



## **KW Synchronized Swim Club Recreational Program 2009-2010 Registration Package**

Welcome to KW Synchrono's 2009-2010 season, featuring a fresh, new slate of programs designed around the Canada Sport Centres' Long-term Athlete Development (LTAD) initiative. By adopting LTAD, KW Synchrono is committed to ensuring that children learn fundamental movement skills transferable to all sports, along with a strong foundation of synchro skills. Research conducted by the Canada Sport Centres shows that children physically educated in the LTAD method will:

- 1) Feel confident and be encouraged to continue to build on these skills through recreational and competitive sport activity.
- 2) Enjoy overall health benefits by developing greater physical literacy, which encourages them to be more physically active throughout their lives.

We are confident that our 2009-2010 programs meet both of these goals in a fun-filled, supportive environment. See you at the pool!

*KW Synchrono Board of Directors*

### **Registration Process:**

- 1) Complete all pages of the registration package and return by **Sept. 15, 2009** to:  
**KW Synchrono**  
**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. **All documentation and cheques must be in the hands of the Director of Registration before the swimmer starts practice.** 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 and a maximum of eight (8). 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 distributed at the first class.
- 7) Questions about program details or the registration package? Please contact KW Synchrono at 519-620-3846 or [kwsynchro@gmail.com](mailto:kwsynchro@gmail.com).



## 2009-2010 Recreational Programs

### **KW START — BEGINNER 8 and under**

#### *Half Year Program*

For swimmers born in 2001, 2002, 2003 and 2004, with no previous synchro experience. This is a fun-filled introduction to the basic skills involved in synchronized swimming. Swimmers will prepare a short routine to present at the club Water Show in December.

Program Dates: Tuesday 5 to 6 pm at Cameron Heights; Sept. 22 to Dec. 13/09 (*Water Show*)  
OR Sunday 4 to 5 pm at Waterloo Memorial Recreation Complex — Swimplex;  
Sept. 27 to Dec. 13/09 (*Water Show*). No practice Oct. 11/09.

### **KW FUN — BEGINNER 10 and under**

#### *Half or Full Year Program*

For swimmers born in 1999 and 2000 in their first year of synchro, or who wish to improve basic skills. Swimmers will learn and work on the basics of synchronized swimming with more emphasis on the fundamentals such as swimming strokes, coordination and flexibility. Swimmers will prepare a short routine to present at the club Water Show in December.

Program Dates: Tuesday 5 to 6:30 pm at Cameron Heights; Sept. 22 to Dec. 13/09 (*Water Show*)  
OR Sunday 4 to 5:30 pm at Waterloo Memorial Recreation Complex — Swimplex;  
Sept. 27 to Dec. 13/09 (*Water Show*). No practice Oct. 11/09.

### **KW FUN — BEGINNER 12 and under**

#### *Half or Full Year Program*

For swimmers born in 1997 and 1998 in their first year of synchro, or who wish to improve basic skills. Swimmers will learn and work on the basics of synchronized swimming. Emphasis will be placed on improvement of synchro skills, swimming strokes, coordination and flexibility. Swimmers will prepare a short routine to present at the club Water Show in December.

Program Dates: Tuesday 5 to 7 pm at Cameron Heights; Sept. 22 to Dec. 13/09 (*Water Show*)  
OR Sunday 4 to 6 pm at Waterloo Memorial Recreation Complex — Swimplex;  
Sept. 27 to Dec. 13/09 (*Water Show*). No practice Oct. 11/09.

### **KW FUN — INTERMEDIATE 10 and under**

#### *Full Year Program*

For swimmers born in 1999 and 2000 who have one or more years of synchro experience or wish to learn more advanced skills. Swimmers will learn and work on the more advanced basics of synchro. Emphasis will be placed on improvement of synchro skills, swimming strokes, coordination and flexibility. Swimmers have the option to attend a Recreational Figures Meet in November, a Routines Meet at the end of the season, and to work out with the competitive team one Friday per month.

Program Dates: Wednesday 5:15 to 7:30 pm at Cameron Heights; Sept. 23 to early May/10 (*Routines Meet*)  
OR Sunday 3:15 to 5:30 pm at Waterloo Memorial Recreation Complex — Swimplex;  
Sept. 27/09 to early May/10 (*Routines Meet*). No practice Oct. 11/09.

