



CENTRAL-CLEMSON RECREATION CENTER

Upstate Torpedoes Swim Team Registration Form



Swimmer Information

Last Name: _____ First Name: _____ MI: _____ Age: _____
 Birthday: ___/___/___ Male / Female Grade: _____
 Member: _____ Non-member: _____ Suit Size: _____ Shirt Size: _____

Contact Information

Address: _____ City: _____ Zip: _____
 Father's Name: _____ Home: _____ Cell: _____
 Mother's Name: _____ Home: _____ Cell: _____
 Email Address: _____ Do you check it regularly? _____

Agreement/Waiver

Photography: I hereby give permission to the *Central-Clemson Recreation Center*, without limitation or obligation, to use photographs, film footage, or recordings which may include my child's image or voice for promotional purposes of *Central-Clemson Recreation Center* programs.
 The undersigned is the parent, legal guardian, or has custody of the participant named above. I agree to allow the above mentioned child to participate in the chosen sport/activity and I hereby release the *Central-Clemson Recreation Center* from the liability for damage/accident, which might occur to the participant as a result of his or her participation in this sport/activity.

Permission of Emergency Medical Treatment

I confirm that _____ (participant) is in good health. I, the undersigned parent or guardian of _____ (participant), do hereby grant authority to staff of the *Central-Clemson Recreation Center* to render a judgment concerning the medical assistance or hospital care in the event of an accident or illness in my absence. If treatment is judged necessary by a physician and his attending physician and his assistants to administer treatment or anesthetics or perform such operations as he may deem advisable. I affirm that I now have and continue to provide proper hospitalization, health, and accident coverage which I consider adequate for both my child's protection and my own protection or be financially independent to care for those expenses.

Does your child have any medical conditions that we should be aware of? _____

X
 Signed: Parent or Legal Guardian: Individually and on behalf of the participant above

Swim Team Purpose

The purpose of Upstate Torpedoes Swim Team program is to provide young boys and girls an opportunity to participate in competitive swimming in a fun, safe, and healthy environment. We strive to help foster skillful aquatic ability, good fellowship, a finer appreciation of swimming for its own sake and not just for winning; and sportsmanship of a high nature. The Upstate Torpedoes Swim Team focuses on the four core character traits of honesty, caring, respect and responsibility.

Practice Schedule

The team will practice on Mondays, Wednesdays and Fridays from 4:30pm to 5:30pm. The Pre-Torpedoes will Practice Tuesdays and Thursdays from 4:30pm to 5:30pm. Swimmers are expected to arrive early so that they can dress and be in the pool by 4:30pm.

Goals

The goals for this team are to become proficient in freestyle and backstroke while building endurance and learning the mechanics of breaststroke and butterfly. However, the goals will be tailored for each individual swimmer. For those who have previously been involved in swim teams or are comfortable in all four competitive strokes, our goals include learning new drills to perfect strokes, learning the mechanics of legal starts and turns, and becoming more proficient in competitive swimming.

Equipment

Swimmers must have a 1-piece swim suit and goggles. A swim cap, team shirt and goggles will be provided, along with any practice equipment such as kick boards, pull-buoys, and flippers. However, if the swimmer has these, they are encouraged to bring them to practice.

Cost & Payments

Monthly Torpedoes Payments will be made through our Automatic Bank Draft System. You will need to submit banking information for a debit, credit or checking account upon registration. Your monthly payment will be automatically drafted on the 15th of each month.

Payments for the year are broken up into three semesters: January-May, June-July & August-December. *Once started you are required to complete a semester's payments.* If you wish to cancel you may do so at the completion of the semester. **You are responsible for informing us, prior to the 10th of the first month of the semester so that we can stop payment (A written request to stop payment must be emailed to upstatetorpedoes@gmail.com).** You may also make payments for multiple months or for the full year if you wish.

You may join the team at any time during a semester.

One Time Club Fee	\$ 20.00
	<u>Monthly</u>
CCRC Members	\$40.00
Non-Members	\$50.00

Declined Payments: Any late or declined bank draft payment will incur a fee of \$20.

Swim Team Eligibility

In order to participate in the Upstate Torpedoes Swim Team, swimmers must be able to swim freestyle and backstroke one full length of the pool (25 yards) without stopping. They also must be able to take direction and work independently.

Swimmers will be placed in one of the following group levels:

Pre-Torpedoes: This is a developmental level between swim lessons and Torpedoes level one. This level focuses on building endurance to complete level one requirement.

Level 1: Requirements: at least 4 years old. (Practice M-W-F 4:30pm – 5:30pm)

- 1x25 Flutter kick from a front/back streamlined, floating position.
- 1x25 Freestyle with proper rotary breathing.
- 1x50 Flutter kick with board
- 1x25 Backstroke

Objective: Develop practice structure and workout rules, introduce training sets/drills and reading clock intervals, improve kicking, introduce and develop the four competitive strokes, learn basic swimming rules.

Level 2: Requirements: at least 6 years old. (Practice M-W-F 4:30pm – 5:30pm)

- 1x100 IM with proper turns.
- 1x200 Breaststroke.
- 1x300 Freestyle with proper rotary breathing.
- 1x300 Flutter kick with board.
- 1x200 Backstroke.

Objective: Develop leg endurance, improve stroke techniques, become proficient in freestyle, backstroke and breaststroke, introduce starts and turns, emphasis is on technique over outcome. Swimmers in Level 2 may be able to attend a short course championship meet, with participation in at least 2 meets in the fall (September – March).

Level 3: Requirements: at least 11 years old. (Practice M-W-F 4:30pm – 5:30pm)

- 1x400 IM with proper turns.
- 1x400 Breaststroke.
- 1x600 Freestyle with proper rotary breathing.
- 1x600 Flutter kick with board.
- 1x400 Backstroke.

Objective: Begin major aerobic development, continue leg strengthening, master all drills, compete in all of the competitive strokes, master starts and turns, and develop good practice habits by encouraging consistent efforts. Swimmers in Level 3 will be able to attend a short course championship meet, with participation in at least 4 meets in the fall (September – March).

Competition Squad: Note that all levels are eligible to join the Competition Squad. Being on the Competition Squad requires an additional fee of \$150 to cover USA Swimming and Clemson Aquatic Team memberships for competitions. In addition, there are fees associated with the meets that typically range between approximately \$30-\$40/meet. More information is available from the Head Coach.