



## **LF II Dolphin Registration** **Welcome to the 2008 Season**

Greetings Dolphin Families:

The 2008 in-person registration will take place in the Youth Center at the Sun and Sail Club on:  
**Sunday, March 2<sup>nd</sup>, 9 am to 2 pm.**

Please come and meet our NEW Head Coach, Sam Gelberger and welcome her to our team!

It's time to get our DOLPHIN SWIM TEAM together for another successful and exciting swim season and we are happy you have chosen to join us.

### **To register, please bring completed**

Registration Form \* Medical Release Form \* club membership cards...\*...Code of Conduct Form  
Payment (check preferred or exact cash amount) \* separate payment for suits and clothing

Fees include a picture package, but DO NOT include the cost of swimsuits. Dolphin apparel and swim suits will also be available for purchase but each requires separate payment. Board Members and Coaches will be available at registration to discuss the program and answer any questions.

It is a **MANDATORY REQUIREMENT** that one parent from each family commit to a "Meet Job" **AND** a "Committee Job". You do have the option to make a payment in lieu of each service. Job positions fill up quickly and we may need to place you in a different position based on the team's needs or if you did not fulfill your job last year. **PLEASE NOTE SOME JOB DESCRIPTIONS HAVE CHANGED**, see attached descriptions.

The team can accept a limited number of participants overall and within each age group. Returning families attending the "in-person" registration will be considered first. All other registrations will be added if space permits in the individual age groups and with successful tryouts for new members. New families should delay their purchase of clothing and swimsuits until accepted on the team.

Mail-in registrations will **ONLY** be accepted **AFTER** March 2nd and added to the roster if space is available and parent volunteer jobs will be assigned at that time.

Registration fees received after **April 14, 2008**, will be assessed an additional late fee per swimmer. If you have any questions concerning the registration process, please call...

Jack Fulcher @ 581-7730 or email @ [jackfulcher@cox.net](mailto:jackfulcher@cox.net).

Please check the Mainsheet and our website **LF2Dolphins.org** for information throughout the season. Registration can be mailed after March 2nd to:

Dolphins Swim Team, c/o Jack Fulcher  
24992 Paseo Equestre  
Lake Forest, California, 92630.



# 2008 Lake Forest II Dolphin Registration Form

Were you a Dolphin Family in 2007?  Yes  No  
 Are you a member of LFII Sun & Sail Club?  Yes  No  
 Are any of your swimmers registered with USA Swimming (Not Water Polo)?  Yes  No

Family's Last Name: \_\_\_\_\_ Name of Paying Adult: \_\_\_\_\_

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

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

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

E-mail Address: **Please CAPITALIZE & print neatly** Important Dolphin information & updates will be emailed.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
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Check Payment – **PREFERRED METHOD** Check # \_\_\_\_\_ \$25 charge for bounced check  
 Cash Payment – **EXACT CHANGE ONLY**

**YEAR – please enter the year your swimmer started swimming with the LFII Dolphins**

| YEAR  | Children's Name(s)   | Birth Date | Sex            | 15 as of June 1 *      | Fees** | Cost |
|---|----------------------|------------|----------------|------------------------|--------|------|
|   |                      |            |                | 1 child under 15       | \$170  |      |
|   |                      |            |                | 2 child under 15       | \$130  |      |
|   |                      |            |                | 3 child under 15       | \$110  |      |
|   |                      |            |                | 4 child under 15       | \$90   |      |
|   |                      |            |                | 1 child <b>over</b> 15 | \$35   |      |
|   |                      |            |                | 2 child <b>over</b> 15 | \$35   |      |
| <b>TOTAL REGISTRATION FEE</b>                       |                      |            |                |                        | ➡      |      |
| <b>Late registration fee April 14, 08</b>           | <b>If applicable</b> |            | \$25 per child |                        | #      |      |
| <b>Payment in lieu of meet job</b>                  | <b>If applicable</b> |            |                |                        | \$300  |      |
| <b>Payment in lieu of committee job</b>             | <b>If applicable</b> |            |                |                        | \$150  |      |
| <b>Out of area fee per family</b>                   | <b>If applicable</b> |            |                |                        | \$35   |      |
| <b>Checks payable to: "Lake Forest II Dolphins"</b> |                      |            |                |                        | ➡      |      |
| <b>TOTAL PAID</b>                                   |                      |            |                |                        | ➡      |      |

\*\* Swimmer Registration Fees include picture package but do not include swimsuit or clothing.

