



# KW Synchronized Swim Club

## 2011-2012 Competitive Program Registration Package

### Competitive Programs:

Welcome to KW Synchrono's competitive program designed for swimmers new to or with experience in synchronized swimming and who want to learn more advanced skills and experience competition from regional, provincial and national levels and will perform at our two club watershows December and May. KW Synchrono's competitive programs are designed around the Canada Sport Centres' Long-term Athlete Development (LTAD) Training to Train and Training to Compete Stages. Athletes will continue to develop their stamina (endurance), strength, speed, and suppleness (flexibility), while gaining more advanced synchro skills. Mental training is introduced and developed, including goal setting and evaluation, visualization and competition preparation. Working with team members and coaches in a supportive environment, KW Synchrono athletes gain grace, confidence and poise as they proudly represent their club and their community at competitions. KW Synchrono will determine the optimal placement for each swimmer for maximum program success.

The first weeks of the season in September are used to finalize team and coaching assignments. This process allows swimmers to try out the competitive program, and enables coaches and parents to determine the optimal placement for each swimmer. Opportunities to swim additional routines such as solos, duets and combos exist. Decisions about additional routines are made in the fall after team assignments are complete.

Registration Fee is due **September 7, 2011**. Team assignments will be done within the first few weeks upon which your monthly registration fees will be confirmed and due in accordance with the payment schedule.

PROGRAM DESCRIPTION & Approx. # Hrs	Registration Fee	Program Fee	Meet Entry Fee*	Fund Raising**	Competition Suit	10 Monthly Payments***	Practice dates, times, locations
<b>PROVINCIAL Level</b>							
<b>Ages 10 &amp; Under</b> 6 hrs wkly	\$200	\$1200	\$150	\$375	\$75	\$143	Wed 5:30-8:00 pm @ Cameron Heights Sun 2:30-6:00 @ Waterloo Swimplex
<b>Ages 10 &amp; Under</b> 9 hrs wkly	\$200	\$1650	\$150	\$425	\$75	\$189	Wed 5:30-8:00 pm @ Cameron Fri 5:30-8:00 pm @ Cameron Sun 2:30-6:00 pm @ Waterloo Swimplex
<b>Ages 12 &amp; Under</b> 9.5 hrs wkly	\$200	\$1750	\$150	\$450	\$100	\$200	Tues 5:00-8:00 pm @ Cameron Wed 5:00-8:00 pm @ Cameron Sun 2:00-6:20 pm @ Waterloo Swimplex
<b>Ages 13-15</b> 10.5 hrs wkly	\$200	\$1850	\$150	\$475	\$100	\$210	Tues 5:00-8:00 pm @ Cameron Wed 5:30-8:30 pm @ Cameron Sun 1:00-6:20 @ Waterloo Swimplex
<b>Ages 16-18</b> 12 hrs wkly	\$200	\$2100	\$150	\$550	\$100	\$235	Mon 7:00-10:00 pm @ WLU Tues 5:00-8:00 pm @ Cameron Fri 6:30-8:30 pm @ Cameron Sun 1:00-6:20 pm @ Waterloo Swimplex
<b>NATIONAL / HIGH PERFORMANCE Level</b>							
<b>Ages 15 &amp; Under</b> 14 hrs wkly	\$315	\$2500	\$250	\$750	\$200	\$295	Tues 5:00-8:00 pm @ Cameron Wed 5:00-8:30 pm @ Cameron Fri 5:30-8:30 pm @ Cameron Sun 1:00-6:20 pm @ Waterloo Swimplex
<b>Ages 16 &amp; Over</b> 14 hrs wkly	\$315	\$25.0	\$250	\$750	\$200	\$295	Mon 7:00-10:00 pm @ WLU Tues 5:00-8:00 pm @ Cameron Wed 5:00-8:30 pm @ Cameron Sun 1:00-6:20 pm @ Waterloo Swimplex

\*Meet entry fees may vary depending on number of competitions attending (fees are set by Synchro Ontario / Synchro Canada)

\*\* Fundraising two post-dated cheques to be provided with registration half due January 16, 2012 and balance April 10, 2012 (fundraising opportunities will be available)

\*\*\*Program fee payments commence September 7<sup>st</sup> through to June 1<sup>st</sup> post-dated cheques to be provided upon confirmation of team placement.

