



2009-2010 REGISTRATION PACKET

Chinook Aquatic Club has been training young people in healthy athletic competition since 1976. We take pride in the accomplishments of all our swimmers, some who have gone on to win National and Olympic championships. We believe the swimming experience provides important life skills to all our members, regardless of age or ability. Goal-setting, persistence, time management, self-discipline and positive thinking are some of the skills our swimmers acquire and take with them into all aspects of their lives. Chinook training groups are organized by ability level so that swimmers develop skills at their own pace. Swim meets are organized throughout the year for ability levels, so that even novices can participate in the competitive experience. Chinook Aquatic Club is a member of United States Swimming, the governing body of competitive swimming.

Chinook Head Coach Kevin O'Shea coaches the Senior and High School/Senior Prep groups. A veteran of over 25 years coaching at a variety of levels, he has developed Junior National, National, and Olympic Trial qualifiers, as well as coaching high school swimmers new to the sport. Kevin has received the American Swimming Coaches Association Award of Excellence three times and was selected to the coaching staffs of the United States Olympic Sports Festival and the United States Swimming Select Camp. O'Shea has a B.S. in Recreation Administration from East Carolina University and Masters in Teaching from Seattle University.

Chinook Head Age Group Coach Grace Wong works primarily with the Sectional and Blue groups. Grace has developed a wide range of athletes from novice to Sectional and Zone level swimmers and has coached on two PNS All-Star teams. Chinook is fortunate to have a full complement of experienced Age Group coaches. The coaches' hard work and dedication over the years have strengthened and developed the age group program. The coaches continually produce top 25 swimmers in PNS, and make swimming fun, challenging, and rewarding for the athletes. Working with Kevin and Grace for the 2009-2010 season are returning coaches Jeremiah Job, Jane Rixe, Paige Goodhew, and LeAnne McClaskey. Joining the Chinook staff this season is Erin Schulze.

We take pride in our program and have confidence that you will too! Welcome to Chinook!

chinookswimming@hotmail.com
www.chinookaquaticclub.org

FORMS ARE DUE BY WEDNESDAY, SEPTEMBER 9, 2009

PLEASE MAIL BACK TO:
CHINOOK AQUATIC CLUB
PO BOX 5613
BELLEVUE WASHINGTON 98006



August 12, 2009

Dear Friends:

We are inviting you to be part of another great year of Chinook swimming. The 2009/2010 Chinook swim season begins Monday, September 14 for the Senior and Pre-Senior/High School swimmers, and Monday, September 21 for all our age group swimmers. We are truly excited to start another year.

Today we are sending you the material you will need to be part of the upcoming 2009/2010 season. **We are encouraging returning families to register by September 9, 2009. All returning athletes registered by September 9 are eligible for our FREE team suit and a FREE Chinook team T-shirt.** Early registration also ensures your swimmer's place on the team.

The following 2009/2010 material is enclosed for you and your family to read and fill out. The forms marked with a "*" need to be returned along with the first payment by September 9, 2009.

- *Registration Form**
- *Medical Information and Release Form**
- *Volunteer Form**
- *Chinook Code of Conduct*
- *Projected 2009 –2010 Meet Schedule*

Please check our website, www.chinookaquaticclub.org, and print out the Team Apparel Order Form* available late August. Print it out and return it with your *Registration Form*, *Medical Information and Release Form*, and your *Volunteer Form*.

Chinook's fees are all-inclusive and cover annual training fees, registration fees with USA Swimming and Pacific Northwest Swimming, meet entry fees for USA Swimming-sanctioned meets, a team suit, practice caps, racing caps, and a team t-shirt. The entire package (excluding training fees) is worth up to a \$700 dollar value.

We encourage your early registration to be eligible for the above great benefits.

If you have questions or need additional information please contact us via the Chinook website at www.chinookaquaticclub.org, or at chinookswimming@hotmail.com.

Thank you for being part of the Chinook family. We can't wait to start another wonderful season of growth, fun, and fast times!

All the best,

Steve Preston
Chinook Board President

Kevin O'Shea
Head/Senior Coach

Chinook Aquatic Club

Financial Obligation and Policies

2009-2010

New Swimmers

- New swimmers that have not been on Chinook in a previous season can participate in workouts for two (2) weeks as a trial period.
- The initial check for the fee due at registration will be held until the end of the trial period. If the swimmer elects not to continue, the check will be returned and there is no financial obligation. If the swimmer continues, then fees apply from the day that the swimmer first started.
- Fees for new swimmers joining in mid-season will be prorated based on a ten-month training season from October 2009 through July 2010.