**All family participants must read and sign below.**

My signature below signifies that I acknowledge and accept the following: Participation on the team is contingent on the permission of the Head Coach and/or the Board of Directors, **and said permission may be revoked at any time during the season without cause and at the sole discretion of the Head Coach and the Board of Directors.** I further acknowledge and accept that all participating family members will abide by all club rules, parent job assignments (or payment in lieu of service) which are a mandatory requirement for team membership. Photographs taken at swim team events may be posted on the Dolphin website, my children will not compete with (or "attached to") any other swim team during the Dolphin season and it is my responsibility to submit proof of detachment to the Dolphin Registrar before the Intra-squad Meet.

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

|                            |          |                                 |          |
|----------------------------|----------|---------------------------------|----------|
| <b>Meet Job (or \$300)</b> | Approved | <b>Committee Job (or \$150)</b> | Approved |
|                            |          |                                 |          |

**Refund Policy:** 100% of the swimmer registration fee will be refunded prior to 1<sup>st</sup> day of practice. 50% of registration fee will be refunded through Intra-squad Meet. No refunds after Intra-squad Meet. No refunds on clothing, out of area fees, or sponsorship. **If the Dolphin membership has been revoked for any reason, the refund of the registration fee shall be in accordance with the current refund policy.**

**One member of each family must commit to one meet job and  
One committee job.  
Payments may be made in lieu of service.**

**Meet Job Descriptions:**

**TIMER** - Volunteer will be assigned to a lane to time swimmer's events with a stopwatch and relay information to the Lane Writer. Volunteer will work first half or second half of assigned meets.

**LANE WRITER** - Volunteer will be assigned to a swim lane and record information onto lane slips, given by the Timers. Volunteer will work first half or second half of assigned meets.

**RIBBON WRITER** – Volunteer group will be provided pre-printed labels and ribbons at the conclusion of the meet. Ribbons must be prepared and filed in children's folder by Tuesday the following week.

**POSTER COMMITTEE** - Responsibilities' include: making posters throughout the season as needed (talent not required but ability to try is), setting up and taking down of posters at home meets and home events and putting away as we recycle from the years before.

**The following jobs are performed at Home Meets only.**

**SET-UP & TAKE-DOWN** – Volunteers must perform both set-up and takedown at all home meets. Set-up of meet equipment begins at 6:30am and Take-Down assists in storing equipment and clean-up and concludes approximately 45 minutes after each home meet. You will be required to assist with Relays and Finals in various volunteer positions.

**RUNNER** - Volunteer is responsible for picking up the lane slips after each event and turning them in to the computer room. Volunteer will work first half or second half of assigned meets.

**SCORING** - Volunteers will be stationed in the Teen Center during each home meet and will input swimmer's times into computers. Volunteer will work first half or second half of assigned meets.

**DOLPHIN DINER** - Volunteers assist in setting up our Dolphin Diner, preparing and selling food, and cleaning up at the conclusion of the meets. Volunteer will work first half or second half of assigned meets. The years we host Relays and/or Finals, you will be required to assist in various volunteer positions, inside the Diner.

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**Committee Descriptions:**

**WELCOME BACK STREET FAIR:** Team parents bring food to share on the first day of practice and we need Team parents to serve throughout your child's practice time. We need Team parents who are creative and energetic to help run the street fair. Parents will assist in decorating, setting up, or running the various booths (such as art stations, game stations, food stations, etc.) and will be needed for cleanup after the event.

**DOLPHIN DINNER:** An evening of family, fun and dinner. Help advertise, set-up, serve food and clean up.

**FAMILY FUN NIGHT/TALENT SHOW:** This is the big bash of the season! Looking for enthusiast parents to assist in running the production, help decorate and set up stage. Stage hands needed to move props, queue music, etc. Parents needed at the food stations, to help with preparation, cooking, serving and cleanup after the event. This is a very fun event!

