

Lakes on Eldridge Swim Team



Parent Handbook 2015

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Swim Team Board

President	Sarah Brown	teamrep@loedolphins.org	Overseeing all team operations, responsible for hiring coaches; serves as official liaison for NWAL
President-Elect	Mary Granato	teamrepelect@loedolphins.org	Works closely with the Team President
Vice-President	Kara Irvine	volunteers@loedolphins.org	Volunteer Coordination
Treasurer	Steve Pittenger	treasurer@loedolphins.org	Team funds, payroll, taxes
Secretary	Andrea Smith	secretary@loedolphins.org	Board Minutes; Registration and Sign-in tables
At Large	Chris Cramer	equipment@loedolphins.org	Team Equipment
At Large	Lori Witt	registration@loedolphins.org	Online registrations

Coaches

Head Coach	Amanda Chow	coachamanda@loedolphins.org
Assistant Coach	Madison Taylor	coachmadison@loedolphins.org
Assistant Coach	Blair Thoman	coachblair@loedolphins.org

2015 Meet Schedule

May 9	Time Trials	Winchester
May 16	Cypress Mill	LOE Pool
May 23	Woodlands Riptides	Woodlands Riptides
May 30	Bridgeland	Bridgeland
June 7-8	Invitational Meet – Summer Thunder	Klein High School
June 6	Deerfield Village	LOE Pool
June 13	Copperfield	Copperfield
June 20	W2 Divisional Meet	CySprings HS (tentative)
June 27-28	Invitational Meet – Trinity Classic	Conroe ISD Natatorium
June 27-28	Invitational Meet – Ponderosa	Klein Collins High School

Dates to Remember

Date	Event
March 15	Online Registration Opens for Returning Families
March 22	Online Registration Opens for New Families
March 23	Parent Meeting
April 20	Swim Clinic/Guppy School Starts
April 27	Regular Practice Starts
May 9	Time Trials at Winchester
May 11	Team Pictures at Lakes on Eldridge Pool
May 16	Home Dual Meet vs. Cypress Mill
May 22	Pep Rally at LOEN
May 23	Away Dual Meet at Woodlands Riptide
May 25	Memorial Day – No Practice
May 29	Pep Rally at LOEN
May 30	Away Dual Meet at Bridgeland
June 6	Home Dual Meet vs. Deerfield
June 7-8	Summer Thunder Invitational Meet at Klein High School
June 12	Pep Rally at LOEN
June 13	Away Dual Meet at Copperfield
June 20	Divisional Meet at CySprings High School
June 22	End of Season Party (tentative date)
June 27-28	Invitational Meets (Trinity Classic at Conroe ISD Natatorium and Ponderosa at Klein Collins High School)

2015 Season

Welcome to the 16th year of the Lakes on Eldridge Dolphins Swim Team (LOEST). We are looking forward to another fun and challenging season this year.

We continue to make enhancements that we believe will make our program even better for the swimmers and the parents. This parent handbook is designed to provide you with most of the information you will need for a great season. Please take a few minutes to read it and keep it for reference during the season.

History of our Team

LOEST was formed in 2000 by Lakes on Eldridge resident Mary Beth Taylor. This year is our 16th Season. The idea was to have a community based summer league team for the Lakes on Eldridge children, and those in the adjoining communities.

Mission

The Lakes on Eldridge Swim Team (LOEST) is a non-profit organization that fields and supports a competitive summer league swim team. Our foremost goal is to provide opportunities for growth, training, enjoyment, good sportsmanship and active participation for all swim team members and their families.

The team is managed and operated by parent volunteers. We hire experienced coaches to conduct group practices that focus on water safety, improving swimming strokes and providing competitive swim training.

Rules of Conduct for all LOE Dolphin Families

We want our children to enjoy themselves while building their swimming skills. To ensure that everyone receives the full benefit of our program in as safe an environment as possible, the LOEST Board has introduced **Pool Monitors** to help our members to understand and follow the rules for the respective neighborhood pools and surrounding areas.