All Swimmers

- Fee schedule:

| Workout Group | Training fees* | USS Registration |
|--------------------------|------------------|---------------------|
| Senior | \$2,750 annually | -- |
| Sectional | \$2,360 annually | -- |
| Blue | \$2,080 annually | -- |
| White | \$1,850 annually | -- |
| Red | \$108 monthly | \$75 annually |
| High School / Pre-Senior | \$205 monthly | \$75 annually |
| Family maximum | \$4,560 annually | |

**All training fees include team suit, t-shirt, practice caps, meet caps, and most meet entry fees (with exception of the Red, White & Blue intrasquad meets).*

- All groups (except Red and Pre-Senior) require a financial commitment for the full 2009-2010 season. ***Each family is responsible for the full amount of the season's fees, unless the swimmer is in the Red or Pre-Senior group. Injury, selecting other activities, or choosing not to complete the entire season does not exclude a family from full financial responsibility for the season's training fees.***
- Fees for all groups (except Red and Pre-Senior that are on a month-to-month basis) are due as five (5) equal installments – at registration, then 11/10/09, 12/10/09, 2/10/10, and 3/10/10. No discount for early payment of fees.
- For swimmers who are competing with a high school swim team: If the swimmer cannot swim with Chinook during their high school swim season and their Chinook workout group requires an annual fee commitment, the swimmer can ask for a 20 percent reduction in their annual fee. This fee adjustment only applies to high-school swimming. The adjustment does not apply to any other sports or activities. This fee adjustment does not apply to monthly rate workout groups. If a swimmer chooses to participate in both Chinook and her/his high school program, then the regular fees will apply.
- A late fee of \$20 will be assessed for each installment that is not paid within a 10-day grace period of the respective due date.
- Statements are mailed each month for accounts with a balance over \$10.00.
- No credit or refunds given for missed workouts or portion of the season missed due to quitting the club before the end of the season, injury, or participation in other sports.
- Team apparel such as sweats, deck coats, and duffel bags/backpacks may be purchased at additional cost to the swimmer. Orders are done at the beginning of the season.
- All families are required to volunteer for Chinook-hosted meets. An additional non-participation fee will be assessed to families unable to volunteer to help run Chinook-hosted meets. See the ***Volunteer Form*** for details on volunteer requirements for each group.
- Participation in the annual Swim-a-thon is required or a fundraising fee of \$200.00 per family.

Parents – Please retain these policies for your records

Chinook Aquatic Club Registration Form 2009-2010 Season

| | | | | | | |
|-----------------|--|----------------------------------|---|---|---|---|
| Swimmer: | Last Name | | Legal First Name | | Middle Name | |
| | Date of Birth | | Sex | Age | Preferred First Name | |
| | Mo | Day | Yr | <input type="checkbox"/> Male <input type="checkbox"/> | | |
| | | | | | | US Citizen |
| | | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| | Mailing Address | | | | City | State |
| | | | | | | Zip |
| | Swimmer's E-mail Address | | | | Club Code | |
| | | | | | C | Dual Citizen |
| | | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No | |
| | Phone () | | Previous USS Swim Club (if any) | | | Date of Last Meet |
| | Ethnicity (optional) | | Other Swimming Affiliations | | | Disability |
| | <input type="checkbox"/> African American | <input type="checkbox"/> Other | <input type="checkbox"/> Junior High School | <input type="checkbox"/> Masters | <input type="checkbox"/> Blind | |
| | <input type="checkbox"/> Asian or Pacific Islander | <input type="checkbox"/> Decline | <input type="checkbox"/> Senior High School | <input type="checkbox"/> Disabled | <input type="checkbox"/> Deaf | |
| | <input type="checkbox"/> Caucasian | | <input type="checkbox"/> YMCA/YWCA | Sports | <input type="checkbox"/> Physical | |
| | <input type="checkbox"/> Hispanic | | <input type="checkbox"/> College | <input type="checkbox"/> Water Polo | <input type="checkbox"/> Cognitive | |
| | <input type="checkbox"/> Native American | | <input type="checkbox"/> Summer Swim League | <input type="checkbox"/> None | | |
| | Father's Name | | Work Phone () | | | |
| | Mother's Name | | Work Phone () | | | |
| | Parents' Email Address | | | | | |

