

team learning
 health friendship
 aerobic self-discipline
 sportsmanship commitment
 individual
 stamina muscular development
 structured self-achievement
 competition effective training
 fitness active positive endurance energy
 dedication physical activity focus integrity responsibility professional coaching
 self-confidence
 lifetime sport
 family success
 healthy habits superior cardiovascular health progress courage
 swimming excellence coordination
 fun proper technique
 injury free sport
 perseverance management skills
 determination performance movement
 flexibility

Gator Swim Team



2010-2011 ATHLETE REGISTRATION APPLICATION



The Gator Swim Team, a club member of USA Swimming and Ozark Swimming, is accepting new members to be part of its year-round competitive swimming program. The program is designed to accommodate swimmers of all ages and ability levels, from basic "learn to swim" lessons to advanced swimming workouts, all under the constant supervision of certified coaches with decades of accumulated experience in training and competition.

ABOUT THE TEAM

Founded in 1957 as "Cape Swim Team" in Cape Girardeau, Missouri, the Gators are committed to teaching young people excellence in swimming and in life by providing a comprehensive program that serves all levels of competitive swimming. This year-round competitive program is comprised of athletes in 6 different training groups, covering a wide range of preparation and skills.

Upon joining the year-round team, swimmers become members of USA Swimming, the national governing body for the sport. This membership provides important medical insurance for every swimmer and allows him/her to compete in USA sanctioned meets. Gator swimmers usually compete in Carbondale, Paducah and St. Louis against other teams in our region (Ozark).

PRACTICE TIMES

The fall schedule will be published on the team web site once it becomes available. Typically, practices are held after school every day except Sunday. The frequency of practices varies according to age group.

Here is a tentative schedule for planning purposes:

	Fall 2010 Tentative Practice Times			Attendance Goal	Monthly Fee
	Monday-Thursday	Friday	Saturday		
Senior I <i>Full time training for swimmers aiming at the highest levels of competition.</i>	4:00 - 6:30 pm	4:00 - 6:00 pm	7:00 - 9:00 am	6 days/week <i>Regular afternoon practices plus 2 morning practices/week</i>	\$110
Senior II <i>Full time training for ages 12 and older.</i>	4:00 - 6:30 pm	4:00 - 6:00 pm	7:00 - 9:00 am	6 days/week <i>Regular afternoon practices plus 1 morning practice/week</i>	\$100
Age Group 1 <i>Competitive swimming for kids age 10 and older.</i>	4:00 - 6:00 pm	4:00 - 6:00 pm	7:00 - 9:00 am	6 days/week	\$80
Age Group 2 <i>Basic competitive swimming for kids age 6 and over.</i>	6:00 - 7:30 pm	6:00 - 7:15 pm	7:00 - 9:00 am	3-6 days/week	\$65
Age Group 3 <i>Basic swimming skills for kids age 4 and over.</i>	6:00 - 7:00 pm	No Practice	8:00 - 9:00 am	2-3 days/week	\$50

Consult the **Gator Swim Team Handbook** online for more information about age groups and target attendance goals.

FEES

The monthly training fee for each age group is listed in the table above. In addition to this monthly fee, an annual non-refundable fee (currently \$52) to cover USA swimming registration and insurance is due when you join. All Gator Swim Team members must be athletic members in good standing of USA Swimming.

Families that have more than 1 swimmer swimming for the Gator Swim Team will receive a \$10.00 deduction for the first additional swimmer in the family and \$20.00 deduction for each swimmer thereafter.

You will receive a bill on a monthly basis. If you prefer e-bills instead of paper bills, please send an email to Greg Schmidt (the team's treasurer) at gschmidt@gatorswimteam.org requesting to receive your bills by email. You can pay your bill by mail, by dropping a check into the Schmidt family folder at the pool, or by using your bank's online payment service.

FREQUENTLY ASKED QUESTIONS

Below is a compiled list of questions that new parents and swimmers frequently ask. If you can't find an answer for your question here, or if you need more details/clarification, please contact a coach or a member of the board. Also, many questions can be answered by referring to the ***Gator Swim Team Handbook*** which is available on-line. Phone numbers and email addresses are listed on the Gator web site under "Contact Info".

