

Wildcat Aquatics Registration Packet Documents

Fall 2005 Short Course Season

(Documents for members' records)

- 1- Handbook
- 2- Team Contract (explanation)
- 3- Fee Schedule
- 4- Practice Schedule
- 5- Meet Schedule

(Documents to Complete, Sign, and Return to WA office)

- 6- Team contract
- 7- Code of Conduct (parents)
- 8- Code of Conduct (swimmers)
- 9- Parent Volunteer form
- 10- Medical questionnaire
- 11- Power of attorney

We encourage all parents to handle registration in the following manner.

- 1) Print this document and Read each section
- 2) Complete including Signing sections 6 – 11
- 3) Send via the U.S. Mail sections 6-11 to Wildcat Aquatics Office at:
Wildcat Aquatics Inc
Lancaster Aquatic Center
Dorm Complex Drive
Lexington, KY 40506-0219

Team packets will also be available at the pool during the first week of practice. Clifton will try to find someone to hang out upstairs and hand them out. This way we have options that will help everyone get their stuff in on time.

Let me know if you have any concerns,

Clifton

Keep this for your records



Team Contract & Family Application - EXPLANATION / 2005- 2006 *(keep for your records)*

Registration Fee:

Each application must be accompanied (unless previously submitted) by a nonrefundable, \$95.00 registration fee postmarked no later than September 19, 2005. The fee covers insurance required by USA Swimming, registration with USA Swimming, registration with KY Swimming, WA team t-shirt & swim cap, and office expenses. This fee is due for each swim team member and is required to participate in United States Swimming sanctioned meets, practices or Wildcat Aquatics organized events.

Coaching Fees:

All swimmers are financially obligated to a minimum of one year of coaching fees beyond the registration fee. See attached appendix for fee structure. All yearly fees will be billed in nine installments, beginning in September and ending in May. No one will be billed for coaching fees during June, July, or August. During this three-month period you will only be responsible for maintaining the minimum balance in your Escrow account. The billing for these fees will be sent out the 25th of the month unless that day falls on a weekend, which would require mailing on the next Monday. The fees are due and payable postmarked by the 15th of the next month (approximately 17 days after delivery). If dues are received postmarked after the 15th your account will be penalized \$25.00 as a late fee. In the event you wish to leave the team for any reason a 30-day written notice is required to deactivate your account with Wildcat Aquatics Inc. If given proper notice, you can be waved from further financial obligation and permitted to return to the team at a later date without penalty provided spots on the team are still available. Any swimmer with an account that is past due *will not be eligible to participate* in any future practices, meets, or other Wildcat Aquatics functions until the account has been brought to current status or you are granted relief by the staff. You are responsible for all fees incurred by your child, including but not limited to fundraising, team trips, meet entries, and coaching fees.

Meet Entry Fees:

There is an entry fee and service charge for each swim meet in which a child is entered. The parent(s) accepts the financial responsibility for such fees. Each new swimmer must begin the season with a \$50.00 balance in their Entry Escrow Account. This payment is due with the submission of all 2005-2006 registration materials. Meet fees will be deducted from this account. Each swimmer must maintain a \$30.00 minimum balance in their Escrow Account. Only swimmers appearing in the meet sign-up book will be entered into meets. Once the entry has been mailed to the host team, the swimmer/parent is responsible for the fees for that meet regardless of participation in the meet.

Fundraising Requirements:

Each swimmer is required to raise \$100.00 to fulfill their fundraising obligation. The maximum payment for a single family is \$250.00. We will provide you with structured and planned avenues to meet these requirements. Selling advertisements for our meet heat sheets (programs) is the most common form of fundraising, but other opportunities will be available. Information regarding ad sales will be distributed shortly after the season begins. In addition to selling ads we will also conduct a fundraiser set-up with USA Swimming called a *Swim-A-Thon*. The event will be held in early January and information / instructions regarding the event will be distributed by the beginning of December.

If the fundraising money is not received by January 15, 2006, the amount will be billed to the family's account in equal monthly installments. If at any time after January 15, 2006 fundraising money is turned into the fundraising chairman, the next monthly bill will reflect full credit of the contribution including any money paid to that point on the monthly fundraising charge.