Chinook Aquatic Club

Registration Form

2009-2010 Season

Fee Agreement

The annual group training fee covers USS registration and training. Monthly group registration payment includes first month training fee and \$75 for USS registration. Participation in our annual swim-a-thon is required.

| Please check the workout group assigned to you | Annual Training fee | Deposit due upon registration | Amount Enclosed |
|--|----------------------|-------------------------------|-------------------------------|
| <input type="checkbox"/> Senior | \$ 2,750.00 | 550.00 | |
| <input type="checkbox"/> Sectional | \$ 2,360.00 | 472.00 | |
| <input type="checkbox"/> Blue | \$ 2,080.00 | 416.00 | |
| <input type="checkbox"/> White | \$ 1,850.00 | 370.00 | |
| Family Maximum | \$ 4,560.00 | 912.00 | |
| | | | |
| | Monthly Training fee | Annual USS Registration Fee | Payment due upon registration |
| <input type="checkbox"/> Red | \$ 108.00 | 75.00 | 183.00 |
| <input type="checkbox"/> Pre-Senior | \$ 205.00 | 75.00 | 280.00 |

***For swimmers who are competing with a high school swim team:** if the swimmer cannot swim with Chinook during their high school swim season and their Chinook workout group requires an annual fee commitment, the swimmer can ask for a 20 percent reduction in their annual fee. This fee adjustment only applies to high-school swimming. The adjustment does not apply to any other sports or activities. This fee adjustment does not apply to monthly rate workout groups. If a swimmer chooses to participate in both Chinook and her/his high school program, then the regular fees will apply.

The **Non-Participation Fee applies to families unable to volunteer to help run Chinook hosted meets – Pentathlon in Nov 2009, March Madness in March 2010, and the Age Group Seattle Open in July 2010. Volunteer hours will be tracked and the fee assessed if the commitment is not fulfilled and the fee was not initially paid. The volunteer requirement is lower for families with only Red Group or Pre-Senior swimmers. See the volunteer form for details.

| | | |
|--|----|--------|
| Families with only Red or Pre-senior swimmers. | \$ | 200.00 |
| All other families | \$ | 400.00 |

** **Fundraising fee.** All swimmers in the Senior, Sectional, Blue, and White groups must participate in the annual Swim-a-thon fundraiser. Also, Pre-Senior or Red group swimmers who swim for at six months or longer must participate in the Swim-a-thon. Alternatively you can pay the \$200 fundraising fee if you will not participate in the Swim-a-thon.

\$ 200.00

Total Enclosed _____

I have read Chinook’s financial policies and agree to the payment of the fees for the 2009-2010 season. I understand that all base fees (except Red and Pre-Senior) are a full season commitment. If my swimmer does not finish the entire season due to other commitments, injury, or quitting the club before the end of the season, I am still responsible for the full amount of the season’s fees.

X _____
 Signature of Parent or Guardian Date

IMPORTANT: Completed Registration, Medical Consent, and Volunteer Pledge Forms accompanied with your initial payment must be submitted before the swimmer will be allowed in the water at their first workout.

Chinook Aquatic Club

Consent to medical care and treatment

Only a parent or legal guardian may give this authorization

If your child needs emergency treatment and is under the age of 18, hospitals are required by law to reach you for authorization to medically treat your child, except in the case of truly life threatening problems.

If you are not available to sign the consent, and all attempts have been made to reach you and you cannot be reached within a reasonable period of time, you can insure emergency treatment for your child by using this CONSENT TO MEDICAL CARE AND TREATMENT form.

I _____, hereby authorize all diagnostic, medical, surgical, and hospital
(Print name of parent or legal guardian)
procedures as may be performed or prescribed by a treating physician for _____
(Print full legal name of swimmer)
if I cannot be reached in case of any emergency.

X _____
(Signature of parent or legal guardian) (Date Signed)

Please complete the following information:

Swimmer's Address: _____

Swimmer's Home Phone #: _____

Parent's Home Phone #: _____
Father's Home # Mother's Home #

Parent's Names: _____
Father's Name Mother's Name

Parent's Work Phone #: _____
Father's Work # Mother's Work #

Parent's Cell Phone #s _____
Father's Cell # Mother's Cell #

Email address of swimmer: _____

Email address of Mother: _____

Email address of Father: _____

Emergency Contact:
(Name, Relation to Swimmer, and Phone #) _____

**PLEASE COMPLETE THE HEALTH HISTORY
INFORMATION ON THE BACK OF THIS SHEET**

**Important: THIS FORM MUST BE COMPLETED AND GIVEN TO THE COACH BEFORE THE SWIMMER
MAY ENTER THE WATER. NO EXCEPTIONS!**

This information is kept by your swimmer's coach at the pool where they are swimming and taken to swim meets. You are not required to fill out the health history but Chinook recommends you complete it in case your child does need emergency medical attention and you cannot be reached. It is also very helpful that your child's coach knows of any medical problem that may affect your swimmer so he/she is better informed in case an emergency does arise.

