EDMONTON MASTERS SWIM CLUB REGISTRATION 2013-2014	START DATE:

Last Name

First Name

Date of Birth (DD/Month/YYYY)

__ __ /_____ /__ __ __ __

Gender

☐M ☐F

Swim Alberta ID#
Do you have a Swim Alberta ID#? (see next page)

☐ Yes   ☐No

Mailing Address

City

Postal Code

Preferred Phone Number

Email Address

Emergency Contact Information

Name : _____   Phone Number : _____

New Member	T-Shirt Size	T-Shirt Received
☐ Yes ☐No	☐S ☐M ☐L ☐XL ☐XXL	☐ Yes ☐No

Membership and Training Fees

	Sep 2013 – Aug 2014		Sep 2013 – May 2014		Fee Sub-Total
	Full Payment	2 Cheques*	Full Payment	2 Cheques*	
Full (4–7 Practices)	$710	$425 +$285	$585	$350 + $235	
3x/Week	$585	$350 + $235	$485	$290+ $195	
2x/Week	$510	$300 + $210	$435	$260 + $175	
Noon Hour (Mon/Wed/Fri)	$510	$300 + $210	$435	$260 + $175	
Less Volunteer Credits					
Less $25 – Received on or before September 10, 2013					
Please make cheque payable to "Edmonton Masters Swim Club" **TOTAL:**					

Payment
Cash $_____ OR Cheque # ____ $_____   Cheque #____ $_____(optional)

SIGNATURE

DATE

***Both cheques are due in September at time of registration;
one dated date of registration and the second dated December 15, 2013**

Personal Information Protection Act
Swim Alberta Consent Form

Club Name: **EDMONTON MASTERS SWIM CLUB**

Swimmer's Name: _____

Swimmer's ID# (9 Digit # If Known) _____

Please Read Carefully, complete and sign the consent section.
Swimmers under 18 years of age must have a parent or guardian sign the consent form.

The Personal Information Protection Act requires that consent be obtained for collection and use of personal information.

Collected information from club registration will be used for S/NC registration, swimming activities, team participation, pre-meet registration, results (media), and club/provincial records. All information collected from or pertaining to the swimmer will be used in the standard operating procedures of the association and unless noted below the information will be used as per operations. Should a parent/guardian or swimmer have a concern with the release of and or publication of their name, age and club affiliation within the standard operating parameters of competitions and the association then please sign the appropriate section below and the information will be modified for publication. All swimmers or their representative must sign a copy of this form.

Clubs: if section A has been signed and there are no issues on the release and publication of the swimmers name etc. then you the club must retain a copy of the signed form in your records. If the parent, guardian or swimmer has signed section B then a copy of the form must be forwarded to Swim Alberta.
Standard operation activities include, but are not limited to:

1.   Individual photos that are taken at competition or for awards presentation
2.   Photos or videos that are used in electronic or print media.
3.   Swimmers name, gender, age and/or classification and results or provincial team and youth recognition program that are used in the swimming newsletters and other communications, in print form, electronic or otherwise.
4.   The use of the swimmers name, gender, age and/or classification in team lists or databases to enable clubs to send data to other clubs, coaches, officials or the Swim Alberta office.
5.   Other activities within the swimming community.

Please indicate your consent for Swim Alberta to use information supplied by yourself in one of the following manners. **Sign ONLY one – A or B**

A.   I hereby consent to the collection and use of information (as outlined above).

_____   _____
Signature or Parent/Guardian Signature   Date

B.   I do not consent to the collection and use of the information (as outlined above) EXCEPT for the following reasons.

_____

_____   _____
Signature or Parent/Guardian Signature   Date

Do you consent to your personal contact information as defined in the Act, being released to fellow members, whom have requested a copy of the register of members of the society in accordance to Service Alberta as part of the Societies Act Chapter S-14 Section 36.1(3).

Initial One Only: _____   Yes, I consent   _____   No, I do not consent

Lane Etiquette

- Arrive early to help set up the pool for workout, and remember to help put things away after.

- The coach will separate swimmers into lanes depending on their speed. Note that a swimmer's speed will change from practice to practice and set to set. A coach may move swimmers around from practice to practice or even within a practice depending upon what type of workout is being planned

- Within each lane, swimmers should arrange themselves for each set: fastest to slowest. It is the lead swimmer's duty to ensure that the lane starts swimming at the proper time for each set. It is the second swimmer's duty to keep a count of the number of repeats completed within a set.

- Allow 5 seconds between swimmers. Note that allowing more than 5 seconds in sets of over 2 lengths means that the lead swimmer may overtake and frustrate the end swimmer, so try to stick to 5 seconds.

- For shorter swims (25 to 75 meters) it is usually not necessary to pass a swimmer. If you are catching up, hang back and ask to switch places at the next stop.

- Swim in a circle within each lane, staying off of the black center line and try to alternate lane direction – first lane counter-clockwise, next lane clockwise, etc, so that you don't get mid-arm collisions .

- To pass, touch the toes of the swimmer in front of you twice. They should stop at the end of that length to allow you to pass. If you must pass mid length, make sure to use the centre of the lane so that you don't hit a third swimmer!

- As you approach turns, it's very important to cut in from your side of the lane to make sure you turn at the mid-wall area and then push off in the correct direction heading back down your lane. If everyone does this, you will avoid the dreaded 'head on collision'.

- Try to swim the workout as posted, but sit out a repeat if you need to.

- When finishing a swim, move over so the swimmer behind you can touch the wall (especially in a timed set!)

- Please avoid wearing big watches as they cause injuries. If you need to wear these, be aware of where your hands are.

- Equipment such as paddles & fins are to be used when your coach makes it part of the training set.

- Do not swim over people. If they are slower than you are, please follow the passing etiquette and ask to move ahead of them during the next set break.

- Not all swimmers can do all the workouts at all times. You may want to discuss this with your coach. If you will not be doing the same thing as the rest of your lane, do not interfere with what they are doing. Either swim at the front or the back or consider somewhere else depending on circumstances.

- Enjoy yourselves!