Work Requirements:

Each family member is expected to fulfill minimum work requirements at swim meets hosted by Wildcat Aquatics.

Worker Sign-up sheets will be posted at the pool well in advance of each event

1. Wildcat Aquatics Autumn Classic - November
 - No more than four sessions per family
2. Kentucky State High School Championships - February
 - One session per family of Blue & Senior Group swimmers
3. KYLSC Short Course A Championships - March
 - No more than four sessions for families with swimmers qualified for the meet
 - No more than two sessions for families without swimmers qualified for the meet
4. Wildcat Aquatics May Invitational - May
 - No more than four Sessions per family

*The number of sessions required for each meet will depend on the number of team members and meet requirements. In past years we have occasionally been able to reduce the number of sessions required slightly for some meets to less than the maximum requirement.

Inability to Satisfy Work Requirements:

Families who notify the Meet Coordinator they will not be able to fulfill work requirements must do so at least two weeks prior to the meet. These families are subject to the fine but might have the opportunity to meet the work requirement by completing an alternate task crucial to the event (limited availability). Families who miss work assignments, will be assessed a fee of \$75.00 per session not worked.

It is hereby acknowledged and agreed by the undersigned that in consideration of your child (children), listed herein, being accepted as a member of the Wildcat Aquatic Swim Team you agree and understand the following obligations are included as part of your entire commitment to Wildcat Aquatics Inc. during the time period from 9/01/2005 through 8/31/2006.

Unless otherwise noted in writing WA, Inc reserves the right to use photos of team activities for use on its website and other forms of promotional media.

(Please retain this copy for your records)



Keep this for your records

Fee Schedule / 2005- 2006 *(keep for your records)*

Group	Annual	Less 5%	Less 2%	1 ST / 2 ND Child	3 rd / 4 th Child
White 1 & 2	\$495.00	\$470.25	2 x \$242.55	\$55.00	\$27.50
Red 1 & 2	\$765.00	\$726.75	2 x \$374.85	\$85.00	\$42.50
Blue	\$1080.00	\$1026.00	2 x \$529.20	\$120.00	\$60.00
Senior	\$1350.00	\$1282.50	2 x \$661.50	\$150.00	\$75.00

- The fee schedule is based on 1 year of operation. Although Wildcat Aquatics does not train 12 months per year, it requires 12 months of work to keep the team running smoothly.
- The schedule above is based on a total of nine payments covering the cost of the entire 12-month year. The year begins September 1, 2005, and ends August 31, 2006.
- The nine payments begin in September and end in May. Thus, you are not responsible for coaching fees in June, July, or August (only for maintaining your Escrow account).
- Once you sign the family contract you are responsible for a season's fees regardless of participation. The yearly fee is broken into 9 payments for your convenience only. There is no month to month participation. However, if you desire to leave the team during the year for any reason, 30 days written notice is required to gain relief from further obligation of team fees. If given proper notice of departure you may return to the team at a later date without penalty provided slots are still available.
- If you pay for the year in full postmarked by September 19, 2005 you will receive a 5% discount.
- If you pay for the year in two installments you will receive a 2% discount. The first payment postmarked by September 19, 2005. The second payment postmarked by January 15, 2006.
- If you choose to pay in nine payments, the payment structure is outlined in the chart above. All accounts will be closed out on the 25th of each month. All accounts submitting payments postmarked after the 15th of the next month will incur a \$25.00 late fee.
- Your child will not be eligible to participate in workouts, meets or team functions if you are delinquent in your payments. This rule will be enforced.
- **The \$95 registration fee is not a part of your coaching fees – it is an annual fee.**
- Your registration fee and first coaching fee payment is due postmarked by September 19, 2005.
- If you have 3 or more swimmers, the two swimmers in the highest group will pay full price. Your remaining swimmers have a 50% discount from their coaching fees. Please note each swimmer must pay the full registration fee of \$95.00.
- Each new family will be required to establish an Escrow account of \$50.00 per swimmer for entry fees. This money will be due postmarked by September 19, 2005.
- Each swimmer must maintain a \$30.00 minimum balance in their Escrow account.
- Any credits in your Escrow account will be deducted from your last month's bill, or carried over into the next season.
- **Questions:** Contact our Bookkeeper, **Letitia Hollingsworth, (859) 277-7946, voice mailbox #3**
- **All payments must be sent to:**