Swimmer's Full Legal Name: _____

Birth Date: _____ Sex: Male _____ Female _____

Medical Coverage: Name of Insurance Company: _____

Insurance Company Phone #: _____

Subscriber's Full Name – Person with the coverage: _____

Subscriber's Social Security #: _____ Subscriber's Employer: _____

Insurance Plan Name: _____

Name of Physician: _____ Physician's Phone #: _____

Directions: Please CIRCLE the appropriate answer – YES or NO and COMPLETE COMMENTS if needed

- | | | |
|-----|----|--|
| Yes | No | Is your child currently under the care of a physician? Reason: _____ |
| Yes | No | Is your child's immunization current? |
| Yes | No | Is their Tetanus Vaccination current? Date of last Booster: _____ |
| Yes | No | Has your child ever had problems with Heat? (stroke, exhaustion, etc.) |
| Yes | No | Do they have frequent Nausea or Vomiting? |
| Yes | No | Do they have Hemophilia or a Bleeding Disorder? |
| Yes | No | Do they have Diabetes? |
| Yes | No | Do they have Anemia? |
| Yes | No | Have they ever had Rheumatic or Scarlet Fever? |
| Yes | No | Have they ever been told they have a Heart Murmur? |
| Yes | No | Do they have any Heart Problems? If Yes, please explain: _____ |
| Yes | No | Do they have High Blood Pressure? |
| Yes | No | Do they have any Kidney or Liver Disease? If Yes, please explain: _____ |
| Yes | No | Do they or have they ever had Tuberculosis? If Yes, when: _____ |
| Yes | No | Have they ever had a Tumor, Growth, or Cancer? If Yes, please explain: _____ |
| Yes | No | Do they have Asthma? Please comment: _____ |
| Yes | No | Have they ever had Hepatitis? Please list type of hepatitis: _____ |
| Yes | No | Do they have HIV or Aids? |
| Yes | No | Have they ever had a Stroke? |
| Yes | No | Do they have Occasional Dizziness? |
| Yes | No | Do they ever Faint? |
| Yes | No | Have they ever had Seizures or Epilepsy? |
| Yes | No | Do they have any Artificial Joints or Pins or Screws in any of their bones? If Yes, please explain: _____ |
| Yes | No | Have they ever been told they need to be PRE-MEDICATED for any Invasive Treatment? |
| Yes | No | Do they have any Food Allergies? Please list and explain allergic reaction(s) _____ |
| Yes | No | Have they ever been Stung by any type of Bee? |
| Yes | No | Have they ever had an Allergic Reaction to a Bee Sting? If Yes, please explain: _____ |
| Yes | No | Are they Allergic to any Medications such as penicillin, sulfur drugs, pain killers, etc? Please list allergies to medications: _____ |
| Yes | No | Are they taking any Medications? Please list: _____ |

Is there any information an attending physician should know if he/she are treating your child on an emergency basis without your presence?

Chinook Aquatic Club
2009-2010 Season
Volunteer Sign-Up Requirements

Chinook Aquatic Club has a reputation of strong volunteer commitment. Our club runs three (3) swim meets each season, and we are known for excellent meet operations. It is your contributions as volunteers that provide all of our athletes an opportunity to compete in swimming.

In the upcoming 2009 – 2010 swim season, all families are asked to contribute by volunteering their time to help Chinook run swim meets during the season. The volunteer requirement varies according to the group in which your swimmer(s) train.

All families must either meet the volunteer requirement or pay the non-participation fee. A family may choose to pay the non-participation fee at the beginning of the season if they know they will not be able to fulfill the volunteer requirement.

Families with one or more swimmers in the Senior, Sectional, Blue, or White group must meet the following volunteer requirements, or pay a \$400 non-participation fee:

- One session at the Chinook Pentathlon in November 2009; and
- Two sessions at the Chinook March Madness meet in March 2010; and
- Three sessions at the July 2010 Age Group Seattle Open.