**COACHES DAY/ICE CREAM SOCIAL:** Help organize and run a fun day of activities for all of the coaches and swimmers, while enjoying a refreshing ice cream sundae.

**AWARDS BANQUET:** Help set-up, cleanup, and organize the food and equipment.

**4<sup>TH</sup> OF JULY PARADE:** Help decorate our float, organize kids & be with kids during the parade.



# Lake Forest II Dolphin 2008 Medical Release & Waiver of Responsibility Form

### Authorization to provide Emergency Medical Care and Release of Liability

| Children's Name(s) | Sex | Birthdate | Allergies/Medical Condition |
|--------------------|-----|-----------|-----------------------------|
|                    |     |           |                             |
|                    |     |           |                             |
|                    |     |           |                             |
|                    |     |           |                             |
|                    |     |           |                             |

Mother's Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

**Doctor or Medical Clinic (where records are on file):**

| Name | Address | Phone # |
|------|---------|---------|
|------|---------|---------|

**Insurance Information:**

| Name | Policy # | Phone # |
|------|----------|---------|
|------|----------|---------|

I (we) the undersigned parent, parents or legal guardian, do hereby authorize and consent to emergency first aid and medical treatment rendered by qualified Lake Forest II Master H.O.A. Staff and/or medical staff licensed under the provisions of the State of California Department of Public Health. It is understood that every effort shall be made to contact the undersigned prior to rendering treatment deemed advisable in the best judgment of qualified medical personnel and treatment shall not be withheld if the undersigned cannot be reached. I (we) the undersigned further agree to hold harmless the Dolphin Swim Team, its staff, and officers, Lake Forest II Master H.O.A., its staff and officers for any and all injuries or damages which may be sustained or suffered in connection with participation in all Dolphin Swim Team activities. My child/ren have medical coverage under the policy listed above.

**Waiver of Responsibility**

I hereby release and discharge the Lake Forest II Master Homeowners Association and its' directors, officers and employees and the Lake Forest II Dolphin Swim Team directors and officers from all claims, damages, injuries, losses, or actions arising out of or resulting from my and my family's participation in the Dolphin Swim Program. I am aware that Section 1542 of the California Civil Code provides that a general release does not extend to claims which are not known or suspected at the time of executing the release, if the knowledge thereof would have materially affected the decision to execute the release. With full knowledge, I HEREBY WAIVE THE PROVISIONS OF CIVIL CODE 1542 with respect to the participation of myself and my family in the Dolphin Swim Program. I agree not to contest this release, and agree to refrain from instituting any action against the Lake Forest II Association and Dolphin Swim Team arising from the activity described above. I have read this release and fully understand its terms and consequences.

| Parent/Guardian Signature | Date |
|---------------------------|------|
|---------------------------|------|



## LF II Dolphin 2008 Schedule

Revised 1/08

| April 28 - June 20, 2008<br>Monday thru Thursday |                  | June 23 - July 25, 2008<br>Monday thru Friday |                                 |
|--|------------------|---|---------------------------------|
| 4:15 - 5:00                                      | 5-6 year olds    | 9:00 - 10:00                                  | 13 & older                      |
| 5:00 - 5:45                                      | 7-8 year olds    | 10:00 - 11:00                                 | 5 -6 year olds                  |
| 5:45 - 6:30                                      | 9 - 10 year olds | 11:00 - 12:00                                 | 9 -10 year olds                 |
| 6:30 - 7:15                                      | 11 & older       | 12:00 - 1:00                                  | 7 - 8 year olds                 |
|  |                  | 1:00 - 2:00                                   | 11 - 12 year olds<br>& make-ups |