### Additional Information:

- To maximize the creative atmosphere and experience of all programs, KW Synchrono Club require participants to:
  - Wear a bathing cap to prevent hair from interfering with vision (FREE with each registration)
  - Wear goggles to prevent irritation of eyes and help with vision under water
  - Wear a nose clip to enjoy under water activities
- Additional uniform requirements include, club t-shirt, club track jacket, approved black yoga pants, black shorts, club spacing suit, black figure suit, white figure cap, competitive bathing suit, order forms will be available at the first scheduled practice and to be completed and returned with payment by September 18<sup>th</sup>.

# KW Synchro Swim Club Registration Process:

- 1) Complete all pages of the registration package to be provided at registration night or mailed to:  
**KW Synchro - 525 Highland Road West, Suite 411, Kitchener, ON N2M 5P4**  
*(This is a mailing address only. To drop off your registration package, go to this address, hand your package to the friendly UPS Store staff and ask that it go into mailbox 411.)*
- 2) **NOTE: The Registration fee is non-refundable.**
- 3) On the first day of practice a parent/guardian must arrive with the swimmer to ensure that all registration materials are complete and payment has been received. Swimming supplies such as goggles and nose plugs will be available for sale on the first night of practice.
- 4) All programs have a minimum of four (4) spots. Registration is on a first come, first served basis. Classes may be cancelled or combined based on registration.
- 5) Requests for refunds (less the registration fee) must be received in writing within seven (7) days of the start of the program. Approval must be received from the Director of Registration.
- 6) Calendars and details about the club's volunteer needs and fundraising programs will be available within the first month of the regular season (September).
- 7) Questions about program details or the registration package? Please contact KW Synchro at 519-620-3846 or [kwsynchro@gmail.com](mailto:kwsynchro@gmail.com).

## Registration Checklist

The following information is complete and attached (*registration is not complete until all material is received*):

\_\_\_\_\_ Registration Form

\_\_\_\_\_ KW Synchronized Swim Club Privacy Policy / Video Taping and Photography Policy and Standard Release

\_\_\_\_\_ Synchro Swim Ontario Participant's Agreement for MINOR CHILD

\_\_\_\_\_ Cheques: \_\_\_\_\_ non-refundable registration fee dated September payable to KW Synchro

\_\_\_\_\_ payment for any supplies ordered, goggles and nose clips to be received first day of practice

Due immediately upon team placement:

\_\_\_\_\_ monthly payment fee post-dated cheques September through to and including June 1

\_\_\_\_\_ post-dated fundraising cheques dated January 16<sup>st</sup> and April 11<sup>th</sup>

\_\_\_\_\_ completed club uniform order form and payment

**NOTE:** Available for purchase first day of program: Goggles \$20 and Nose Clip \$5

**FREE** KWSC swimming cap with each registration!



525 Highland Road West, Suite 41  
Kitchener, Ontario N2M 5P5 (Tel: 519-620-3846)  
Email: [kwsynchro@gmail.com](mailto:kwsynchro@gmail.com)  
[www.kwsynchro.on.ca](http://www.kwsynchro.on.ca)



# COMPETITIVE

Practice times based on competitive level, age and team placement.

Competitive season begins **September 7, 2011** to **June 8 or 10, 2012**

## PROVINCIAL LEVEL:

- Ages 10 & Under**  
WEDNESDAYS @ Cameron Heights 5:30 – 8:00 pm  
SUNDAYS @ Waterloo Swimplex 2:30 – 6:00 pm
- Ages 10 & Under**  
WEDNESDAYS @ Cameron Heights 5:30 – 8:00 pm  
FRIDAYS @ Cameron Heights 5:30 – 8:00 pm  
SUNDAYS @ Waterloo Swimplex 2:30 – 6:00 pm
- Ages 12 & Under**  
TUESDAYS @ Cameron Heights 5:00 – 8:00 pm  
WEDNESDAYS @ Cameron Heights 5:00 – 8:00 pm  
SUNDAYS @ Waterloo Swimplex 2:00 – 6:20 pm
- Ages 13-15**  
TUESDAYS @ Cameron Heights 5:00 – 8:00 pm  
WEDNESDAYS @ Cameron Heights 5:30 – 8:30 pm  
SUNDAYS @ Waterloo Swimplex 1:00 – 6:20 pm
- Ages 16-18**  
MONDAYS @ Wilfrid Laurier 7:00 – 10:00 pm  
TUESDAYS @ Cameron Heights 5:00 – 8:00 pm  
FRIDAYS @ Cameron Heights 6:30 – 8:30 pm  
SUNDAYS @ Waterloo Swimplex 1:00 – 6:20 pm

