



## **LF II Dolphin Registration**

### **Welcome to the 2009 Winter/Spring Season**

Greetings Families:

Due to popular demand the Lake Forest II Dolphin Winter/Spring Swim Program is back! There will be several sessions that you can pick and choose from and the practices will take place at the Sun & Sail Club.

\*We are also including a "**Parent**" time that will be catered to those parents who are interested in swimming. Their cost would only be \$50/session.

**Practices will only be 1 hour a day, 3 days a week, Monday, Wednesday & Friday.**  
**Swimmers will be placed in a Bronze, Silver or Gold group based on their swimming ability.**

The sessions are as follows:

<b>1<sup>st</sup> session:</b>	<b>Monday, September 7<sup>th</sup> –</b>	<b>Friday, October 2<sup>nd</sup></b>
<b>2<sup>nd</sup> session:</b>	<b>Monday, October 5<sup>th</sup> –</b>	<b>Friday, October 30<sup>th</sup></b>
<b>3<sup>rd</sup> session:</b>	<b>Monday, November 2<sup>nd</sup> –</b>	<b>Friday, November 27<sup>th</sup></b>
<b>*4<sup>th</sup> session:</b>	<b>*Monday, November 30<sup>th</sup> –</b>	<b>Friday, December 18<sup>th</sup></b>
<b>*5<sup>th</sup> session:</b>	<b>*Monday, January 11<sup>th</sup> –</b>	<b>Friday, January 29<sup>th</sup></b>
<b>6<sup>th</sup> session:</b>	<b>Monday, February 1<sup>st</sup> –</b>	<b>Friday, February 26<sup>th</sup></b>
<b>7<sup>th</sup> session:</b>	<b>Monday, March 1<sup>st</sup> –</b>	<b>Friday, March 26<sup>th</sup></b>

There are no Meets scheduled currently, for this program. This program is to enhance our swimmers, make them stronger and faster and to improvement on their times which will help for the upcoming summer season.

**The 2009 Mail-In Registration for the each session starts 2 weeks prior to the beginning of the next session date.**

Please come and join our Winter/Spring 2009/2010 Dolphin Swim Program with Head Coach, Sam Gelberger, Abe Aguilar, Melissa Degregorio & Tanner Remai.

**To register, please complete and mail-in:**

Registration Form \* Medical Release Form \* Code of Conduct Form  
Payment (check only)

The team can only accept a limited number of participants (100 swimmers per session), therefore; all registrations will be added if space permits and your child will be placed based on our Point System.

**\*There will be no late Registration allowed, so please make sure your forms are in by no later than the 1<sup>st</sup> day of each session.**

If you have any questions concerning the registration process, please email [winterregistrar@lf2dolphins.org](mailto:winterregistrar@lf2dolphins.org). Please check the Mainsheet and our website <http://www.lf2dolphins.org> for information throughout the season.

Registration can be mailed to:

Dolphins Swim Team  
25422 Trabuco Rd Ste 105-476  
Lake Forest, California, 92630



# 2009 Lake Forest II Dolphin Winter/Spring Registration Form

Were you a Dolphin Family in 2009?	___ 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 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 – Check # \_\_\_\_\_ \$25 charge for bounced check

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

YEAR	Children's Name(s)	Birth Date	Sex	Child/Session	Fees**	Cost
				1 child - Regular	\$75/mo	
				2 child - Regular	\$75/mo	
				3 child - Regular	\$75/mo	
				1 child - Dec/Jan	\$60/mo	
				2 child - Dec/Jan	\$60/mo	
				3 child - Dec/Jan	\$60/mo	
				<b>Parent/s</b>	<b>\$50/mp</b>	
<b>TOTAL REGISTRATION FEE</b>						

\*\* Swimmers Registration Fees does not include swimsuit or clothing.

\*\*\*Any returned checks will be charged an additional \$25.00 fee

**If you are an out of area family you will have to pay an additional \$5.00/child at the front desk to register your name with the club & received a monthly club card.**

**Do NOT add the \$5.00 club fee to your registration check.**

**Checks payable to: "Lake Forest II Dolphins"**

**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 (if necessary) which are a mandatory requirement for team membership.