**Wildcat Aquatics Inc.
Lancaster Aquatic Center
Dorm Complex Drive
Lexington, KY 40506-0219**

Keep this for your records



SCY Practice Schedule / 2005- 2006 *(keep this for your records)*

	WHITE 1	
DAY	DRY LAND	SWIM
TUESDAY	5:00-5:15	5:15-6:15
THURSDAY	5:00-5:15	5:15-6:15
SATURDAY	11:45-12:00	12:00-1:00

	WHITE 2	
DAY	DRY LAND	SWIM
TUESDAY	6:00-6:15	6:15-7:15
THURSDAY	6:00-6:15	6:15-7:15
SATURDAY	11:45-12:00	12:00-1:00

	RED 1	
DAY	DRY LAND	SWIM
MONDAY	5:00-5:15	5:15-6:45
TUESDAY	7:00-7:15	7:15-8:45
WEDNESDAY	5:00-5:15	5:15-6:45
THURSDAY	7:00-7:15	7:15-8:45
SATURDAY	10:15-10:30	10:30-12:00

	RED 2	
DAY	DRY LAND	SWIM
MONDAY	6:30-6:45	6:45-8:15
TUESDAY	7:00-7:15	7:15-8:45
WEDNESDAY	6:30-6:45	6:45-8:15
THURSDAY	7:00-7:15	7:15-8:45
SATURDAY	10:15-10:30	10:30-12:00

	BLUE	
DAY	DRY LAND	SWIM
MONDAY	6:45-7:15	7:15-9:00
TUESDAY	6:45-7:15	7:15-9:00
WEDNESDAY	6:45-7:15	7:15-9:00
THURSDAY	6:45-7:15	7:15-9:00
FRIDAY	4:45-5:15	5:15-7:00
SATURDAY	10:00-10:30	10:30-12:15

	SENIOR	
DAY	DRY LAND	SWIM
MONDAY	4:15-5:00	5:00-7:15
TUESDAY	4:15-5:00	5:00-7:15
WEDNESDAY	4:15-5:00	5:00-7:15
THURSDAY	4:15-5:00	5:00-7:15
FRIDAY	4:15-5:00	5:00-7:15
SATURDAY	9:30-10:30	10:30-12:30

NOTE:

- * PRACTICE BEGINS SEPTEMBER 6
- * ALL PRACTICES ARE AT THE LANCASTER AQUATIC CENTER
- * SCHEDULE CHANGES WILL BE NOTED IN THE MONDAY BULLETIN
- * QUESTIONS? CONSULT THE WEB OR CONTACT THE OFFICE

WEB: www.wildcataquatics.org

EMAIL: ccox / jbrucato / dlittle / @wildcataquatics.org

PHONE: 277-SWIM

Keep this for your records



SCY Meet Schedule / 2005- 2006 *(keep for your records)*

*SCHEDULE SUBJECT TO CHANGE ...

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Type/Format</u>	<u>Eligibility</u>	<u>Sign Up By</u>
October 1	TNT Katie Brandenburg Inv	Versailles, KY	Timed Finals	Red / White	19-Sep
October 22-23	Clippers Halloween Classic	Erlanger, KY	Timed Finals	Senior / Blue / Red / White	26-Sep
November 18-20	WA Autumn Classic	Lexington, KY	Timed Finals	Senior / Blue / Red / White	14-Oct
December 2-4	SEY Inv	Seymour, IN	Timed Finals	Senior / Blue / Red / White	28-Oct
December 2-4	NAC Inv	Nashville, TN	Prelim / Final	Qualifiers (Time Standards)	28-Oct
January 14-15	Mid-States Quad Meet	Indianapolis, IN	Timed Finals	Chosen by KY Swimming	NA
January 13-15	Clippers Mid-Winter Classic	Erlanger, KY	Prelim / Final	Senior / Blue / Red / White	5-Dec
January 13-15	Carmel Swim Club Winter Inv	Indianapolis, IN	Prelim / Final	Qualifiers (Time Standards)	5-Dec
February 3-4	KHSAA Regionals	Various	Prelim / Final	Qualifiers	NA
February 10-12	SUSS Inv	Shelbyville, KY	Timed Finals	Blue / Red / White	6-Jan
February 17-18	KHSAA State Champs	Lexington, KY	Prelim / Final	Qualifiers	NA
<u>February 26</u>	<u>KY 8 and Under Champs</u>	<u>Owensboro, KY</u>	<u>Timed Finals</u>	<u>White (8 & under only)</u>	25-Jan
<u>March 3-5</u>	<u>KY State B Champs</u>	<u>Owensboro, KY</u>	<u>Timed Finals</u>	<u>Non KYA Qualifiers (9 & up)</u>	3-Feb
March 9-12	**Speedo Sectional Champs	Charlotte, NC	Prelim / Finals	Senior (Qualifiers)	NA
<u>March 17-19</u>	<u>KY State A Champs</u>	<u>Lexington, KY</u>	<u>Prelim / Finals</u>	<u>KYA Qualifiers (9 & up)</u>	3-Feb
March 28 -April1	**USA Swimming Nationals	Palo Alto, CA	Prelim / Finals	Qualifiers	NA

