



LF II Dolphin Registration **Welcome to the 2009 Season**

Greetings Dolphin Families:

The 2009 in-person registration will take place in the Youth Center at the Sun and Sail Club on:
Sunday, March 1st, 9 am to 2 pm.

Please come and meet our returning Head Coach, Sam Gelberger and welcome her back!

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; the new suit design is this year. 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 1st and added to the roster if space is available and parent volunteer jobs will be assigned at that time.

Registration fees received after **April 13, 2009**, will be assessed an additional late fee per swimmer. If you have any questions concerning the registration process, please call...

Richard E. Quintilone @ 949-458-9675 or email @ req@quintlaw.com

Please check the Mainsheet and our website **LF2Dolphins.org** for information throughout the season. Registration can be mailed after March 1st to:

Dolphins Swim Team, c/o Richard E. Quintilone II, Esq
QUINTILONE & ASSOCIATES
22974 El Toro Road, Suite 100
Lake Forest, CA 92630-4961

**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 (with DQs written) and filed in children's folder by Tuesday the following week.

POSTER COMMITTEE - Responsibilities' include: making posters throughout the season as needed for both Meet & Social events, (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.

Committee Descriptions:

WELCOME BACK STREET FAIR: Team parents bring food to share on the first day of practice. We need team parents to serve throughout your child's practice time. Parents will assist in decorating, setting up, serving food and help with cleanup.

PICTURE DAY/DOLPHIN DINNER: Team parents needed to assist the photographers. Parents will bring food to share and will assist in decorating, setting up, serving food and help with cleanup.

FAMILY FUN NIGHT / 25 TH YEAR ANNIVERSARY CELEBRATION: This is the big bash of the season! Looking for enthusiast parents to assist in decorating, setting up, serve food and cleanup after the party.

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.

4TH OF JULY PARADE: This year's theme: "**American Pride Heroes and Honor**". Help decorate our float, organize kids and walk with them during the parade.

AWARDS BANQUET: Team parents bring food to share. Help set-up, organize, and serve food and cleanup.



Lake Forest II Dolphin 2009 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 #
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Insurance Information:

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 me 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
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LF II Dolphin 2009 Schedule

Revised 1/09

April 27 - June 19, 2009 Monday thru Thursday		June 22 - July 24, 2009 Monday thru Friday	
4:00 - 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 & make-ups

EVENT	LOCATION	DAY	DATE	TIME
Registration	Youth Center	Sunday	1-Mar	9am - 2pm
New Swimmer Tryouts	LFII Pool	Sunday	29-Mar	9:00 - 11:00am
Swim Clinic	LF II Pool	Mon - Thurs	Apr. 20 - 23	5:30 - 7:00pm
Street Fair & Practice Begins	LF II Pool	Monday	27-Apr	4:00 - 7:30pm
Parent Meeting	Youth Center	Thursday	7-May	7:00pm
Picture Day	Pool Deck	Friday	8-May	2:45 - 5:30pm
Dolphin Dinner	Youth Center	Friday	8-May	6:00 - 8:00pm
Intrasquad Meet	LF II Pool	Sunday	31-May	7:30am sign in
Green Valley	LF II Pool	Saturday	6-June	7:30am sign in
Harbor View	Harbor View	Saturday	13-June	7:30am sign in
Pacific Sands	LF II Pool	Saturday	20-June	7:30am sign in
25 th Anniversary Party	Club House	Saturday	27-June	6:00 – 10:00
Relay Finals	CdM	Saturday	27-June	7 AM - 2 PM
4th of July Parade	ETHS	Friday	4-July	9:00 - 11:00am
Greenbrook	LF II Pool	Saturday	11-July	7:30am sign in
Coaches Day	LF II Pool	Wednesday	15-July	12:00 - 2:00pm
Ice Cream Social	LF II Pool	Wednesday	15-July	12:00 - 2:00pm
Fundraiser	TBA	Thursday	18-June	6:00pm
*Newport Hills	LF II Pool	Saturday	18-July	7:00am sign in
Green Valley	Green Valley	Saturday	25-July	7:30am sign in
Finals	CdM	Saturday	1-Aug	7 AM - 2 PM
Awards Banquet	Amphitheater	Sunday	2-Aug	12 – 2 PM



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 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 for Meets & \$150.00 for Social 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

Parent/Guardian (Print)

(Signature)

Revised 1/09