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

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



# Lake Forest II Dolphin 2009 Medical Release & Waiver of Responsibility Form

Children's/Parent'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):**

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Name	Address	Phone #
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**Insurance Information:**

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Name	Policy #	Phone #
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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.

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<b>Parent/Guardian Signature</b>	<b>Date</b>
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## LF II Dolphin 2009 Winter/Spring Schedule

Practices will only be 1 hour a day, 3 days a week, Monday, Wednesday & Friday

Swimmers will be placed in a Bronze, Silver or Gold group based on their swimming ability.

\*All parent swimmers will swim the last practice of the day.

<b>BRONZE</b>	<b>M, W, F</b>	<b>4:15 – 5:15</b>
<b>SILVER</b>	<b>M, W, F</b>	<b>5:15 – 6:15</b>
<b>GOLD</b>	<b>M, W, F</b>	<b>6:15 – 7:15</b>
<b>PARENTS</b>	<b>M, W, F</b>	<b>7:15 – 8:15</b>

1<sup>st</sup> session: Monday, September 7<sup>th</sup> – Friday, October 2<sup>nd</sup>  
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7<sup>th</sup> session: Monday, March 1<sup>st</sup> – Friday, March 26<sup>th</sup>

\* Dec. & Jan. sessions will break in between for the holidays, please be advised of the dates.

## **Dolphin Winter/Spring Swim Program** **Point Ranking System/Wait List**

This system is being put in place due to a number of inquiries regarding availability/space for participation in the Lake Forest Dolphins Winter/Spring Swim Program.

This is the first year for the Winter/Spring Swim Program and we felt that simply basing each month on a first come, first serve basis was unfair to the families/children that have participated in previous months of this program.

Due to the number of inquires for just participation in February/March, and no other participation, a system like this was deemed necessary so the children participating in previous months are not omitted from participation. We did not feel it fair that a child participating and supporting the Winter/Spring Swim Program, September thru February might not be able to participate in March simply because March dues were paid 5 months in advance or an email was sent requesting a space in the program.

With this in mind we have developed a point ranking system.

**\*Please keep in mind, this system applies ONLY to the Winter/Spring Swim Program. Our Summer Program stays the way it always has.**

### **Point Ranking System:**

- For each month's participation in the winter swim program the child participating will be given 1 point.
  - This is for the individual child, not the family. Point will be assigned to the child only and not transferable to another child in the same family.
- Children with the most points are given first right of refusal to participate in the next month's program.
- If dues are not paid by the Due Date for the upcoming month, the child might not be able to participate due to space and may not obtain a point for that month.
  - If dues are not paid by due date, the next child with points or wait list will be invited to participate.
- Example:
  - If your child participates in September, October, and November, your child will have accumulated a total of 3 Point for participation in December program and be at top of list of available spots.

**Points Standing**

Child Name	Parent name	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Total Points
Billy Smith	Joe Smith	1	1	1					3
Jane Doe	John Doe		1	1					2
Luke Skywalker	Anakin Skywalker			1					1

### **Waiting List:**

For children that would like to participate in a future month's program, and have not participated in previous months, or do not have any points accumulated. We have created a waiting list. This will be on a first come, first serve basis based on date added to wait list and subject to space available after children with points are given the opportunity to participate.

- If your child had participated in previous months program they will receive points for those months and also given consideration for future month requested.
  - All will be given weight in consideration for month participation requested.
- Example:
  - If your child has accumulate 1 point and your name is on the wait list, your child will be placed ahead of a child with 0 points even if date on wait list is more current.

**Waiting List**

Child Name	Parent name	September	October	November	December	January	February	March	Total Points
Matt Jenkins	Joe Jenkins	1					9/1/2008	9/14/2008	1
Jane Wells	Mellissa Wells							9/15/2008	0



## 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.
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 cannot 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 7/09