Most importantly, we ask **parents to review these policies with their children**. The Pool Monitors are responsible for liaising with parents, swimmers and reporting problems to the LOEST Board. Neither the Pool Monitors, nor the coaches, are responsible for supervising swimmers or other children who are not in practice.

- We are guests of the respective Homeowner's Association. All LOE Dolphins should act accordingly and follow the Posted Pool Rules.
- Parents need to park in designated parking spaces or on the street as noted in the maps contained herein.
- **Children under 13 years old must be accompanied** by an adult if they are in the pool area for more than 5 minutes before/after their assigned

practice. Pool Monitors will be asking children to identify their accompanying adult.

- Children need to wash off and dirt/sand using the sprayers before entering the pool.
- All LOE Dolphins should clean up after themselves in the bathrooms, the pool and the surrounding areas. Parents can report unclean bathrooms to the Pool Monitors who will forward the information.

Parents with questions or concerns can email teamrep@loedolphins.org or contact one of the LOEST Board members.

NWAL SafeKids Guidelines for all Coaches and Parents

LOEST is a member of the Northwest Aquatic League (NWAL) and has adopted the NWAL SafeKids Guidelines. NWAL is committed to ensuring the safety of the children who participate in our summer swimming league and to provide a safe environment and to prevent abuse and misconduct.

NWAL will make every reasonable effort to exclude any coach with a legally documented history of abuse or any other record that would bring unnecessary risk to the health and safety of the participants of this organization. Therefore, every person applying for a position as a coach (whether paid or volunteer) must complete a Coach Disclosure Statement.

NWAL will take appropriated action on allegations of abuse and/or misconduct. All allegations will be reported immediately to the authorities for investigation and NWAL will cooperate fully with any such investigation.

The following is a list of guidelines that LOEST has taken to conform with NWAL's guidelines:

- Physical, mental, and verbal abuse is forbidden.
- Inappropriate touching is forbidden.
- Coaches are prohibited from socializing with the swimmers outside of LOEST sponsored activities.
- Coaches are prohibited from giving rides to any LOEST swimmer.
- If a child needs one-on-one attention in a non-public area, it requires the assistance of two adults.
- Any concerns or possible abuse should be reported immediately to the Team Rep or LOEST Board Member.

Practice Schedules

LOEST offers practices Monday to Friday for swimmers of all ages and ability levels. It is the goal of the LOE Dolphins to offer group practices that challenge and meet each child's personal goals to the best of his/her abilities. For those children desiring individual lessons, we recommend checking the LOEST coaches' page on the website.

Swimmers may consider swimming in a practice different than their age group based on personal schedules or ability. Any swimmer wishing to change practices should email the Team Rep (teamrep@loedolphins.org).

The 2015 Practices will be held at the Lakes on Eldridge pool on Mondays, Villages at Lakepointe pool on Tuesday and Wednesday, and the Lakes on Eldridge North main pool (by the LOEN clubhouse) on Thursday and Friday. The addresses for these pools, and parking requirements, are available on our website under the "Pool Maps" tab.

SWIM CLINIC/GUPPY SCHOOL PRACTICE TIMES (APRIL 20-24)

MONDAY TO FRIDAY (Mon @ LOE, Tue/Wed @ VAL, Th/Fri @ LOEN)

4:30pm to 5:30pm – 12 & Up Swimmers

5:35pm to 6:15pm - 6 & Under Swimmers

6:20pm to 7:05pm - 7-8 swimmers

7:10pm to 8:00pm – 9-11 Swimmers

REGULAR SEASON PRACTICE TIMES - APRIL 27 to JUNE 19, 2015*

*** Age groups may be adjusted to better accommodate all swimmers**

MONDAY TO FRIDAY (Mon @ LOE, Tue/Wed @ VAL, Th/Fri @ LOEN)

4:25pm to 5:20pm –13 & Up Swimmers

5:25pm to 5:55pm – 7 & Under Swimmers

6:00pm to 6:40pm – 7*-8 Swimmers (* more intense/rigorous practice for proficient 7 year olds)