*SCHEDULE SUBJECT TO CHANGE ...

***ATTENDANCE REQUIRED FOR UNDERLINED MEETS**

***UPDATES & ADDITIONAL MEET INFO WILL BE IN THE MONDAY BULLETIN**

***QUESTIONS? CONTACT YOUR COACH VIA EMAIL OR PHONE (277-SWIM)**

Complete and Return this to Wildcat Aquatics Office



Team Contract & Family Application / 2005- 2006 *(return to WA office)*

1. (Eg.) Swimmer's Legal Name (last, first, middle)				
(Eg.) D.O.B.	Age	Gender	Practice Group	T-shirt Size (indicate youth/adult)
1.				
		Male Female		
2.				
		Male Female		
3.				
		Male Female		
4.				
		Male Female		

Parents' Names:	Home Phone:
	Cell Phone:
Billing Address (Street, City, State, Zip)	Work Phone:
	e-mail:

CHECK ONE

- Returning Wildcat Swimmer
- New Swimmer
- Transfer Swimmer (USS only)

PAYMENT OPTION

- I will pay in full and receive 5% discount
- I will pay in two installments and receive a 2% discount
- Bill me in nine monthly payments

It is hereby acknowledged and agreed by the undersigned that in consideration of your child (children), listed herein, being accepted as a member of the Wildcat Aquatic Swim Team you agree and understand the following obligations are included as part of your entire commitment to Wildcat Aquatics Inc. during the time period from 9/01/2005 through 8/31/2006.

Unless otherwise noted in writing WA, Inc reserves the right to use photos of team activities for use on its website and other forms of promotional media.

Parent or Guardian's Signature: _____ **Date:** _____

Complete and Return this to Wildcat Aquatics Office



Code of Conduct – PARENTS / 2005- 2006 *(return to WA office)*

It is hereby acknowledged and agreed by the undersigned that in consideration of your child (children) being accepted as a member of the Wildcat Aquatics Swim Team that you agree to and understand the following Code of Conduct. The following code will be enforced from **September 1, 2005** through **August 31, 2006** and will cover all activities pertaining to your involvement as a parent with the Wildcat Aquatics Swim Team, the use of any UK facility, those contracted outside of the university by the team for practice and any other purpose, and also include behavior during scheduled competition times, at all away meets and for the duration of all organized travel arranged by Wildcat Aquatics, Kentucky Swimming, or United States Swimming for the purpose of competition or training. A parent's disregard for the following code in part or in whole may result in but is not limited to action ranging from verbal warning to expulsion from the team. The Director of Wildcat Aquatics will have the final say regarding any disputes toward the action taken.

Parents, please keep in mind the following code of conduct is in accordance with recommendations made by United States Swimming and The American Swim Coaches Association. Ultimately, the goal of such a code is to ensure a positive environment for the development of your swimmer(s). In addition, our intentions are not only to ensure a swimmer's individual maturity but to also promote a positive and encouraging team atmosphere.