Families with one or more swimmers in the Red or Pre-senior (high school) groups, and no swimmers in the other groups, must meet the following volunteer requirements or pay a \$200 non-participation fee:

- One session at one of the three Chinook meets: November 2009 Pentathlon; March Madness in March 2010; or July 2010 Age Group Seattle Open.

**** Each family must fulfill their volunteer requirements even if they have no swimmers attending these Chinook-hosted meets.***

* For each session required at the Pentathlon and March Challenge that are missed, the session may be made up at the Age Group Seattle Open by working the appropriate number of additional sessions.

* A “session” begins at the time of warm-up and generally ends with the last heat of the last event of that session. A session does not end when your child is done swimming.

* Chinook will track the volunteer times at each meet. Please make sure you sign-in at the meet when you arrive to volunteer. Otherwise you may receive a billing for the non-participation fee at the end of the season.

As part of your child’s registration packet, please fill out and return both pages of this form. Questions or concerns about volunteer requirements should be addressed to Steve Preston at stevepr@acm.org.

PLEASE PRINT LEGIBLY

PARENT(S) NAME(S): _____

Swimmer(s):

Name: _____ Age: _____ Male / Female

Name: _____ Age: _____ Male / Female

Name: _____ Age: _____ Male / Female

Name: _____ Age: _____ Male / Female

Phone Number: _____

Email: _____

_____: **I will NOT** be volunteering as required on page 1 of the Volunteer Form.
Enclosed is my check for the non-volunteer fee.

_____: **I WILL** be fulfilling the volunteer requirement discussed on page 1 of the
Volunteer Form. A list of volunteer opportunities will come out as Chinook
hosted meets get closer.

Finally, the club is in need of volunteers that can do special skills at the meets. Chinook
is in need of individuals that can take a lead role in the following areas:

_____ Computer

_____ Stroke & Turn Officials – **Chinook is in need of new stroke & turn
officials. Please consider taking this class.** If you have any questions
about officiating, please contact Bob Keller at 425.254.8078.

_____ Head up concessions. Position helps out with the organizing of the
concession stand and hospitality room.

PACIFIC NORTHWEST SWIMMING

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

PACIFIC NORTHWEST SWIMMING

Concussion Information Sheet

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new “Zackery Lystedt Law” in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time”

and

“...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion. Remember its better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Chinook Aquatic Club **Swimmer Code of Conduct**

Philosophy

The purpose of this conduct policy is to insure that every swimmer is provided an environment that allows them the opportunity to reach their individual goals.

- A swimmer's conduct at practices and swim meets should support every other swimmer's ability to learn and the coach's ability to teach other swimmers.
- Each swimmer should be committed to striving for their own goals and for the good of the team.

Conduct Expected of All Swimmers

- Chinook swimmers are expected to remember that at practice, during swim meets and in public they are representing Chinook Aquatic Club. They should represent Chinook with excellence, team spirit, good sportsmanship, and politeness.
- Chinook swimmers are expected at all times to follow the directions of any member of the coaching staff and any person who is a chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Chinook swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by US Swimming or FINA.
- Chinook swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.
- Chinook swimmers are expected to respect and care for the property of others. Vandalism, intentional damage to property or theft of property will not be tolerated.
- Swimmers may leave practice or swim meets early only with the coach's permission.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.

Basic Responsibilities

- Swim for the fun of it, not just to please your parents or coach.
- Swimmers should be punctual for all practices and meets. Pool time is very valuable.
- Swimmers should plan on attending all meets unless they have made special arrangements with their coach.
- Swimmers are expected to wear Chinook swim suits and team caps at meets. This displays team pride and also makes it easier to identify swimmers on the blocks and in the water.
- Swimmers should be an active participant in all team practices, competitions, fundraising events and other team activities.
- Focus on every drill and every set. Be committed to putting forth your best effort everyday. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- The coach is there to help you. You are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, inquire politely.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.



