (Basic Stroke Instruction, with some conditioning) | Green or White |
| Group 2 - Intermediate | 4:30 – 5:30 M-F (Stroke Instruction with some conditioning) | White or Red |
| Group 3 - Int/Advanced | 5:15 – 6:30 M-F (Conditioning with stroke instruction) | Red or Purple |
| Group 4 - Advanced | 6:15 – 7:30 M-F (Conditioning with stroke instruction) | Purple or Blue |

*This schedule is subject to change based on enrollment.

SUMMER PRACTICE SCHEDULE
Monday – Friday June 14, 2010– July 16, 2010

| WEEK 1 & 2 | WEEK 3 | WEEK 4 | WEEK 5 & 6 |
|--------------------|----------------------------|---------------------|-------------------|
| 6/14 – 6/25 | 6/28– 7/2 | 7/5 – 7/9 | 7/12– 7/16 |
| Blue 7:00-8:15 | Purple 7:00-8:05 | Red 7:00 – 8:00 | Blue 7:00-8:15 |
| Purple 8:00-9:15 | Red 8:00-9:00 | Blue 7:50 - 9:10 | Purple 8:00-9:15 |
| Red 9:00-10:10 | Blue 8:50 -10:10 | Purple 9:00 - 10:10 | Red 9:00-10:10 |
| ***** | White Group 10:00 – 10:55 | All Season | ***** |
| ***** | Green Group 10:45 – 11:30 | All Season | ***** |
| ***** | Firecrackers 10:15 – 11:00 | All Season | ***** |

*This schedule is subject to change based on enrollment.

ROLLINGWOOD ROCKETS 2010SEASON Meet Schedule and Other Special Dates

| Date | Event | Location |
|--|--|--------------------------|
| March 1 st | Spring Swim Club Starts | Rollingwood |
| March 5 th | Registration Social and RRBC General Meeting | Rollingwood (7-9pm) |
| March 6 th | New Swimmer Registration | Rollingwood (10am -noon) |
| March 14 th | Registration Deadline | |
| April 5 th | Swim Team Practice begins | Rollingwood |
| May 8 th | Ice Breaker Team Social | Rollingwood |
| May 15 th | Sacramento Swim League Invitational Meet @ Arden Manor | Arden Manor |
| May 22 th | Swim meet vs. Meet at Gold River Stingrays | Gold River Racket Club |
| June 5 th | Swim meet vs. Arden Manor | Arden Manor |
| June 12 ^h | Swim Meet vs. Sutter Lawn | Rollingwood |
| June 14 th | Morning Practices Begin | Rollingwood |
| June 15 th | Rockets Team Pictures at 9:00 am (no practice) | Rollingwood |
| June 19 th | Rockets Swim-a-thon and Raffle Afternoon | Rollingwood |
| June 26 th | Swim Meet vs. Parkway | Parkway, we host |
| July 5 th | Picnic Day at Beals Pointe | Beals Point |
| July 6 th (Tue Night) | Swim Meet vs. Del Paso | Del Paso, we host |
| July 10 th | Swim Meet vs. Sacramento Stingrays | Cabana Club, we host |
| July 10 th | Movie night | Rollingwood |
| July 17 th & 18 th | CHAMPIONSHIPS | Woodland |
| July 19 ^h | Awards Night | Rollingwood |
| July 31 st & August 1 st | Meet of Champions | TBA |
| | | |
| | | |
| | | |
| | | |
| | | |

ROLLINGWOOD ROCKETS 2010 SWIM TEAM REGISTRATION (Please print)

| <u>Swimmer (Last, first)</u> | <u>DOB</u> | <u>Age (as of 6/1/10)</u> | <u>Grade(08/10)</u> |
|------------------------------|------------|---------------------------|---------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Mother's Name _____ Father's Name _____

Address _____ Address (if different) _____

Home Phone _____ Home Phone _____

Work/Cell Phone _____ Work/Cell Phone _____

Email _____ **Email** _____

Emergency Contact Person: (if parents are unreachable) _____

Phone _____ Relationship _____

Does your child have any health problems we should be aware of? _____ (if yes, please write a brief note on back of form)

If your swimmer cannot attend regular morning workouts or would prefer evening practices, please check below (Evening workouts are available to Purple and Blue level swimmers with prior approval only)

Swimmer is interested in attending afternoon practices.