## NATIONAL LEVEL:

- Ages 15 & Under**  
TUESDAY @ Cameron Heights 5:00 – 8:00 pm  
WEDNESDAY @ Cameron Heights 5:00 – 8:30 pm  
FRIDAYS @ Cameron Heights 5:30 – 8:30 pm  
SUNDAYS @ Waterloo Swimplex 1:00 – 6:20 pm
- Ages 16 & Over**  
MONDAYS @ Wilfrid Laurier 7:00 – 10:00 pm  
TUESDAYS @ Cameron Heights 5:00 – 8:00 pm  
WEDNESDAYS @ Cameron Heights 5:00 – 8:30 pm  
SUNDAYS @ Waterloo Swimplex 1:00 – 6:20 pm



# 2011 -2012 Registration

## Form

Swimmer' Name: \_\_\_\_\_

Date of Birth: (Day / Month / Year) \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Parent(s)/Guardian(s) Name *(if swimmer is under 18)* \_\_\_\_\_

Tel: (Home) \_\_\_\_\_

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

Tel: (Cell - Mom) \_\_\_\_\_

(Cell - Dad) \_\_\_\_\_

Email Address: \_\_\_\_\_

Swimmer lives with:  Mother  Father  Other

Address *(if different than above)* \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

**Medical Profile:** Health Card No. \_\_\_\_\_

Family Physician: \_\_\_\_\_

Tel \_\_\_\_\_

Allergies or Medical Conditions: \_\_\_\_\_

Required Medication or Emergency Treatment  
(e.g. epi-pen, broncho-dilator): \_\_\_\_\_

Alternative Emergency Contact \_\_\_\_\_

Tel \_\_\_\_\_

Alternative Emergency Contact \_\_\_\_\_

Tel \_\_\_\_\_

To the best of my knowledge, \_\_\_\_\_  
is physically able to participate in all aspects of the program.

I am responsible for all fees associated with this program. Requests for refunds must be received in writing seven (7) days prior to the start of the program. No refund will be granted after the start of the season without medical reasons or extenuating circumstances. Should my swimmer(s) have to resign from the program after the start of the season, my swimmer(s) and I must discuss our situation with the Coach and Head Coach first. My swimmer(s) and I will submit a letter to the President and the Coach detailing the reasons for the resignation. I understand that approval for any refund must be received from the Board of Directors. Refunds will be prorated for the portion of the season used, and any outstanding balances will be deducted from a refund. This applies to program, travel, fundraising, and volunteer activity fees. I understand that the personal and health information I am providing will be used as outlined in the KW Synchro Club Privacy Policy and Notice of Collection, Use and Disclosure of Personal Information Policy. I acknowledge that I have reviewed these policies. I agree to the release of this information as outlined in the policies. I also understand that the Coaching staff and the Lead Chaperone will keep my information secure. I understand that my information will be shredded when no longer needed by the Club.

Signature of Parent/Guardian \_\_\_\_\_

Print Name: \_\_\_\_\_

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



## KW Synchronized Swim

### Club Privacy Policy

Swimmer's name: \_\_\_\_\_

Name of Parent/Guardian (if swimmer under 18): \_\_\_\_\_

#### Notice of Collection, Use, and Disclosure of Personal Information

KW Synchrono Club's protection of your personal information is in compliance with federal legislation, *The Personal Information Protection and Electronic Documents Act* which was enacted as of January 1, 2004 [visit our website to view policy in full].