| EVENT                                      | LOCATION          | DAY         | DATE         | TIME           |
|--|-------------------|-------------|--------------|----------------|
| Registration                               | Youth Center      | Sunday      | 2-Mar        | 9am - 2pm      |
| New Swimmer Tryouts                        | LFII Pool         | Sunday      | 30-Mar       | 9:00 - 11:00am |
| Swim Clinic                                | LF II Pool        | Mon - Thurs | Apr. 21 - 24 |                |
| Welcome Back Street Fair & Practice Begins | LF II Pool        | Monday      | 28-Apr       | 4:00 - 7:30pm  |
| New Member Meeting                         | Youth Center      | Thursday    | 8-May        | 7:00pm         |
| Picture Day                                | Pool Deck         | Friday      | 9-May        | 2:45 - 5:30pm  |
| Dolphin Dinner                             | Youth Center      | Friday      | 9-May        | 6:00 - 8:00pm  |
| Intrasquad Meet                            | LF II Pool        | Sunday      | 18-May       | 7:30am sign in |
| Green Valley                               | Green Valley      | Saturday    | 31-May       | 7:30am sign in |
| Harbor View                                | LF II Pool        | Saturday    | 7-June       | 7:30am sign in |
| Pacific Sands                              | LF II Pool        | Saturday    | 14-June      | 7:30am sign in |
| Fundraiser                                 | TBA               | Thursday    | 19-June      | 6:00pm         |
| Greenbrook                                 | Greenbrook        | Saturday    | 21-June      | 7:30am sign in |
| Family Fun Night                           | LF II Ampitheater | Sunday      | 22-June      | 5:00 - 9:00pm  |
| Relay Finals                               | CdM               | Saturday    | 28-June      | 6 AM - 2 PM    |
| 4th of July Parade                         | ETHS              | Friday      | 4-July       | 9:00 - 11:00am |
| Newport Hills                              | Newport Hills     | Saturday    | 12-July      | 7:30am sign in |
| Coaches Day                                | LF II Pool        | Wednesday   | 16-July      | 12:00 - 2:00pm |
| Ice Cream Social                           | LF II Pool        | Wednesday   | 16-July      | 12:00 - 2:00pm |
| Fundraiser                                 | TBA               | Thursday    | 17-July      | 6:00pm         |
| Green Valley                               | LF II Pool        | Saturday    | 19-July      | 7:30am sign in |
| Finals                                     | CdM               | Saturday    | 26-July      | 6 AM - 2 PM    |
| Awards Banquet                             | LF II Ampitheater | Sunday      | 27-July      | 12:00 - 2:00pm |



## LAKE FOREST II DOLPHIN CODE OF CONDUCT

We, the Lake Forest II Dolphin Booster Club have implemented the following Code of Conduct in order to maintain a safe and structured environment which is conducive to achieving the objectives of the swim team organization and for the important message it holds about the proper role of parents in supporting their child/ren on the swim team.

Parents should read, understand and sign this form prior to their child/ren participating in our league.

All swim team participants, family members, officials and staff are expected to abide by this code.

Any persons guilty of improper conduct at any meet or practice will be asked to leave the facility and be suspended from the following meet. Repeat violations may cause a multiple meet suspension, or the season forfeiture of the privilege of attending all meets.

### **Preamble**

The essential elements of character-building and ethics in our swim league are embodied in the concept of sportsmanship and six core principles:

1. Trustworthiness
2. Respect
3. Responsibility
4. Fairness
5. Caring, and
6. Good Citizenship

The highest potential of a team 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 meet is for youth, not adults.
2. The coaching staff is responsible for enforcing the rules of safety and discipline, and will have the full support of the swim team Board and parents. The coach will be required to notify the Board of Directors, in a timely manner, of all disciplinary actions taken. It is recommended that this occur through the regular meetings with the Coaches' Representative except otherwise noted.
3. Parents and spectators will not be allowed to enter the Lake Forest Sun and Sail Club before 7:00 am on the day of a meet, unless they are scheduled to work setup that day.
4. If a parent is scheduled to work the day of a meet the parent must check in for their assigned job before their child can check in.
5. All pool regulations in effect during normal pool hours are to be honored during swim team activities. Out-of-Area families are prohibited from the weight room and should only be at the club during their child/rens practices.
6. Any child that swims in the 5/6 or 7/8 age group must have a parent or guardian on the pool deck at all times during their scheduled practices. The parents of these age groups are prohibited from being in the gym during their child's practice time.
7. Swimmers are expected to comply with the directions of the coaching staff and all requested swimming exercises are considered mandatory. Exceptions will be made at the coach's discretion for special situations.
8. Parents and spectators are required to stay clear of the starting block area during each event. This will allow the coaches to organize the swimmers and allow the meets to go smoother and faster. This rule applies to home meets as well as away meets.
9. It is the parents' responsibility to make sure their child knows when they are scheduled to swim and need to be in the starting area.