6:45pm to 7:25pm** - 8*-10 Swimmers (* more intense/rigorous practice for proficient 8 year olds)

7:30pm to 8:15pm** – 11-12 Swimmers

**Note: On Fridays with Pep-Rallies (May 22, May 29, and June 12), we will have an altered practice schedule as follows:

4:25-5:10 – 11&Up Swimmers

5:15-5:45 – 7 & Under Swimmers

5:50-6:20 – 7-8 Swimmers

6:25-7:00 – 8-12 Swimmers

Please attend the practice that best fits the needs of your family. Pep rallies will begin at 7:00.

INVITATIONAL WEEK PRACTICE SCHEDULE (JUNE 22-26)

These practice times are for those swimmers who have qualified and registered for either the Ponderosa or the Trinity Invitational Meets. Practice times may be adjusted once we know how many swimmers from each age group will be participating.

4:30 to 5:30pm - 13 & Up

5:35 to 6:10pm - 8 & Under

6:15 to 7:00 pm - 9-12

Practice Cancellation Policy

The LOEST practice cancellation policy is consistent with the policy of the respective HOA's chosen pool management company (Greater Houston Pools - "GHP" and Sweetwater Pools - "SWP") as implemented by the individual Homeowners Associations. That policy requires the lifeguards to remove all swimmers from the swimming pool once the lifeguard has determined that threatening weather is in the area.

For inclement weather, our policy will be the same for all three pools:

We will pull the swimmers out of the water (or not let them enter in the first place) and wait 20 minutes if we hear thunder or 30 minutes if we see lightening. If we cancel 3 out of the 5 practices due to weather, we will cancel them all.

The LOE Dolphins policy is to hold practices whenever possible, consistent with the GHP/SWP rain policy and the needs of swimmers and coaches. We try not to cancel practices unless there is a strong chance that the GHP/SWP rain policy will prevent practice or if a practice has been postponed more than once because of threatening weather. At that point, the head coach, in consultation with the team rep or the designated LOEST board member, makes the decision to cancel practice.

In some cases, practices will also be cancelled if the weather will not allow the coaches to set up the pool for practice (backstroke flags, lane lines, etc) or most swimmers have left the pool area or would not attend practice. If the first two practices in any session are cancelled, the remaining practices may be cancelled for these reasons.

Pool water quality issues may also force a cancellation. In the event that the pool water quality is deemed unsafe, we will also need to cancel practice.

Swim Meet Cancellation Policy

Rain policy for SWIM MEETS is dictated by NWAL rules. We have only cancelled and rescheduled two swim meets in 16 years because of inclement weather. Unless the HOME team cancels a swim meet prior to set up (usually around 6 am) swimmers and parents need to assume that there will be a normal meet. All regular procedures and check in times will apply. If the meet is cancelled prior to set up, there will be an announcement on the website no later than 6:30am.

Team Swimsuits

The team swimsuit for 2015 is the same design as 2014, the TYR Samurai. You can order it by visiting our team suit local provider at A-Gleam Swimwear, located at 8686 Hwy 6 North, (281) 859-0425. Just let them know you are part of the LOE Dolphins Swim Team.

It is **not** required that LOE swimmers wear the team suit for either practices or swim meets. Most LOE Dolphins swimmers **DO** wear the suit at meets so that they can easily be recognized as part of our team when swimming their events.

Many LOE Dolphins **DON'T** wear the team swim suit to practice to reduce wear-and tear on the team suit.

2015 LOEST Dolphins T-shirts and Logo Gear

Each registered swimmer receives a LOE Dolphins t-shirt designed specifically for the current 2015 season. The T-shirts are available for pick up on T-Shirt Distribution Day(s) in May.

It is recommended that the swimmer's last name be immediately written on the inside of the shirt, either at the tag at the neckline or along the bottom back hem, since the shirts are easy to accidentally misplace and/or switch with other swimmers.

