**Piranhas Off-Season Swim Team**

**Parent & Swimmer Information**

***Please read all information – there are lots of details you need to know to be ready for your first day of practice. Also, please print and sign the last page of this document (the code of conduct – requires both swimmer and parent signatures), and bring it to your first practice.***

**Swimmer Ability Requirements:**

This is a fitness swimming group, not swim lessons. Swimmer minimum requirements are:

* Between age 7-18 as of first day of practice – no children under age 7 will be allowed in this group.
* Able to swim 50 meters freestyle and backstroke continuously without assistance, and complete a 1-hour swim workout
* Maturity to take instruction & pay attention to coaches, and get along with other swimmers

**Equipment Needed:**

* All swimmers must have their own pair of fins (long swim workout fins, not scuba fins – if not sure, see a coach at practice), well-fitted goggles, and swim cap or hair securely tied (note: ALL SWIMMERS should wear a cap in the colder months to prevent body heat loss).
* Competitive style swim suits are required (boys – jammer style suit; girls one-piece suit)
* Ages 11 and above need a pair of pulling paddles, sized to their hand (should extend a little beyond the fingertips when hand is placed flat on top of the paddle with fingers fully extended)
* Swimmers MUST bring equipment to ALL PRACTICES
* **Please clearly mark all equipment with the swimmer’s name in permanent black ink**.
* All equipment can be purchased at the Lane 4 Swim Shop (Burnet and 183) – tell them you are with “TriHouse Training” to get a 10% discount. Or, Coach Lori has Piranhas caps and fins for sale at the JCC before or after practice if more convenient.

**Cancellation/Refund Policy:**

All registrations are **FINAL** – there are no refunds for any unused practices or partial months.

**Location of Practices**

All practices will be held at the Dell Jewish Community Center at **7300 Hart Lane, Austin, TX 78731.**

If new to the JCC facility: There is a security guard gate at the entrance to the JCC. Tell the security guard you are there for the Piranhas Swim Team and they will wave you through. Once immediately past the guard gate, take your first LEFT turn and follow the road all the way back to the parking lot near the grass fields and playscape. The pool is right next to the playscape in a fenced-in area. You must go through the main entrance door (inside) and into the main lobby to get access to the pool. In the main lobby, you will need to tell the front desk receptionist that you are with the Piranhas Swim Team to get access into the locker areas. The front desk will ask you to sign in on a clip board before entering the facility. The pool entrance is between the boys and girls locker room, or there is access in the locker rooms as well. Allow extra time your first time coming to the facility to find everything.

Link to Google map (copy and paste into your browser):

http://maps.google.com/maps?f=q&source=s\_q&hl=en&geocode=&q=Jewish+Community+Association+of+Austin&sll=37.0625,-95.677068&sspn=27.366321,67.675781&ie=UTF8&ll=30.358397,-97.750897&spn=0.013553,0.033045&z=15

From Capitol of Texas Highway (Loop 360) heading north from 2222:

* Go to the light at Spicewood Springs Road and turn RT (east) ; head up the BIG hill, through the light at Mesa, another mile (or so) on the RT is the turn for Hart Lane (no traffic light there, be watching for a right turn carve-out in the road just before Jiffy Lube on the other side of the road – if you get to Wood Hollow light, you have gone too far). Turn RT onto Hart Lane, go down and up a massive hill and through the stop sign at Greystone. The JCC will be shortly after Greystone on the Right side of the road (watch for the cement wall with facility name on it).
* If coming from the Hwy 620 (Four Points) area, ask Coach Lisa for another short cut off 2222, past Sienna restaurant, on Lakewood Dr. (winding to Ladera Norte and Far West). Lots of turns, but shorter.

From Mopac heading north from Downtown:

* Exit Far West Blvd. and turn LT. The second light is Hart Lane – turn RT. JCC will be shortly on your LEFT.

**Piranhas Off-Season Swim Team**

**Swimmer and Parent Code of Conduct**

***Please print and sign this page and bring it to your first practice***

**PARENT AGREEMENT:**

As the parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (insert swimmer(s) name(s)), I agree to the following conduct for the Piranhas Off Season Swim Team:

* Absolutely no interference with coaching instruction given to my swimmer (i.e., NO coaching the coaches or swimmer by parents); problems with this will result in the parent being asked to leave the pool deck and/or dismissal of the swimmer from the group.
* Staying clear of the swim deck – no sitting or standing near the area immediately around the perimeter of the swimming lanes. Parents may watch from shaded pavilion areas only.
* Dropping off and picking up swimmer(s) on-time for all practices: coaches will not wait to start workouts, nor will they supervise swimmers after practices are over. It is the parent’s responsibility to claim swimmers at the end of all workouts.
* Supervision of swimmer in all JCC facilities (especially the locker areas) and complying with all JCC rules (no food in locker areas, brief showers to conserve water, no minors in hot tub areas, no loud behavior).
* Treating all coaching staff, other swimming families, and JCC employees with courtesy and respect
* Taking up any concerns or issues about your swimmer in private with coaches, never in front of the child. If needed, appointments can be made with coaches for conferences.

Parent printed name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

**SWIMMER AGREEMENT:**

As a member of the Piranhas Off Season Swim Team, I agree to the following conduct:

* Paying attention to coaching instructions given
* Doing my best and giving a great effort at all practices – always a positive attitude!
* No unsafe behavior to other swimmers (i.e., jumping on top of another swimmer, hitting/kicking, etc.)
* No verbally offensive comments to other swimmers, coaches, or JCAA staff
* Following facility rules at the JCC, especially in the locker area (no loud behavior in locker rooms, or damage to any JCC facility).

Swimmer printed name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer signature (if possible): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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