Chinook Aquatic Club

Coach Code of Conduct

Conduct Expected of All Coaches

- Abide by the rules and regulations of US Swimming and FINA and follow procedures for enforcement of the Chinook Aquatic Club codes of conduct.
- Maintain professional standing in an honest manner and preserve the reputation of Chinook and the US Swimming coaching profession
 - Be professional and accept responsibility for all actions
 - Extend professional courtesy to other coaches, athletes and their parents by keeping all parties informed in matters of athletes entering/leaving training programs
- Make decisions based upon the best interest of the swimmer's sports, education and vocational careers
 - Acknowledge the individual talents and potential of swimmers
 - Set appropriate training programs based upon the developmental level of the swimmer
 - Maintain a balanced emphasis of swimming involvement with educational and career objectives
- Direct all observations and recommendations regarding all aspects of swimming to the appropriate persons
 - Be constructive in criticisms and direct comments, observations to the relevant individuals or organizations
 - Respect the efforts of appointed and elected representatives of Chinook and US Swimming
- Reject the use of performance enhancing drugs in swimming and abide by the guidelines set forth by national and international regulatory bodies
 - Respect the health and dignity of swimmers to compete on the basis of their abilities
- Exercise a standard of care consistent with the professional qualifications as a swimming coach
 - Refrain from any form of sexual harassment toward athletes and colleagues
 - Show concern for the health, safety, and welfare of athletes and colleagues
 - Keep all relevant qualifications up to date
- Respect the right, dignity and worth of every human being with the context of the coach's involvement in swimming
 - Refrain from any discriminatory practices on the basis of gender, race, religion, ethnic background, or special ability/disability

Basic Responsibilities

- Coaches are responsible for placing swimmers in the appropriate practice groups. This is based on the age, level of commitment and ability level of each individual.
- Coaches have sole responsibility for stroke instruction and the training regimen. Each groups' practices are to be based on sound scientific principles and geared to the specific goals of that group.
- Direct comments at the performance rather than the person. Refrain from public criticism of swimmers or fellow coaches.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language while coaching
- Cooperate with registered medical practitioners in the overall management of swimmers' medical and psychological problems. Consider the swimmer's future health and well-being foremost.
- Recognize and accept when to refer swimmer to other coaches or sport specialists.
- Regularly seek ways of increasing professional development and self-awareness.
- Treat members of other teams and officials with respect and encourage swimmers to act accordingly.
- Cooperate with the swimmer's parents or legal guardians, involving them in their child's development.
- Be aware of the academic pressures placed on student athletes and conduct practices and meets in a manner so as to allow academic success.
- At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will provide feedback regarding the swimmer's performance.
- Coaches will discourage the use of drugs, alcohol and tobacco products by swimmers in conjunction with the sport.



Chinook Aquatic Club

Parent Code of Conduct

The Chinook Aquatic Club is fortunate to have highly experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with Chinook ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Board of Directors oversees the direction of the staff.

Conduct Expected of All Parents

- Set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Demonstrate good sportsmanship during all practices, competitions and team activities.
- Be an active participant in all fundraising events and other team activities and encourage and support your child by permitting them to be timely for practices and competitions.
- Recognize that Chinook coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- If you have concerns, you will address it with the appropriate coach in private.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

Basic Responsibilities

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- See that your swimmer is on time for practice and arrives on time for meet warm-ups.
- Maintain self-control at all times.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Call or meet with coaches during normal business hours before or after practice/meets to discuss issues.
- Do not coach your child at practice or during meets, that is the coach's job.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.
- Get involved....be an official, work on the board, help plan a fundraiser, be a membership chair, help plan a group social. Find something you enjoy!
- Share the burden among parents by volunteering to help at our club-hosted meets, and be a timer at 'away' meets.
- Pay your fees on time.