LOEST also provides team Logo attire. There will be more information on ordering parent t-shirts and Logo attire on the Products section of our website as it becomes available.

Swim Meet Types

The LOE Dolphins participate in the Northwest Aquatic League (NWAL) summer program. NWAL sponsors four types of swim meets:

Time Trials Meet in Early May

This meet is a practice meet that allows a swimmer to obtain official times for any individual event that he/she wants to swim this season. It's recommended that a swimmer swim all events for his/her age group even if he/she doesn't plan to swim them during the season.

The meet is conducted with the same procedures as a dual meet **except**: swimmers may enter as many individual events as they wish, last minute individual entries on the day of the meet are allowed and there are no relays.

Swimmer check-in is from 6:45am to 7:10am. This meet starts at 8:30 am and should finish around 1:30pm.

Dual Home and Away Meets in Mid-May to Mid-June

There are five (5) dual meets each season. Swimmers must sign up on our website by the LOE meet deadline (the Monday prior to the meet) and have an official time for each individual event they wish to swim. According to NWAL rules, any swimmer who does not sign up by the meet deadline or does not have an official time for their event will be unable to swim.

Swimmers can swim a maximum of three (3) individual events and relays. Relay selections are made by the coaches in accordance with LOEST policy.

Swimmer check-in is from 6:45am to 7:10am; a swimmer must be signed in by 7:10am or he/she will be scratched and unable to swim at that meet. ***If a swimmer is running late, he/she should contact the Team Rep or designate as outlined in the weekly meet email update.***

Warm up practice for LOE swimmers at HOME meets is 7:10am to 7:40am. At AWAY meets, LOE swimmers practice from 7:45am to 8:15am.

Dual meets start at 8:30am. Depending on how quickly the meet moves, the 6 & Under swimmers usually finish by 10:30am. The meet usually ends around 1:30pm. Volunteers change from 1st to 2nd shift around 10:30am at the end of event 38.

Invitational Meets

NWAL offers several invitational meets each season. These meets are voluntary. They require a swimmer to meet a certain time standard in order to enter individual events. We

will participate in a mid-season meet, Summer Thunder, on June 7-8, and two end of season meets, Trinity and Ponderosa, on June 27-28.

Divisional Meet in Mid to Late June

This meet swims all teams in our division in one large meet. The meet is conducted with the same procedures as a dual meet with one exception: swimmers must swim in two dual meets during the regular season in order to qualify to swim for the Divisional Meet. As long as they qualify for the meet, a swimmer may swim any event in which he/she has an official time.

Swimmer check-in is from 6:45am to 7:10am; a swimmer must be signed in by 7:10am or he/she will be scratched and unable to swim at that meet. *If a swimmer is running late, he/she should contact the Team Rep or designate as outlined in the weekly meet email update.*

Warm up practice for LOE swimmers at Divisionals is decided one week before the meet.

The large number of swimmers means that there are three (3) shifts of volunteers and the meet usually ends around 4pm.

Swimmers Have to Sign Up No Later than Monday Prior to Each Week's Swim Meet

Our league, NWAL, requires swimmers to sign up in advance to attend each meet. Swimmers cannot enter on the day of the meet with the exception of the time trials meet. Our deadline is Monday midnight to insure that the weekly computer exchange is completed on time.

LOE Dolphins Recommend Swimmers Sign Up for All Meets (as soon as Time Trial times are posted)

We recommend that each swimmer sign up for every dual meet and the divisional meet as soon as your time trial times are available. You will NOT be able to select events for dual meets if you do not have a time (indicated by NT). Once your time trial times are posted, signing up for the meets early in the season guarantees that the swimmer is entered into each meet. Each week, the swimmer can review his/her choices and make any changes by Monday evening. Swimmers who are not able to attend a meet for which they have already signed up need to change their designation on the website by Monday evening prior to the meet. If plans change later in the week, they should email to computers@loedolphins.org so they can be removed from the meet.