10. Proper behavior of swimmers is expected at all times. The Coach will give two reprimands before asking a child to leave practice or a meet.
11. All Dolphin swimmers are forbidden from using the family pool, baby pool and the jacuzzi during swim meets. The pool can be utilized once the swim meet is over.
12. Swimmers are encouraged to attend all practices. Swimmers are required to attend at least two practices per week, with special exceptions allowed by the Coach.
13. I will inform the coach via note &/or email of any physical disability or ailment that may affect the safety of my child or the safety of others.
14. I will inform the Coach via note, email, and pool deck binder if my child can not attend a swim meet &/or more than three practices a week due to vacation or any other reason. Participation in the meets is determined by attendance during the previous week, unless otherwise approved by the Coach.
15. Any swimmer that is scheduled to swim in a relay that has not checked in by 8:00 am will be removed and replaced from this event. There will be no exceptions.
16. Wearing the current team swimsuit is encouraged for all meets. If a swimmer opts to wear a different suit at any meet, it needs to be a solid black suit, with no other logo on it.
17. Any behavior, which poses a safety threat or disrupts a scheduled activity, will result in immediate ejection from the facility for that day. Serious or recurring incidents will result in additional actions. Enforcement will be reasonable and consistent with the magnitude of the offense. The general escalation procedure is as follows:
  - The Coach will attempt to avert problems by notifying parents of problematic behavior as it occurs.
  - Isolated incidents will result in ejection from the facility for that day, and notification of the parent.
  - More serious or recurring incidents will result in temporary suspension for the team until a consultation session is held between the Coach and the parent or guardian. Reinstatement will occur immediately after the consultation. The Coach will notify the Board immediately after issuing a temporary suspension.
  - The coaching staff may elect to deny a swimmer the right to participate in the upcoming meet for serious offenses. The parent and the Board will be notified immediately of this action.
  - Additional incidents subsequent to temporary suspension or denial of meet participation will require that a meeting of the Board, the Head Coach and the parent or guardian be held as soon as possible to determine the proper course of action.
  - If none of the above actions remedies the problem, then the Board may vote to expel a participant from the swim team.
18. I will teach my child to swim by the rules and to resolve conflicts without resorting to hostility or violence.
19. I will demand my child/ren treat other swimmers, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
20. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
21. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child/ren to win.
22. I will respect the officials and their authority during swim meets and will never question, discuss, or confront coaches on the deck and I will take time to speak with coaches at an agreed upon time and place.
23. I will refrain from coaching my child or other swimmers during meets and practices, unless I am one of the official coaches of the team or asked to assist by the coaching staff.
24. I (and my guests) will be positive role models for my child/ren and encourage good sportsmanship by showing respect and courtesy, demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice or other Dolphin event.
25. I (and my guests) will not engage in any kind of un-sportsmanship conduct with any official, coach swimmer or parent such as booing and taunting; using profane language or gestures.
26. I understand the Lake Forest II Dolphin Swim Team is a parent volunteer sponsored team, and therefore, understand the requirement to uphold the job duties/assignments for which I have signed up for and thus agreed to carry out as instructed. Failure to carry out these tasks will result in a family fine of \$100.00 and this fine must be paid prior to my child swimming at the next meet.

FAILURE TO COMPLY WITH THE LAKE FOREST II DOLPHIN CODE OF CONDUCT BY EITHER A PARENT OR SWIMMER WILL RESULT IN EXPULSION FROM THE TEAM

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Parent/Guardian (Print)

(Signature)

Revised 1/08