**Chinook Aquatic Club
Practice Schedule
Fall 2009-Winter 2010**

| Groups | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|--|---|---|---|--|--|
| Senior | 5:00-6:30am @ NH 3:30-6:00pm @ MICC | 4:00-6:30pm @ MICC | 5:00-6:30am @ NH 5:00-7:00 pm @ MW | 3:30-6:15 pm @ MICC | 5:00-6:30am @ NH 3:30-6:15 pm @ MICC | 8:00-10:15am @ NH |
| High School* | 5:00-6:30am @ NH 3:30-6:00pm @ MICC | 4:00-6:30pm @ MICC | 5:00-6:30am @ NH 5:00-7:00 pm @ MW | 3:30-6:15 pm @ MICC | 5:00-6:30am @ NH 3:30-6:15 pm @ MICC | 8:00-10:15am @ NH |
| MI/Bellevue Sectional* | 5:00-7:00 pm @ Bell | 7:00-8:30pm @ MW* | 5:00-7:00 pm @ Bell | 7:00-8:30pm @ MW* | 5:30-7:00pm @ MW | 10:00am-12:00pm @ NH |
| Renton Sectional | 5:15-7:00pm @ Ren | 5:15-7:00pm @ Ren | 5:15-7:00pm @ Ren | 5:15-7:00pm @ Ren | 5:15-7:00pm @ Ren | 10:00am-12:00pm @ NH |
| Mercer Island Blue | 5:30-7:00 pm @ MW | | 5:30-7:00 pm @ JCC | 5:30-7:00 pm @ JCC | 5:30-7:00 pm @ MW | |
| Renton Blue | 5:15-6:45pm @ Ren | 5:15-6:45pm @ Ren | | 5:15-6:45pm @ Ren | 5:15-6:45pm @ Ren | |
| Bellevue Blue | 5:00-7:00pm @ Bell | 5:00-6:00pm @ Bell | | 5:00-6:00pm @ Bell | 5:00-7:00 pm @ Bell | |
| Mercer Island White | 5:30-6:30pm @ MW | 6:00-7:00pm @ JCC | | 6:00-7:00 pm @ JCC | 5:30-6:30pm @ MW | |
| Renton White | | 5:15-6:15pm @ Ren | 5:15-6:15pm @ Ren | 5:15-6:15pm @ Ren | 5:15-6:15pm @ Ren | |
| Bellevue White | | 5:00-6:00pm @ Bell | 6:00-7:00pm @ Bell | 5:00-6:00 pm @ Bell | 6:00-7:00pm @ Bell | |
| Mercer Island Red | | 5:30-6:30pm @ JCC | | 5:30-6:30pm @ JCC | | |
| Renton Red | | | 6:00-7:00pm @ Ren | | 6:00-7:00pm @ Ren | |
| Bellevue Red | | | 5:00-6:00pm @ Bell | | 5:00-6:00pm @ Bell | |
| Pool Code: | MW: Mary Wayte 8815 SE 40th Mercer Island, WA | NH: Newport Hills 5464 119th Ave SE Bellevue, WA | Bell: Bellevue 601 143rd Ave NE Bellevue, WA | Ren: Lindbergh 16740 128th Ave SE Renton, WA | MICC: Mercer Island Country Club 8700 SE 71st Mercer Island, WA | JCC: Jewish Community Center 3801 East Mercer Way Mercer Island, WA |

***Special Notes:** High School group - Morning practices are optional
MI/Bellevue Sectional group - Tuesday practices will be at 5:30 - 7:00 pm when there are high school evening meets at MW (HS meet schedule forthcoming)

**Chinook Aquatic Club
2009-2010
Group Assignments**

Senior/High School Group

Kaitlyn Anderson
Courtney Best
Madeleine Chandless
Erin Ching
Miranda Edwards
Matt Fukuda
Sara Gluck
Alyssa Hatsukami
Kristen Hoffman
Brian Hildebrandt
Eleanor Hildebrandt
Robbie Homchick
Anna LaCroix
Kellie Marie Langan
Brett Mills
Brita Moore
Dylan Nevin
Diana O'Shea
Connor Paulich
Ellen Peterson
Ian Piper
Monique Saysana
Rachel Schneider
Rachel Soley
Andrew Sun
Alex Tao
Lizzie Tao
Gabe Tse
Hallea Tse
Cecilia Tremain-Nelson
Vee Vee Wang
Brian Williamson
Jeanne Xu

M.I./Bellevue Sectional

Jack Bentsen
Esther Choe
Catherine Fisher
Andrew Fukuda
Jacob Lane
Alex Lorenz
Christine Meegan
Jacqueline Ma
Alana Morrison
Louis Phung
Kayley Ray
Pia Salgado
Melody Saysana
Ryo Smith
Adrienne Wang
Justin Wong
Jack Zhu

Renton Sectional

Chase Bublitz
Bella Chilczuk
Taylor Childress
Artgen Clemencia
Donald Chao
Connie Giang
Darshpreet Kaur
Kellie Marie Langan
Dennis Liu
Keenan McClanahan
Yutaka Miyake

Mercer Island Blue

Derek Fanucci
Jacqueline Li
David Rudokas
Helena Shield
Leann Tse
Gwen Hildebrandt

Mercer Island White

Mary Jane Durenberger
Sydney Hartford
Sun Moon
Jordan Newman
Zachary Sharpe
Vienna Weber

Mercer Island Red

Alex Hartford
Donald Hildebrandt
Kami Huber
Davi Lazoritz

Renton Blue

Nadine Berg
Haley Childress
Michaela Childress
Myo Ho
Dillon Knutson
Loryn Timian
Annabelle Wu