- A. Coaching your child (children) during any portion of a workout or competition
 - i. You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support and a safe place to return to at the end of the day. The coach is responsible for the technical part of the job.
 - ii. You should not offer advice on technique or race strategy or any other area that is not yours. And above all, never pay your child for performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.
- B. Attempting to discuss issues concerning your swimmer(s) with any member of the coaching staff during scheduled workout time
- C. Attempting to discuss issues concerning your swimmer(s) with any member of the coaching staff during competition (excluding emergency situations)
- D. Entering the pool deck during practice or watching practice from any deck level seating (parents are free to attend all practices but may only do so from the balcony level)
- E. Parents are expected to get their children to practice and meets on time – in the event circumstances do not permit your child's (children's) punctual arrival a note is required
- F. Competing with or criticizing the coach in the presence of your child
- G. Imposing your own ambitions on your child (children)
- H. Criticizing officials during competition or in front of your swimmer(s) at any time
- I. Pulling a swimmer from practice or competition early due to dissatisfaction in his/her performance or a disagreement with a staff member
- J. Encouraging your child to focus solely on winning (focusing on the outcome too heavily rather than the process)
- * Be supportive of your child and encourage his/her efforts

Suggestions for contacting coaches:

Please be considerate when contacting the coaches. A good way to speak with the coaches is to meet them after practice. They usually make themselves available for 10 minutes to answer questions, provide information, etc. Sending a note with your swimmer is also a good way to get information to coaches. Otherwise, call the office 277-7946 or send an email to the attention of the coach you would like to address. A coach should not be contacted at home unless an extreme emergency is at hand or he/she has confidentially extended that privilege by offering you his/her personal number.

One of the traditional swim team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved but in fact this approach often results in new problems being created.

- 1) Try to keep foremost in your mind that you and the coach have the best interest of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy a good rapport and a constructive dialogue.
- 2) Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or the training group that can range in size from 20-200 members. On occasion, an individual child's needs may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.

All participants of Wildcat Aquatics agree to the rules and guidelines as set forth in the Wildcat Aquatics Code of Conduct. Furthermore, the staff reserves the right to discipline and (or) remove a parent if adherence to such guidelines and rules are not met.

PARENT SIGNATURE: _____

DATE: _____

PARENT SIGNATURE: _____

Complete and Return this to Wildcat Aquatics Office



Code of Conduct – SWIMMERS / 2005- 2006 *(return to WA office)*

It is hereby acknowledged and agreed by the undersigned that in consideration of your child (children) listed herein, being accepted as a member of the Wildcat Aquatics Swim Team that you agree to and understand the following Code of Conduct. The following code will be enforced from **September 1, 2005** through **August 31, 2006** and will cover all activities that involve the Wildcat Aquatics Swim Team, the use of any UK facility, those contracted outside of the university by the team for practice and any other purpose, and also include behavior during scheduled competitions times, at all away meets and for the duration of all organized travel arranged by Wildcat Aquatics, Kentucky Swimming, or United States Swimming for the purpose of competition or training. Disciplinary action can range from but are not limited to reprimands, being sent home from practice or meets at the parents' expense, expulsion from the team, barred from competition, or any other disciplinary action that the coaching staff deems necessary if a member fails to adhere to the following code in part or in whole. Coaches should be approached first concerning disciplinary problems and will decide the punishment given. The Director of Wildcat Aquatics will have the final say regarding any disputes towards the disciplinary action taken.