Here's How to Sign Up for Each Swim Meet

1. Go to the LOE Dolphins website and sign into the account using your email and password.
2. Click on the "Swim Meets" tab, and choose the first option "Schedule of Meets."
3. Next to each meet, you will see three icons (Meet Entries, Volunteer, and RSVP). To sign up for the meets, select the first icon, Meet Entries.
4. Select each swimmer who is available for the meet, and then select the events they want to swim. You can select up to 3 individual events for each dual meet. Be sure to save often, especially when switching between swimmers. You will not be able to select an event if you do not have a time in the system (indicated by NT).
5. Remember that you can sign up for Time Trials, five (5) dual meets and Divisionals by selecting each event and each swimmer separately.
6. Relays are selected by the coaches. Swimmers do not need to sign up for relays. If a swimmer prefers not to swim relays, he/she should let the coaches know by Wednesday's practice. This is also important if your swimmer will have to leave the meet before its conclusion.
7. In addition to the meet entries, you should RSVP for each meet. This will help the coaches plan the meet. If you cannot attend a swim meet, or if you will have to miss a portion of the swim meet, you can notate this by clicking the RSVP button for that meet. There is a place for the swimmers name and a quick note, such as "No Relays", "No Late Relays", "Arriving at 10:00", or "Not Attending".

Swimmers Should Verify Individual and Relay Entries Each Wednesday

1. A swimmer can change any event selection until Monday at midnight before the upcoming swim meet. Follow the same procedures in steps #1 to #4 above.
2. A swimmer can cancel attendance online until Monday midnight before the upcoming meet. Follow the same procedures in steps #1 and #2 above. Make the necessary adjustments to your events. Be sure to save!
3. A swimmer can cancel attendance after Monday midnight prior to the upcoming meet by emailing to: computers@loedolphins.org.
4. To verify meet entries, just go back in to the Meet Entries icon from the meet page. You will be able to see the events you are scheduled to swim for the meet, including relays once they are entered.

5. Note - the coaches may choose to switch the swimmer to an event that they feel will be beneficial to the team. If you notice that an event that you signed up for has been substituted for another by the coaches, let them know that you noticed.

For more help, please email: computers@loedolphins.org.

Time Trials Times are Required

NWAL will not allow a swimmer to enter an event in a meet unless they have an Official or Non-Official time. Official times are times that have been recorded, without disqualification, during the current year at an NWAL-sponsored meet. Non-Official times are times that have been recorded at Time Trials. Therefore, in order for a swimmer to enter a specific event during the regular season, he/she must have a non-official time recorded at Time Trials.

For the above reason, we highly recommend that each swimmer record a Time Trial time in every event for his/her age group even if the swimmer doesn't intend to swim that event during the season. Then, if a swimmer changes his/her mind or the team needs him/her to swim that event, he/she is eligible for the event.

Time Trials Options for 2015

OPTION 1: Time Trials Meet at Winchester on May 9, 2015

This meet is a practice meet that allows a swimmer to obtain non-official times for any individual event that he/she wants to swim this season. It is recommended that a swimmer swim all events for his/her age group even if he/she doesn't plan to swim them during the season. Families that participate in the Time Trial meet, rather than the On Your Own format, will only be required to complete 6 volunteer slots for the season, instead of 7. You will still sign up for 7 slots during the registration process, but the requirement will be adjusted after the Time Trials meet.

How to Sign Up for the Trials Meet

The sign up procedure is similar to a normal meet with three important differences:

- First, a swimmer may sign up to swim as many individual events as he/she wants. Most swimmers swim all possible events so that they have a time and are able to swim any event during the dual meet season.
- Second, a swimmer may enter the meet, or add events, on the day of the Time Trials meet. (Subject to facility size restriction.)
- Third, there are no relays.

Otherwise, swimmers still need to sign up for this meet using the same basic procedure as all other swim meets.