Renton White

Tyler Arnold
James Buchanan
Caitlin Couch
Kendra Foote
Isabel Giang
Jacob Hill
Iain-Josiah Martin
Chiyo Miyake
Audrey McNicholl
Anna Parks
Julia Seibel
Josephine Wu

Renton Red

Steven Ho
Madison Kelly
Betse Mekonnen
Alyssa Miron
Parmvir Singh
Aman Randhawa

Bellevue Blue

Sammantha Dimmer
Willie Dittig
Albert Furlong
Jared Graham
Annabelle Kays
Anna Moody
Lucas Parker
Timothy Sun
Peter Yian
Peter Yang

Bellevue White

Lauren Butler
Austin Chao
Derek Chao
Rebecca Cheng
Kaelyn Cook
Sean Dimmer
Emily Dittig
Allison Eckerman
Jane Hunter
Max Lafavour
Danica Law
Isabel Lorenz
Merric Malley
Amara Shaikh
Nathan Shao
Michael Volynsky

Bellevue Red

Kevin Benedict
Nick Bentsen
Tom Bentsen
Evan Chan
Divya Dhama
Natasha Sodhi
Caroline Kays
Leandra Law
Patrick Mao
Sean Ponich
Jacob Porter
Sydney Porter
Kevin Sun
Luke Walker
Michelle Wen
Sterling Yun

**Chinook Aquatic Club
2009-2010
Meet Schedule (DRAFT)**

| Date | Meet | Location | Level |
|------------------------|---|--------------------------|----------------------------|
| October 17-18, 2009 | October Challenge | Evergreen (Olympia) | R, W, B, Sect, HS, Sr |
| November 1, 2009 | Chinook Pentathlon | Mary Wayte | R, W, B, Sect, HS, Sr |
| November 15, 2009 | WEST Distance Meet | Kamiak HS (Mukilteo) | Sect, HS, Sr |
| November 21-22, 2009 | Age Group Invitational | Juanita HS (Kirkland) | W, B, Sect, HS, Sr (QT) |
| December 5-6, 2009 | Divisional Champs | Rogers HS (Puyallup) | R, W, B, Sect, HS, Sr (QT) |
| December 11-13, 2009 | PNS 14&under Championships | KCAC | 14&unders (QT) |
| December 17-20, 2009 | Washington State Champs | KCAC | 15&overs (QT) |
| December 19, 2009 | Red White & Blue Classic (Intrasquad) | Mary Wayte | R, W, B |
| January 16-17, 2010 | January Challenge | Helene Madison (Seattle) | R, W, B, Sect, HS, Sr |
| January 21-24, 2010 | Washington Open Senior | KCAC | Sr (QT) |
| February 6-7, 2010 | February Challenge | Bainbridge Island | R, W, B, Sect, HS, Sr |
| February 14, 2010 | WAVE February Distance | Juanita HS (Kirkland) | Sect, HS, Sr |
| February 26-28, 2010 | Age Group Invitational | Kamiak HS (Mukilteo) | W, B, Sect, HS, Sr (QT) |
| March 6-7, 2010 | March Madness Invitational | Mary Wayte | ALL |
| March 11-14, 2010 | Senior Sectionals | KCAC | Sr (QT) |
| March 19-21, 2010 | Northwest Age Group Sectionals | KCAC | B, Sect, HS, Sr (QT) |
| March 27-28, 2010 | Divisional Champs | KCAC | Dequal sectionals |
| April 24, 2010 | WAVE Pyramid Pentathlon | Juanita HS (Kirkland) | R, W, B, Sect |
| May 1-2, 2010 | May Flowers | KCAC | HS, Sr |
| May 14-16, 2010 | Pacific Coast Invitational | KCAC | B, Sect, HS, Sr (QT) |
| June 4-6, 2010 | Apple Capital | Wenatchee, WA | ALL |
| June 26-27, 2010 | Titlow Classic | Titlow (Tacoma) | R, W, B, Sect |
| July 8-10, 2010 | Senior Seattle Open | Colman | HS, Sr (QT) |
| July 16-18, 2010 | Age Group Seattle Open | Colman | W, B, Sect, Sr (QT) |
| July 25, 2010 | Red White & Blue Summer Classic (Intrasquad) | Newport Hills | R, W, B |
| July 29-August 1, 2010 | PNS LC Championship | KCAC | B, Sect, Sr (QT) |

**R - Red; W - White; B - Blue; Sect - Sectional; HS - High School; Sr - Senior
QT - qualifying times**