☉ **What if my swimmer is too slow? What if he or she is not "good enough"?**

All Gator swimmers train, compete and improve regardless of their initial skill and ability. The team has swimmers of all ages and ability levels, and they have a great time swimming at the best level that they can achieve. The Gator Swim Team allows swimmers to strive for goals and standards from the first-year beginner to the seasoned veteran. Each and every swimmer benefits from being part of an environment that stresses important life skills like honesty, dedication, respect, responsibility, sportsmanship, trust and pride. Each and every swimmer is accommodated at his or her ability and the team strives to live by the philosophy that there is no "bench" in swimming.

☉ **Does my child have to compete?**

Yes, when the coach determines he or she is ready. The team highly encourages competition. Swimming competitions (swim meets) are meant to test the swimmers and allow them to compete against others. Competition is a great way to see if they have improved technique and fitness. Plus, swimmers get a sense of "accomplishment" when they see the results of their hard work in practice. The meet schedule will be determined in advance. The coach will discuss with you which meets would be best for your swimmer.

☉ **Are there any other costs besides the monthly fee and the USA Swimming membership?**

Other costs exist and are mostly associated with attending meets. Meet fees are usually \$10 per swimmer plus \$3 per event swum, with some exceptions. Most swimmers will pay between \$20 and \$40 per swim meet attended, and that amount will be added to the next monthly bill. The team attends, on average, one swim meet a month. These meets usually last 3 days, starting Friday evening and ending Sunday afternoon. Parents can choose which meets to attend from a list published in advance on the team's web site. Other expenses include lodging, gas, food and similar travel-related costs.

☉ **What is the time commitment and other expectations from parents?**

All Gator families have fundraising and volunteer commitments. Since the Gator Swim Team is parent-owned and operated, we rely on parents to help with the various aspects of running the team. For most families, this means helping with our meets. We host two USA Swimming meets in the spring and one during the summer, plus we co-host a meet in the summer with the Saluki Swim Team in Carbondale. Also during the summer the team hosts the SMSC (summer league) championship meet. These meets are also fund raisers that help keep our cost low for all of our swimmers. There is a lot for our parents to do to help in hosting meets and the team has worked to ensure that parents with all sorts of abilities and schedules can help the team and, thus, help their swimmer. Information on family requirements, fundraisers, and volunteer activities is detailed in the handbook.

☉ **Is it going to conflict with other activities such as dance, soccer, and other sports?**

Many Gator swimmers take part in other activities and benefit from our flexible schedule. That said, new families learn quickly that in swimming, like other sports, practice does make perfect, so kids themselves learn to be reasonable about everything they do, making this an invaluable lesson in time management that will last a lifetime. The Gator Swim Team is just that: a swim team. As such we realize that the more time in the pool that the swimmer has the better he or she will be.

COMMUNICATION

The easiest way to find out what's new is to visit the **team's web site** at www.gatorswimteam.org. The web site is updated frequently with practice times, meet information and results, notes from the coaches and other parents, photos, best times, records, and other useful information about swimming and the team in general. The web site also contains the contact information of Board members and coaches. Any questions you might have regarding the team's operation in general, including fee structure and the provisions of the handbook, should be directed to a member of the Board of Directors.

Another way coaches and parents communicate is via the **Gator file box**. This can be found on deck at every practice. (If you do not see it, it is usually in the 'little room' that is used for handicapped accessibility to the Central pool.) Every family has a folder, as do the coaches. Each coach has a notebook in their folder in case you need to write them a note. From time to time announcements may be dropped into your folder regarding upcoming meets, practices, etc. There is a folder for payments too!

REGISTRATION

At the end of this document, you will find two forms:

- Gator Swim Team Athlete and Family Information Form, and
- USA Swimming Athlete Registration Application Form

Please fill in the information required and submit both forms to Jena Mabry, the parent liaison, or send them directly to the treasurer at the address below:

**Gator Swim Team
C/O Greg Schmidt, Treasurer
3507 Mallard Dr.
Cape Girardeau, MO 63701**

If you have questions, please email info@gatorswimteam.org or contact:

- Jena Mabry at 573-576-9593 for general questions about the registration process.
- Greg Schmidt at 573-579-1797 for questions regarding bills/payment and USA Swimming membership.
- Coach Steve Franklin at 573-986-8155 for questions regarding practice, meets, age group placement and swimming in general.

Thank you!

The Gator Swim Team