On Saturday at the Time Trials Meet

WHAT TO BRING:

1. Racing suit, goggles, swim cap (if your swimmer chooses to wear one)
2. Towels
3. Sunscreen and bug (mosquito) spray
4. Snacks/food/cooler with drinks. Concessions will also be available.
5. Games, toys, books, etc for the time between races
6. Lawn chairs and/or sleeping bags (both for swimmers and parents)

HOW TO GET THERE:

Go to “Pool Maps” tab on our website. On the drop down menu, click on the name of the swim meet. There will be a Google map with the address and any parking information provided by the opposing team.

WHEN YOU ARRIVE:

1. Parents - Please do not park at "NO PARKING SIGNS", in front of driveways or fire hydrants. Illegal parking is ticketed and/or towed. We recommend that you do not leave money or valuables in your vehicle at any swim meet.
2. Swimmer check-in is from 6:45am to 7:10 am. Swimmers need to circle around their name at the sign in table then use a Sharpie marker to write their event numbers on their arm and their last name on their back. If you are running late, text Sarah (713-398-6522) or Mary (713-301-1014) before 7:10am.
3. Parents - Please get your name tags and sign in to get Volunteer Slots credit if working the meet. Also, let us know if you are available to work, even if you did not sign up previously. We always seem to need an extra volunteer or two on the day of the meet. You will get credit for all volunteer slots worked. The Volunteer Table is set up next to Swimmer Sign in table. If you have questions, please find Kara (Head of Volunteers) or Sarah (Team Rep).

OPTION 2: Time Trials On Your Own

If swimmers cannot attend the Time Trials on May 9, parents will be responsible for recording a non-official time during practice on May 4-8 or May 12. The coaches will have a form to use to record the times. They must be submitted to a board member or a coach by May 12 in order to swim in the first dual meet on May 16. Families that participate in the Time Trial meet, rather than the On Your Own format, will only be required to complete 6 volunteer slots for the season, instead of 7.

Dual Meets

On Saturday, here's information for dual meets:

WHAT TO BRING:

1. Racing suit, goggles, swim cap (if your swimmer chooses to wear one)
2. Towels
3. Sunscreen and bug (mosquito) spray
4. Snacks/food/cooler with drinks. Concessions will also be available.
5. Games, toys, books, etc for the time between races
6. Lawn chairs and/or sleeping bags (both for swimmers and parents)

HOW TO GET THERE:

Go to “Pool Maps” tab on our website. On the drop down menu, click on the name of the swim meet. There will be a Google map with the address and any parking information provided by the opposing team.

WHEN YOU ARRIVE:

1. Parents - Please do not park at "NO PARKING SIGNS", in front of driveways or fire hydrants. Illegal parking is ticketed and/or towed. We recommend that you do not leave money or valuables in your vehicle at any swim meet.
2. Swimmer check-in is from 6:45am to 7:10 am. Swimmers need to circle around their name at the sign in table then use a Sharpie marker to write their event numbers on their arm and their last name on their back. If you are running late, text Sarah (713-398-6522) or Mary (713-301-1014) before 7:10am
3. Parents - Please get your name tags and sign in to get Volunteer Slots credit if working the meet. Also, let us know if you are available to work, even if you did not sign up previously. We always seem to need an extra volunteer or two on the day of the meet. You will get credit for all volunteer slots worked. The Volunteer Table is set up next to Swimmer Sign in table. If you have questions, please find Kara (Head of Volunteers) or Sarah (Team Rep).

Invitational Information

Each year, the LOE Dolphins participate in NWAL-sponsored invitationals. These meets are optional since swimmers must meet minimum times to participate. Some meets are during the regular season; others occur on the weekend after the Divisional meet.

Specific information, including time standards, will be posted as it becomes available.

Registration

We are glad you are registering to join the Lakes on Eldridge Swim Team (LOEST) for the 2015 swim season! LOEST is a non-profit and volunteer-run organization. Swimmers should be able to swim the length of the pool before sign-up, since swim team coaches are hired to provide instruction to all team members in group sessions during our practices.