## **KW FUN — INTERMEDIATE 12 and under**

### *Full Year Program*

For swimmers born in 1997 and 1998 who have one or more years of synchro experience or wish to learn more advanced skills. Swimmers will learn and work on the more advanced basics of synchronized swimming. Emphasis will be placed on improvement of synchro skills, swimming strokes, coordination and flexibility. Swimmers have the option to attend a Recreational Figures Meet in November, a Routines Meet at the end of the season, and to work out with the competitive team one Friday per month.

Program Dates: Wednesday 4:45 to 8 pm at Cameron Heights; Sept. 23 to early May/10 (*Routines Meet*)  
OR Sunday 2:45 to 6 pm at Waterloo Memorial Recreation Complex — Swimplex;  
Sept. 27/09 to early May/10 (*Routines Meet*). No practice Oct. 11/09.

## **KW TEEN — BEGINNER**

### *Half Year Program*

This program is offered for novice swimmers born between 1991 and 1996, and no previous experience is required. Basic synchro skills will be covered with an emphasis on maintaining and improving fitness. Emphasis is placed on the fundamentals such as swimming strokes, coordination and flexibility, and incorporating synchro skills into a routine. Swimmers have the option to attend a Recreational Figures Meet in November.

Program Dates: Friday 6:30 to 8:30 pm at Cameron Heights; Sept. 25 to Dec. 13/09 (*Water Show*)

## **KW TEEN — INTERMEDIATE**

### *Full Year Program*

This program is offered for intermediate swimmers born between 1991 and 1996. Basic and advanced synchro skills will be covered with an emphasis on maintaining and improving fitness. Emphasis is placed on the fundamentals such as swimming strokes, coordination and flexibility, and incorporating synchro skills into a routine. Swimmers have the option to attend a Recreational Figures Meet in November, a Routines Meet at the completion of the season, and to work out with the competitive team one Friday per month.

Program Dates: Monday 8 to 9 pm at Wilfrid Laurier University Athletic Complex Pool  
AND Friday 6 to 8 pm at Cameron Heights; Sept. 25/09 to early May/10 (*Routines Meet*)

## **ADDITIONAL INFORMATION:**

- Programs are suitable for participants of any age who have basic swimming competency. Completion of Red Cross's Aquaquest 4 is recommended but not mandatory.
- Participants in all programs will have the opportunity to perform in club Water Shows, which occur twice a year in December and April. All swimmers participate in Synchro Canada's Star Awards program that provides ten levels of graduated skill development. Opportunities also exist for local recreational competitions and invitations to attend practice with KW Synchro's competitive teams.
- To maximize the creative atmosphere and experience of all programs, KW Synchro Club requires that participants:
  - i) Wear a **bathing cap** to prevent hair from interfering with vision
  - ii) Wear **goggles** to prevent irritation of eyes and help with vision under water
  - iii) Wear a **nose clip** to enjoy under water activities



## 2009-2010 Program Fees and Payment Schedules

Program	Pool	Day of week	Time of Day	Start Date	Registration Fee	Program Fee**
KW Start (8 and under)	Cameron Heights	Tuesday	5 to 6 pm	Sept. 22	\$15	\$90
	Swimplex	Sunday	4 to 5 pm	Sept. 27	\$15	\$80
Fun 10 & under – Beginner half year	Cameron Heights	Tuesday	5 to 6:30 pm	Sept. 22	\$15	\$160
	Swimplex	Sunday	4 to 5:30 pm	Sept. 27	\$15	\$145
Fun 10 & under – Beginner full year	Cameron Heights	Tuesday	5 to 6:30 pm	Sept. 22	\$15	\$300 (2 @ \$150)
	Swimplex	Sunday	4 to 5:30 pm	Sept. 27	\$15	\$300 (2 @ \$150)
Fun 12 & under – Beginner half year	Cameron Heights	Tuesday	5 to 7 pm	Sept. 22	\$15	\$265
	Swimplex	Sunday	4 to 6 pm	Sept. 27	\$15	\$245
Fun 12 & under – Beginner full year	Cameron Heights	Tuesday	5 to 7 pm	Sept. 22	\$15	\$485 (2 @ \$242.50)
	Swimplex	Sunday	4 to 6 pm	Sept. 27	\$15	\$485 (2 @ \$242.50)
Fun 10 & under – Intermediate	Cameron Heights	Wednesday	5:15 to 7:30 pm	Sept. 23	\$15	\$510 (2 @ \$255)
	Swimplex	Sunday	3:15 to 5:30 pm	Sept. 27	\$15	\$510 (2 @ \$255)
Fun 12 & under - Intermediate	Cameron Heights	Wednesday	4:45 to 8 pm	Sept. 23	\$15	\$610 (2 @ \$305)
	Swimplex	Sunday	2:45 to 6 pm	Sept. 27	\$15	\$610 (2 @ \$305)
KW Teen - Beginner	Cameron Heights	Friday	6:30 to 8:30 pm	Sept. 25	\$15	\$265
KW Teen - Intermediate	WLU Pool & Cameron Heights	Monday Friday	8 to 9 pm 6 to 8 pm	Sept. 28 Sept. 25	\$15	\$610 (2 @ \$305)