Reason _____

If new to the team, please describe your child's swimming background on back of form. _____

***** Two Separate Checks Required for this Form *****

TEAM REGISTRATION: (Make payable to "Rollingwood")

| | | |
|---|------------|-------------|
| First Swimmer | \$185.00 X | ___ = _____ |
| Second Swimmer from same family | \$160.00 X | ___ = _____ |
| Any additional swimmer from same family | \$130.00 X | ___ = _____ |
| High school swimmer* | \$130.00 X | ___ = _____ |

*If using High School Swimmer discount, sibling is considered "First Swimmer". A High School Swimmer is a swimmer who is currently swimming on their High School Swim Team this season.

TOTAL AMOUNT ENCLOSED \$ _____

BOOSTER CLUB MEMBERSHIP (Make check payable to "RRBC")

| | |
|--|----------|
| ___ One Swimmer = \$35.00 RRBC fee | \$ _____ |
| ___ Two or more Swimmers = \$70.00 RRBC fee (max \$70) | \$ _____ |
| ___ \$10 per swimmer late fee after 3/14/10 | \$ _____ |

TOTAL AMOUNT ENCLOSED \$ _____

I have read and acknowledge my volunteer commitment to the Rollingwood Rockets Swim Team.

Parent(s) Signature _____

**SACRAMENTO SWIM LEAGUE
APPLICATION FOR REGISTRATION**

M / F (please circle)

SEASON 2010

NAME _____
(Last) (First) (Initial)

ADDRESS _____ PHONE _____

NAME OF CLUB _____ DATE OF BIRTH _____ AGE ON JUNE 1 2010 _____

HAVE YOU BEEN REGISTERED WITH ANOTHER CLUB DURING THE CALENDAR YEAR?

NO _____
YES _____ WHERE _____

HAVE YOU EVER PARTICIPATED WITH A USS CLUB?

NO _____
YES _____ CLUB _____ YEAR(S) _____

RELEASE AND AGREEMENT TO HOLD HARMLESS

I/we, the parent(s)/legal guardian(s), of the Registrant(s) named hereinafter give my/our approval to his/their participation in any and all activities including but expressly not limited to 'meets', both formal and informal, practices, transportation, and social activities concerning the Sacramento Swim League effective the date appearing hereinafter.

The Undersigned attest to having personal knowledge and represent that the Registrant(s) is/are in good physical and emotional condition and health such that there are no restrictions on the Registrant(s) to participate in any of the activities of the Sacramento Swim League including but not limited to 'meets', practices, transportation, and/or social activities.

The Undersigned does/do expressly assume all risks and hazards incidental to said participation including but specifically not limited to transportation to and from the activities noted.

The Undersigned does expressly waive, release, resolve, indemnify including, but not limited to reimbursement of costs and attorney's fees attendant with any action arising herefrom, and otherwise agree to hold harmless the Sacramento Swim League, its officers and officials, members clubs of the league, their organizers, officials, supervisors, coaches, participants of every type, and persons transporting said Registrant(s) all in their individual, corporate, association, or other capacity both jointly and severally.

The Undersigned place their signature(s) hereon only after reading each and every provision of the foregoing and signing voluntarily and with complete understanding of each and every provision hereof. The Undersigned warrants that they have conferred with the Registrant(s) and other parent(s) and sign this having obtained their authority to execute this Release.

SIGNATURE OF APPLICANT _____ Date _____

PARENT/GUARDIAN SIGNATURE(S)

Parent _____ Date _____

Guardian _____ Date _____

**SACRAMENTO SWIM LEAGUE VOLUNTEER FORM
LIABILITY RELEASE AGREEMENT
PLEASE READ CAREFULLY BEFORE SIGNING**

I understand that I am a volunteer to assist in running the Swim League, including swim meets. **I voluntarily agree to expressly assume all risks of injury or death** that may result from participation in my activities as a volunteer as against the Sacramento Swim League and any team or club that is a member of the Swim League. If I am signing this Liability Release Agreement for a minor for whom I am a parent or legal guardian, then I understand that I am entering into this Agreement on behalf of such minor as well as on my own behalf.

I AGREE TO RELEASE Sacramento Swim League, all league board members and league teams/clubs officers, directors, employees, volunteer workers, agents, representatives, successors-in-interest, assigns and their insurers **from all liability for injury, death, and property loss and damage that results from participation in the ACTIVITIES, or that arises out of any condition of the premises at member pools or the conduct of any person at any time, including all liability that results from the NEGLIGENCE of the Sacramento Swim League, or any other person or cause, to the fullest extent permitted by law.**

I authorize any person connected with Sacramento Swim League or the ACTIVITIES to administer first aid to me, as they deem necessary. I authorize medical and surgical care and transportation to a medical facility or hospital for treatment necessary for my well being, at my expense.