1. The following is the code of conduct that the swimmers are expected to adhere to during practices times. Swimmers will meet in the pool balcony prior to the start of practice unless otherwise instructed. Swimmers will be told which area of the pool and its surroundings will be off limits to them. Areas that are off limits to swimmers include, but are not limited to:
 - a. Any and all diving boards and platforms at any and all pool venues.
 - b. The classroom at the LAC without a coach's supervision.
 - c. The training room at LAC.
 - d. The control room at LAC.
 - e. The pool deck during UK varsity practice.
 - f. The outside patio without a coach's supervision.
 - g. The catwalk above the pool at LAC.
 - h. The concession room at LAC.
 - i. The mechanical room at LAC.
2. Swimmers will be told what is appropriate behavior and what is inappropriate behavior while representing Wildcat Aquatics during swim practice, team functions, swim meets or any other team related activity. Behavior that is inappropriate shall include, but is not limited to:
 - a. Vandalism of any kind.
 - b. Horseplay, fighting, pushing someone into the water.
 - c. Throwing equipment.
 - d. Entering the water before practice.
 - e. Smoking, consumption of alcoholic beverages, chewing tobacco, or taking drugs.
 - f. Disrupting practice.
 - g. Un-sportsman like conduct at practice or during swim meets.
 - h. Inappropriate language.
 - i. Any behavior that may cause harm to someone else.
3. Team travel. Rules will be enforced from the time the swimmer is dropped off at a departure site until being picked up by a parent or guardian after returning to Lexington. When traveling with the team to meets, camps, social functions, or other team related functions, and the swimmer is the responsibility of a team chaperon or coach the following rules will apply:
 - a. Stay in groups of two or more when visiting malls, restaurants, and other public places. Twelve and unders must be accompanied by a chaperone or coach.
 - b. No room service or food from another source will be ordered without a coach or chaperones approval.
 - c. Local and long distance calls will be made from pay phones. Long distance phone service will not be made available in the swimmer's room.
 - d. Swimmers must know itinerary and are expected to be on time for all activities.
 - e. Swimmers must adhere to announced schedules and curfews.
 - f. Do not leave your room. Call for a chaperone or coach.
 - g. Stay on pool or hotel property unless with coach or chaperone, or receiving permission.
 - h. Stay and sleep in your assigned room. Swimmers must obtain permission from a coach or chaperone to enter a room of a person of the opposite sex.
 - i. There will be no tolerance of vandalism or destruction of property. Swimmers are responsible for the condition of their room. Any damage that occurs will be the responsibility of the swimmers assigned to that room.
4. At all swim meets, swimmers are EXPECTED TO WEAR THE ASSIGNED TEAM SUIT AND TEAM CAP (if worn). Swimmers not wearing the designated team suit will not compete. **Possible exceptions:**
 - I. Swimmers may wear alternate (fast skin / aquablade) suits during state championship and senior level meets
 - II. Swimmers may choose to wear alternate (fast skin / aquablade) suits for his/her last competition prior to aging up to the next competitive age group
 - III. Ultimately, all situations regarding suits worn by swimmers during competition will be left to the discretion of the coaching staff
5. All participants of Wildcat Aquatics agree to the rules and guidelines as set forth in the Wildcat Aquatics Code of Conduct and Agreement of Performance. Furthermore, the coaching staff reserves the right to discipline and (or) remove a swimmer if adherence to such guidelines and rules are not met.

DATE: _____

PARENT SIGNATURE: _____

SWIMMER SIGNATURE: _____

Complete and Return this to Wildcat Aquatics Office



Team Parent Volunteer Form / 2005- 2006 *(return to WA office)*

Parents,

In addition to the regular work assignments at meets (timers, concession workers, t-shirt sales, etc.) we have many parents who pitch in extra time that helps make our team truly special and successful. Some of the positions listed below fulfill work requirements during meets while some help us offer the best possible program for your children. Please do not hesitate to contribute to our team. Many similar organizations require parents to take on a higher level or certified position after two years of team membership. The staff and the swimmers need your help to make WA the best it can be.

**Please check any job or area in which you would be willing to help...*

Job Area - Position	Mother	Father
*Head Timer At Home Meets		
*Timer Judge At Home Meets		
*Stroke & Turn Judge At Home Meets		
*Referee At Home Meets		
*Starter At Home Meets		
*Meet Director At Home Meets		
*Computer Operator At Home Meets		
*Timing System Operator At Home Meets		
*Meet Worker Coordinator At Home Meets		
*Clerk Of Course		
*Assistant Meet Director At Home Meets		
Team Social Committee		
Hospitality Manager(s) At Home Meets		
Concessions Manager(s) At Home Meets		
<i>Parent Advisory Committee Member (PAC)</i>		
* - indicates a "skilled position" for which training / certification is required.		

Name: _____

Phone Number: _____

Name of Swimmer(s) On Team: _____

Return this to Wildcat Aquatics Office



Swimmer Medical History Questionnaire / 2005- 2006 (return to WA office)

Name: _____

Address: _____ Last First Middle Date of Birth Sex

Phone: _____

Emergency Contact(s): _____

**Please circle "YES" or "NO" and provide additional details where requested.*

1. Is your child allergic to any medication (aspirin, penicillin, sulfa, etc)?

NO YES (list and give reason) _____

2. Does your child take any prescribed medication on a permanent or semi-permanent basis (steroids, antibiotics, insulin, etc.)?