### Program Fee Payment Options:

- Swimmers enrolled in full year programs may submit the program fee in two installments. Please date cheques for Sept. 15, 2009 and Jan. 15, 2010.
- Families with swimmers enrolled in full year programs are required to participate in KW Synchro's fundraising program. Details about the program will be provided at the first class.

**\*\* Please note:** Half year classes held at Cameron Heights run for 12 weeks, plus the Dec. 13 Water Show. Half year classes held at the Waterloo Memorial Recreation Complex — Swimplex run for 10 weeks, plus the Dec. 13 Water Show.



## 2009-2010 Registration Form

Swimmer's Name: \_\_\_\_\_ Date of Birth (dd/mm/yyyy): \_\_\_\_\_

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

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone No. (home): \_\_\_\_\_ (work): \_\_\_\_\_ (cell): \_\_\_\_\_

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

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

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

Phone No. (home): \_\_\_\_\_ (work): \_\_\_\_\_ (cell): \_\_\_\_\_

Phone No. (home): \_\_\_\_\_ (work): \_\_\_\_\_ (cell): \_\_\_\_\_

Swimmer lives with:  Mother  Father  Other \_\_\_\_\_

### Medical Profile

Health Card Number: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

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

Emergency Contact 1: \_\_\_\_\_ Relationship to swimmer: \_\_\_\_\_

Phone number: \_\_\_\_\_ Alternate phone number: \_\_\_\_\_

Emergency Contact 2: \_\_\_\_\_ Relationship to swimmer: \_\_\_\_\_

Phone number: \_\_\_\_\_ Alternate phone number: \_\_\_\_\_

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.

Please print name of parent/guardian \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_



## KW Synchronized Swim Club Video Taping and Photography Policy and Standard Release

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

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

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

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

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.

Video taping or photographing of swimmers and routines is permitted by family members during any 'open' event or competition (not a practice). At a 'closed' event, video taping or photographing is permitted by the coach(es) or club designate only. Any other video taping or photographing of teams, swimmers or individual swimmers by anyone other than coaching staff (or their designate) is permitted only with the consent of the coach/head coach.

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

### PLEASE READ AND SELECT ONE OPTION:

**Option 1:** 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.

\_\_\_\_\_  
Signature (parent/guardian or swimmer if 18 years of age) Date

**Option 2:** 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, to use the swimmer's photograph, whether still motion or video, for purposes of training and coaching only.

\_\_\_\_\_  
Signature (parent/guardian or swimmer if 18 years of age) Date

**Option 3:** I have read and understood the Video Taping and Photography Policy. I consent to comply with the Video Taping and Photography Policy.

I do not wish for the swimmer's photograph or name to be used in any way.

\_\_\_\_\_  
Signature (parent/guardian or swimmer if 18 years of age) Date



# Participant's Agreement for MINOR CHILD

*(to be signed by minor participant AND parent/guardian)*

Name of Participant: \_\_\_\_\_ Age (under 18): \_\_\_\_\_

**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 dry land 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	Date
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: \_\_\_\_\_, 2009 Parent/Guardian Signature: \_\_\_\_\_



# KW Synchronized Swim Club Privacy Policy 2009-2010

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

Keeping your personal information private is important to KW Synchrono Club. To meet the needs of individuals participating in our programs, KW Synchrono Club needs to know personal and personal health information about coaches, participants and their families.

As an employee, contracted coach, athlete, parent/guardian, student or volunteer you have a right to know how and why we collect, use and disclose personal information/health information. You have a right to expect that, to the best of our ability, your personal information held by us remains accurate, confidential and secure.

KW Synchrono Club is proud of its longstanding commitment to maintaining the confidentiality and security of personal and health information, and has implemented practices to better protect the privacy of your personal and health information.