This agreement is binding upon my heirs, executors, administrators, and assigns. I acknowledge this agreement is governed by the applicable laws of the State of California. I further agree that any action involving parties or issues relating to or arising out of this agreement must be instituted and prosecuted in the courts in Sacramento County, California. If any provision of this agreement is held in whole or in part to be unenforceable for any reason, the remainder of that provision and of the entire agreement will be severable and remain in effect.

THIS AGREEMENT SHALL BE BINDING FOR THE ENTIRE SWIM SEASON AND SHALL REMAIN IN FULL FORCE UNTIL COMPLETION OF THE CURRENT SWIM SEASON, INCLUDING CHAMPIONSHIPS.

I HAVE READ, UNDERSTAND, AND VOLUNTARILY AGREE TO THIS AGREEMENT AND RELEASE OF LIABILITY ON MY OWN BEHALF AND ON BEHALF OF ANY MINOR NAMED HEREIN.

Participant's Signature: _____

Date: _____

Print Name: _____

Parent/guardian: If the participant is a minor, I represent and verify that I am the parent or legal guardian of the minor, and I have authority to enter into this Agreement on behalf of the participant and I authorize the medical care described in this Agreement.

Parent/guardian's Signature: _____ Date: _____

Print Name: _____

Rollingwood Rockets Swim Team Photo Release Form

I give permission for Glenn Marshall, Dan Landry, or any photographer working or volunteering on behalf of and authorized by the Rollingwood Rockets Swim Team (hereafter "The Photographers") to take photographs of myself and my child(ren) in connection with Rollingwood Rockets related activities. I authorize The Photographers to copyright, use and publish the same in print and/or electronically without further compensation to me. Use includes, but is not limited to, website, photo sharing site, and printed promotional material for the Rollingwood Rockets and/or the Sacramento Swim league.

I agree that the photographers and the Rollingwood Rockets Swim Team may use such photographs of myself or my child(ren) without the name identified, for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

I have read and understand the above:

Signature: _____

Printed Name: _____

Name(s) of Child(ren): _____

Date: _____

Non Permission

I would prefer not to have pictures of myself or my child(ren) used in any public way. I understand that The Photographers may take pictures of myself or my child(ren), but I do not give permission for those photographs to be used in any public or semi-public way.

Signature: _____

Printed Name: _____

Name(s) of Child(ren): _____

Date: _____

Note: In general, photo release forms pertain to photographs of one or two subjects. Photographs of three or more subjects are not subject to the same legal requirements. That said, we will try to respect your wishes if you prefer not to have pictures of you or yours used.

Swimmer of the Week Questionnaire (Instructions for completion of form)

The Swimmer of the Week program is one of the ways that we recognize hard work, a coach-able attitude, and strong attendance at practices. Every week, a swimmer from each group will be selected for the Swimmer of the Week Award. The Swimmers of the Week will be published (in newsletter and/or on bulletin board) with a picture and brief bio. To manage the task for the volunteer writing all those bios, we ask that the questionnaire, on the following page, be completed for every swimmer, in advance.

This does not mean that every swimmer will be selected as swimmer of the week (we have more swimmers than weeks in each group), but it keeps our volunteer from having to chase down five kids a week to conduct interviews. Similarly, we'll be trying to capture photos of all the swimmers in the first few weeks of practice.

Instructions for completion:

- Print out a copy of the following page for each swimmer you have on the team.
- Have or help your child fill out the form.
 - Of course, not every question has to have an answer – do as much as you can, make it fun.
 - Older kids, if you think it's silly, consider it a courtesy to the volunteer writing the bios.
- Return the completed forms with your registration packet.

Team T-Shirt Sizes

This year, the Booster Club will be providing all swimmers with a team T-shirt. This is not something we've done before. Last year's Swim-a-Thon Fundraiser was so successful that we wanted to do something extra for the team. Please provide sizing information for each of your swimmers, below.

| Swimmer's Name | Child/Youth | | | Adult | | | |
|----------------|-------------|-----|-------|-------|-----|-------|-------|
| | Small | Med | Large | Small | Med | Large | X-lrg |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Rollingwood Rockets ~ Swimmer of the Week

Swimmer/Coach Questionnaire

Name: _____ Age: _____

Grade: _____ School: _____

Birthday: _____ Horoscope sign: _____

How long have you lived in the Sacramento area? Where did you live before? _____

Where did you first learn how to swim? How old were you? _____

What would be your favorite thing about being an Olympian? _____

What is your favorite book or movie? _____

What is your favorite song? _____

What do you like to do in your spare time? _____

Who is your favorite superhero? Why? _____

Are you a cat or a dog person? _____

Are you a morning or night time person? _____

Name one thing you are afraid of. _____

Name something that makes you smile. _____

Where is your favorite place to go on vacation? _____

Why do you enjoy swimming – what makes swimming fun? _____

What other sports or activities do you participate in? _____

How many years have you swam for the Rockets? _____

Who is/was your favorite actor/actress/cartoon character or your favorite person? Why? _____

What will you do when swim season is over? _____

Parent Volunteers (Instructions for completion of form)

Attached is the meet sign-out and list of job preferences for parents. The procedures are the same as they have been for the last few years. The sign-out sheet contains the swim meet schedule and list of jobs. See “Swim Meet Job Description” in the RRST Handbook for explanation of the different jobs.