FOR NEW SWIMMERS ONLY, AGES 4-8:

We welcome new swimmers, ages 4 to 8, who can swim 25 yards unaided during one of two pre-season tryouts. Swimmers who aren't certain that they can meet this standard should attend Guppy School during the week before regular practices. Guppy School reinforces learned behavior but does not provide swim lessons; your child must already possess the basic skills (putting his/her face in the water, floating, using arms and legs), be comfortable in the water (not crying or afraid) and be able to follow the coaches' directions in a group environment. Guppy School does allow the coaches, the swimmer and his/her parents to determine if he/she is safe, ready and confident enough for swim team practices. If you, or the team, decide that your child is not ready during tryouts or Guppy School, the registration fee will be refunded minus \$25.

If your child wishes to sign up for Guppy School, select that option either during your registration or at any other time by visiting the Products section of our webpage. If your child is new to our team and under the age of 8, he/she then **must attend one** of the following two tryouts to demonstrate that he/she can swim the length of the pool unaided and is able to follow the coach's direction:

Tuesday, April 22, 5pm, Villages of Lakepointe Pool (see map on the website)

Wednesday, April 23, 5pm, Villages of Lakepointe Pool (see map on website)

Rain date (only if posted on the website) is Thursday, April 23, 5pm (Lakes on Eldridge North Pool)

FOR ALL SWIMMERS:

REGISTRATION FEES are due at the time of registration. Fees are non-refundable for swimmers over 6 years old. A full refund (minus \$25 administration fee) will be given to 6 & under swimmers who are unable to pass the pre-season tryout or who withdraw no later than 5/1/15.

THE REGISTRATION PROCESS is simple for both new and returning members:

1. Complete the online registration forms and pay for your swimmer(s) registration and optional Swim Clinic or Guppy School.

NOTE - The credit card used for registration will be automatically saved in the automated electronic billing system to cover incidental expenses that you authorize throughout the season (logo gear purchases, invitational meets, team banquet, etc.). Please use a credit card with an expiration date 8/14 or later. NOTE: The credit card billing is maintained by a secured outside vendor. No credit card information is maintained on our website or accessible by LOEST.

The registration fees for the 2015 summer season are as follows:

Swimmers 15 years and older - \$25 each

Swimmers under 15 years (per family):

1st swimmer - \$150

2nd swimmer - \$125

3rd swimmer - \$100

Additional swimmers - free

Pre-Season Swim Clinic/Guppy School (April 20-24, 2014) - \$25 per swimmer

2. If you have a swimmer under the age of 15, you will be prompted to sign up for 7 volunteer slots during the registration process. These slots can be changed later if necessary, but you will not be able to complete registration without selecting 7 slots. If all of your swimmers complete their time trials on May 9, your family will need to fulfill only 6 additional volunteer slots during the season. Otherwise, your

family will need to fulfill 7 volunteer slots. This will be adjusted after the time trials meet.

3. If your swimmers are all 15 or over, you will need to select the 15 & Over Volunteer option during registration. This will allow you to bypass the volunteer commitment.

Due to limitations of our team size, we utilize a priority registration hierarchy as follows:

1.) Returning families 2.) New families from the host neighborhoods of LOE/LOEN/VAL 3.) New families from other surrounding neighborhoods 4.) Team transfers from surrounding neighborhoods. Waivers are required by NWAL.

ONCE THESE STEPS are completed and verified, we will send an email to let you know you are officially part of our team. At that time, you will have access to your own private account for maintaining your contact information, declaring for swim meets, signing up for volunteer jobs, interactively tracking your kids' times, and much more. We look forward to having you as a part of our incredible swim team.

PLEASE NOTE that while registering, you will be asked to choose a shirt size for your child's complimentary LOE Dolphins T-shirt. **Please be sure to choose a shirt size so we can get you the right size T-shirt for your child.** Otherwise, we'll make our best guess.