KW Synchrono Club collects, uses, discloses, and stores facts about participants and their health. These facts are collected to help complete registrations for our teams, or obtain medical assistance in an emergency situation. They include:

- Your name, address, telephone number, and your Ontario Health Card number
- Facts about participants health, health care history and the health care that has been given

We use this information and share it only with those who need to know that information. For example, we might use it:

- To complete registration information for Synchrono Ontario
- To complete registration information for various competitions
- To communicate with other Clubs
- To facilitate communication among team members, teams and the Club as a whole
- To seek medical care in an emergency situation
- To assist pool staff in handling an emergency situation
- To contact the individuals participants have listed as Emergency contacts
- To meet legal and regulatory requirements

These are your rights:

- You may see or have access to your personal and health information collected by the KW Synchrono Club
- You may ask to correct your personal and health information
- Your personal information is private. Unless sharing it with others is authorized by law, we cannot and will not give out any of your personal information without your consent
- If you would like to know more about how your personal information is collected, used, stored, and disclosed, contact KW Synchrono Club’s Privacy Officer at 519-620-3846. If you are not satisfied with KW Synchrono Club’s processes regarding access to your personal information, or about how it is collected, used, stored, or disclosed to others, you may make a complaint to our Privacy Officer.

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.

**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.**

- a) I 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

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

- b) I DO NOT CONSENT to have my name, telephone number and/or email address printed in the KW Synchrono Club directory.

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



## 2009-2010 Registration Checklist

Swimmer's Name: \_\_\_\_\_ Registered for Program(s): \_\_\_\_\_

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

- \_\_\_\_\_ 2009-2010 Registration Form
- \_\_\_\_\_ KW Synchronized Swim Club Video Taping and Photography Policy and Standard Release
- \_\_\_\_\_ Synchro Swim Ontario Participant's Agreement for MINOR CHILD
- \_\_\_\_\_ KW Synchronized Swim Club Privacy Policy
- \_\_\_\_\_ Program Fee cheque(s) (*please note swimmer's name and program on all cheques*)

Program	Pool	Day of week	Time of Day	Start Date	Reg. Fee	Program Fee	Indicate Choice
KW Start (8 and under)	Cameron Heights	Tuesday	5 to 6 pm	Sept. 22	\$15	\$90	
	Swimplex	Sunday	4 to 5 pm	Sept. 27	\$15	\$80	
Fun 10 & under – Beginner half year	Cameron Heights	Tuesday	5 to 6:30 pm	Sept. 22	\$15	\$160	
	Swimplex	Sunday	4 to 5:30 pm	Sept. 27	\$15	\$145	
Fun 10 & under – Beginner full year	Cameron Heights	Tuesday	5 to 6:30 pm	Sept. 22	\$15	\$300 (2@ \$150)	
	Swimplex	Sunday	4 to 5:30 pm	Sept. 27	\$15	\$300 (2@ \$150)	
Fun 12 & under – Beginner half year	Cameron Heights	Tuesday	5 to 7 pm	Sept. 22	\$15	\$265	
	Swimplex	Sunday	4 to 6 pm	Sept. 27	\$15	\$245	
Fun 12 & under – Beginner full year	Cameron Heights	Tuesday	5 to 7 pm	Sept. 22	\$15	\$485 (2@ \$242.50)	
	Swimplex	Sunday	4 to 6 pm	Sept. 27	\$15	\$485 (2@ \$242.50)	
Fun 10 & under – Intermediate	Cameron Heights	Wednesday	5:15 to 7:30 pm	Sept. 23	\$15	\$510 (2@ \$255)	
	Swimplex	Sunday	3:15 to 5:30 pm	Sept. 27	\$15	\$510 (2@ \$255)	
Fun 12 & under - Intermediate	Cameron Heights	Wednesday	4:45 to 8 pm	Sept. 23	\$15	\$610 (2@ \$305)	
	Swimplex	Sunday	2:45 to 6 pm	Sept. 27	\$15	\$610 (2@ \$305)	
KW Teen - Beginner	Cameron Heights	Friday	6:30 to 8:30 pm	Sept. 25	\$15	\$265	
KW Teen - Intermediate	WLU Pool & Cameron Heights	Monday Friday	8 to 9 pm 6 to 8 pm	Sept. 28 Sept. 25	\$15	\$610 (2@ \$305)	