NO YES (list and give reason) _____

3. Has your child ever had an epileptic seizure?

NO YES

4. Has your child ever been told by a doctor that he or she has epilepsy?

NO YES

5. Has your child ever been treated for diabetes?

NO YES (list the medication) _____

6. Has your child ever been told by a doctor that he or she is anemic?

NO YES (when and what treatment) _____

7. Has your child ever been told by a doctor that he or she has sickle cell anemia?

NO YES

8. Has your child ever had high blood pressure?

NO YES (list any medication) _____

9. Has your child had the following diseases?

Heart disease (heart murmur, rheumatic fever, other)

NO YES (give name and date) _____

Lung disease (pneumonia, other)

NO YES (give name and date) _____

Kidney disease (infections, other)

NO YES (give name and date) _____

Liver disease (mononucleosis, hepatitis, other)

NO YES (give name and date) _____

10. Has your child ever been told by a doctor that he or she has asthma?

NO YES (list any medication) _____

11. Has your child ever had a hernia or "rupture"?

NO YES (if so, describe and give date(s)) _____

12. Has your child been "knocked out" or become unconscious in the past three years?

NO YES (if so, describe and give date(s)) _____

13. Has your child had a concussion or other head injury in the past three years?

NO YES (if so, describe and give date(s)) _____

14. Has your child stayed overnight in a hospital due to a head injury?

NO YES (if so, describe and give date(s)) _____

15. Has your child ever had a neck injury involving, bones, nerves, or disks that disabled him or her for a week or longer?

NO YES (type of injury and date) _____

16. Does your child wear prescription goggles or contacts during competition?
 NO YES
17. Does your child wear any of the following dental appliances: (circle those that apply)
 Permanent Bridge- Braces- Removable or Permanent Retainer- Removable Partial Plate - Full Plate- Permanent Crown or Jacket
18. Has your child broken a bone (fracture) in the past two years?
 NO YES (if so, describe and give date(s) _____)
19. Has your child had a shoulder injury in the past two years that has disabled him or her for a week or longer (dislocation/ separation)?
 NO YES (if so, describe and give date(s) _____)
20. Has your child ever had a shoulder surgery?
 NO YES (if so, describe and give date(s) _____)
21. Has your child ever injured his or her back?
 NO YES (type of injury and give date(s) _____)
22. Does your child have back pain?
 NO YES (circle any that apply)
 Seldom - Occasionally - Frequently - With Vigorous Exercise - When Heavy Lifting
23. Has your child injured his or her knee in the past two years?
 NO YES (if so, describe and give date(s) _____)
24. Has your child been told by a doctor or athletic trainer that your child has injured cartilage in his or her knee?
 NO YES (right or left, give date(s) _____)
25. Has your child been told by a doctor or athletic trainer that your child has injured ligaments in his or her knee?
 NO YES (right or left, give date(s) _____)
26. Has your child had knee surgery?
 NO YES (right or left, give date(s) _____)
27. Has your child had a severe ankle sprain in the past two years?
 NO YES
28. Does your child have a pin, plate or screw in their body?
 NO YES (where, and date(s) _____)
29. Does your child have any other conditions that we should be aware of (i.e., ulcers, food, or insect allergies, tendonitis, etc.)?
 NO YES (specify and give details) _____

30. Please give your child's last tetanus and polio shots:
 Tetanus: _____ Polio: _____

The questions in this form have been answered completely and truthfully to best of my knowledge.

Signature of Parent

Date

Return this to Wildcat Aquatics Office



Power of Attorney / 2005- 2006 *(return to WA office)*

Know all men by these presents:

That _____, **parent(s) of** _____

(swimmer(s))

do hereby appoint in our/my absence any coach/chaperon of Wildcat Aquatics Swim Team for me and in my name, place, and stead, to handle any and all medical emergencies that may arise concerning my child while in the custody and control of swim team officials.

Further, we release the Wildcat Aquatics' Parent Association, swim team coaches, and swim team staff from all liability that may result from said emergency decisions.

Parent(s) _____ **Date:** _____