AS A CONDITION TO YOUR CHILD(REN)'S PARTICIPATION IN THE ACTIVITIES OF LOEST, YOU MUST AGREE TO THE TERMS OF THE MEDICAL RELEASE, LIABILITY WAIVER, AND VOLUNTEER OBLIGATION STATEMENTS PRIOR TO FINAL PAYMENT. YOUR COMPLETION OF THE REGISTRATION PROCESS WILL SERVE AS YOUR AFFIRMATIVE AGREEMENT TO SUCH TERMS WITH RESPECT TO EACH CHILD YOU ARE REGISTERING.

We look forward to having you join the **Lakes on Eldridge Dolphins** and are excited for another great season!

Registration Certification

IMPORTANT - PLEASE NOTE THAT YOU MAY NOT REGISTER CHILDREN WHO DON'T LIVE IN YOUR HOUSEHOLD YEARROUND, OR FOR WHOM, YOU ARE NOT A GUARDIAN. OUR SWIM LEAGUE, NWAL, AND THEREFORE OUR TEAM, CANNOT PERMIT OTHER CHILDREN TO BE REGISTERED UNDER YOUR FAMILY'S NAME. BY CHECKING BELOW, YOU AGREE TO THESE TERMS.

I certify that I am the parent or legal guardian of my child(ren). I certify that, to the best of my knowledge and belief, my child(ren) is (are) in good physical condition and has (have) no condition which would impair participation in any LOEST activities. Should a medical emergency arise during my child(ren)'s participation in an LOEST activity, I understand that reasonable efforts will be made to contact me at the phone numbers I give during the registration process. If it is believed that my child(ren)'s life or health may be adversely affected by the delay that an attempt to contact me would cause, I hereby give LOEST, its coaching staff, and/or representatives and volunteers permission to act on my behalf in my absence in seeking medical treatment from any licensed physician, hospital or clinic for my child(ren) in the event that such treatment is deemed necessary. I give permission to those administering medical treatment to do so using methods deemed necessary. I absolve LOEST, its coaching staff, governing board, officers, representatives, and volunteers from all liability while acting on my behalf in this regard. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment. I acknowledge that I have the opportunity on this website to give information on my child(ren)'s medical history, medication, and other items that may be helpful in rendering medical treatment if necessary.

Registration Liability Waiver

Acceptance of my entry and participation in the events of LOEST is without responsibility of any kind by the Northwest Aquatic League (NWAL) or LOEST or any other entity sponsoring a related event. I do hereby for and on behalf of myself, my heirs and legal representatives release and forever discharge the NWAL, LOEST, their officers, directors, representatives, coaches and volunteers from any and all claims, demands and injuries, howsoever arising, whether caused by the negligent or intentional acts of the NWAL or any of its swim clubs, including LOEST, and their representatives or by third parties, which injuries may be in any way related to my activities as a member of LOEST and any traveling to or from the events described. All such claims are hereby waived and released and I agree not to sue therefore. The swimmer or parent/guardian (if swimmer is a minor) by signing below does hereby agree to indemnify and hold harmless the NWAL, LOEST, their officers, directors, representatives, coaches and volunteers from any and all claims, demands and injuries, howsoever arising, whether caused by the negligent or intentional acts of the NWAL or any of its swim clubs, including LOEST, and their representatives or by third parties. The swimmer or parent/guardian agrees that contact information and/or pictures may be published on the team website or in a directory for LOEST purposes.

Volunteer Obligation

LOEST is a volunteer organization and requires each family with a swimmer under the age of 15 to fulfill 7 volunteer **slots** each season. Completion of time trials by all swimmers in a family at the time trials swim meet will count as fulfilling 1 volunteer slot. If my family does NOT fulfill the 7 volunteer slots, I agree that my credit card will be charged \$125.00 at the end of the LOEST summer season through the automated electronic billing system on the LOEST website.

Additionally, I understand that I am required to participate in the **automated electronic billing system** by keeping a current credit card on file to pay for expenses that my family authorizes throughout the season and to guarantee the \$125.00 volunteer charge, if it becomes due.