**Permission must be obtained before we can print your name, telephone number and/or email address in the KW Synchrono Club directory. Please select one of the choices below.**

I CONSENT:

I DO NOT CONSENT:

to have my name, telephone number and/or email address printed in the KW Synchrono Club directory. The information will only be used for the purposes of contacting me regarding club business

### Video Taping and Photography Policy and Standard Release

(To be completed by parent/guardian, or swimmer if aged 18 years or over)

Video taping or photographing of teams, swimmers or individual swimmers can be conducted at any time by the coach(es) for the sole purposes of training and teaching. Team, swimmer or individual swimmer videos and photos can only be used by the coaches/club for teaching, training, advertising or club promotion.

All photographs and video tapes will be stored, accessed, removed and destroyed in compliance with KW Synchrono Club's Privacy Policy.

I have read and understood the Video Taping and Photography Policy. I consent to comply with the Video Taping and Photography Policy.

I hereby give permission to the Kitchener Waterloo Synchronized Swim Club, and Synchrono Ontario, to use the swimmer's photograph, whether still motion or video, and the swimmer's name in any legal manner whatsoever. Possible uses could include newsletters, displays, community television, local newspaper, posting of results, club website, training and teaching. I understand that phone numbers and addresses will not be published.

I CONSENT

I DO NOT CONSENT

Signature: \_\_\_\_\_ Dated: \_\_\_\_\_



**Participant's Agreement for  
MINOR CHILD to be signed by minor participant AND parent/guardian**

Name of Participant: \_\_\_\_\_ Age (under 18) \_\_\_\_\_ CLUB: KW Synchro Swimming Club

**ALL SPORT, INCLUDING SYNCHRONIZED SWIMMING, HAS ITS RISKS**

I participate in the sport of synchronized swimming because it is physically and mentally challenging. In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to synchronized swimming. The risks and hazards of synchronized swimming include, but are not limited to:

- Injuries from executing strenuous and demanding physical techniques in synchronized swimming including boosts and lifts;
- Injuries from dryland training including weights, pilates, running, dance, bands, circus school and massage;
- Injuries from entering the water by either diving or jumping;
- Injuries from spending extended times in chlorinated water including bacterial infections and rashes;
- Injuries from collisions with the pool wall or pool bottom;
- Injuries from extended time underwater;
- Injuries from physical contact with other participants including spotters whose role is to enhance safety and learning;
- Injuries from strenuous cardiovascular workouts;
- Injuries from exerting and stretching various muscle groups; and
- Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities.

Furthermore, I am aware:

- That injuries sustained in synchronized swimming can be severe;
- That I may come into close contact with other participants, including the possibility of accidental and unexpected touching;
- That I may experience anxiety while challenging myself during the activities;
- That my risk of injury is reduced if I follow all rules adopted during training; and
- That my risk of injury increases as I become fatigued.

**I AGREE TO BE RESPONSIBLE FOR MYSELF**

I am participating voluntarily in these activities, events and programs. I agree that there are risks in synchronized swimming as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs. If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand "organizers" to mean: Synchro Swim Ontario, its directors, officers, members, employees, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the facility, and representatives.

**I ACKNOWLEDGE MAKING THIS AGREEMENT**

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Printed Name of Parent or Guardian

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

\_\_\_\_\_  
Date

**CONSENT FOR EMERGENCY MEDICAL TREATMENT  
to be signed by the parent/guardian of a minor participant**

I, \_\_\_\_\_, parent/legal guardian of \_\_\_\_\_, give permission to the officials and coaches of Synchro Swim Ontario to make decisions concerning medical care and treatment, and where necessary to authorize such care and treatment in emergency situations. I understand that the officials and coaches of Synchro Swim Ontario will make every reasonable effort, in the circumstances, to contact me regarding my child's/ward's medical status in the event an emergency arises. In the event that I cannot be reached in an emergency I hereby give my permission to the licensed physician, dentist, athletic therapist, nurse or other medical professional whose services might be required to provide medical care and treatment.

By signing here, I indicate that I have the understanding and capacity to communicate health care directives for my child/ward and that I am fully informed as to the contents of this document and understand the full import of this grant of powers to the officials and coaches of Synchro Swim Ontario.

Dated: \_\_\_\_\_, 201\_\_\_\_ Parent/Guardian signature: \_\_\_\_\_