Instructions for completion:

- If you will not be at a meet for whatever reason, put an “x” in the Vacation column next to that meet.
- Indicate your preferences for certain jobs, by numbering in order of your job preferences. (“1” being your favorite job). Mark as many as you would like. Indicate jobs you dislike with an “N”. We will try to assign or not assign these jobs, accordingly.
- Indicate if you are trained or would like to get trained for a position (T or WT).
- Medical limitations will be respected. Just write a brief note at the bottom of the form. Other duties, such as phone calling may be assigned.
- An assignment packet will be distributed for the whole season, excluding Championships. A copy of the job assignments will be distributed to each family, a copy will be in the “grey binder” in the mailbox, also known as the “Blue Box” and on the Rocket’s website.
- If unable to work, it is your responsibility to get a replacement from friends or parents not assigned a duty for that meet. A Phone Directory will be distributed.

Additional Information:

You are strongly encouraged to complete this form. If you do not, we will assume you are available for all meets and have no preferences for any particular job.

Please note that this form will not “sign-out” your child for a particular swim meet. Please use the “Red Binder” to sign-out your swimmer. We have a different procedure for swimmers than for parents since we assign all the volunteer positions at the beginning of the swim season.

Please be advised that you may not always get your preferred job(s). We try hard to balance the jobs; however, we need some experienced people to work ready bench, clerk of the course, and other trained positions. Each “family” will be assigned to work at the “ready bench” at least once during the season.

If there are two households, assignments will be in child’s name. We try our best to accommodate the situation; however, it will be the responsibility of the parents to determine who will cover the assigned duty.

You are expected to work at least five meets during the season in addition to one shift each day of Championships

If you have any questions or need to make changes to your sign-out (before assignments have been made) , please contact Jennifer Hobby 722-5917

Deadline for completion is **March 14, 2010**

Parent Meet Sign-Out Form

Parent Name(s) _____
 Swimmer Name(s) _____
 Age Group: _____

Instructions:

Swim Meet Schedule-Mark the "On Vacation" line with an "x" if you will **not** be at that meet.

Remember, you must also use the red binder to sign out your swimmer from a meet.

Job Preferences-Please number jobs in order of preference. Indicate (N)o for jobs you do not like to do. Mark as many as you want. Training for Stroke & Turn Judge, Starter, and Meet Director will be held April 18.

See "Swim Meet Job Descriptions" for explanation of jobs.

| Swim Meet Schedule 2010 | |
|---|----------|
| | Vacation |
| May 8 th Ice Breaker Social | _____ |
| May 15 th SSL Invitational @ Arden Manor | _____ |
| May 22 nd -Away @ Gold River Racket Club | _____ |
| June 5 th -Away @ Arden Manor | _____ |
| June 12 th -Home vs. Sutter Lawn | _____ |
| June 19 th Swim-a-thon | _____ |
| June 26 th -Away @ Parkway (we host at Parkway) | _____ |
| July 6 (Tue) away @ Del Paso (we host at Del Paso) | _____ |
| July 10 th -Away @ Sac Stingrays (we host at Cabana Club) | _____ |
| July 17 th - Championships (Woodland) | _____ |
| July 18 th Championships (Woodland) | _____ |

| Job Preferences: | | T or W* |
|------------------------------------|-------|---------|
| Jobs: | | |
| Starter* | _____ | _____ |
| Announcer* | _____ | _____ |
| Stroke & Turn * | _____ | _____ |
| Clerk of the Course* | _____ | _____ |
| Ready Bench | _____ | _____ |
| Ready Bench Escort | _____ | _____ |
| Team Parent (specify age group) | _____ | _____ |
| Head Timer* | _____ | _____ |
| Timer | _____ | _____ |
| Runner | _____ | _____ |
| Hospitality | _____ | _____ |
| Ribbons | _____ | _____ |
| Set-up | _____ | _____ |
| Clean-up | _____ | _____ |

*- Are you (T)rained or (W)ould you like to be trained?

Additional Comments or information:

Deadline is : March 14, 2010