

West Arundel Swim Team



Team Handbook Summer 2019

WAST.Venitsports.com

WEST ARUNDEL SWIM TEAM

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Notice: If your Swimmer(s) is unavailable or out of town for a Saturday Regular Season Meet – Please notify Coach John (as a reminder) via Link

<https://www.signupgenius.com/go/5080b4facab28a31-wast2>

by Wednesday before the Meet you will miss. Entries for all Regular Season Meets need to be submitted to the League by Thursday afternoon.

Drop Box: Please Use the Drop Box in the Lobby of the Pool Bathhouse for sending in Swim Team Registration and Order Forms – The Drop Box will be checked daily.



WEST ARUNDEL SWIM TEAM

Introduction

Dear Swimmers and Parents:

The West Arundel Swim Team (WAST) is an age-group competitive swim team. We participate in the Prince-Mont Swim League (PMSL) which consists of 36 teams from Maryland and Washington D.C. In addition to our regular scheduled meets we will participate in the Laurel Invitational Swim Meet (At the Fairland Aquatics Center), we will host the Aqua-Duck Mini Meet (for Swimmers 10 and younger) and we will set up a scrimmage with a team not in our division (Calverton). The team will also participate in the Division D Championship Meet at Belair Swim and Racquet and the Prince-Mont Swim League All-Star Meet at New Carrollton Recreation Pool.

The team practices in the evening, Monday through Thursday, from 7:00 until 9:00 PM and in the morning (Starting June 17th) we will hold Wednesday and Friday mornings from 6:00-6:45 AM (these are optional practices)..Starting June 19th. And a Mid-Morning Practice on Mondays from 10:30 – 11:30 AM (Starting June 17th). Swimmers must attend at least two practices the week before a meet to participate in the meet. **NOTE:** Exceptions may be made in cases of vacation, camps, weather or other conflicts. The team will also have two swim camps. The swim camps are an opportunity for the swimmers to learn some new skills and have fun at the same. Camp #1 was held **on June 19th** From 9:00 AM to 12:00 Noon and Camp #2 will be held on **July 10th** from 9:00 AM to 12:00 Noon (Lunch will be provided at both Swim Camps).

Swimmer Team Rules:

1. Conduct appropriate for good sportsmanship must be exhibited at all times (Respect others and you will receive the respect you deserve!)
2. At swim meets, team members must stay for the entire meet...Unless other arrangements have been made with the coach.
3. If you will NOT be able to attend a Meet – Please use the Sign-Up Link to communicate with the Coaches that you will not be able to attend a meet...

<https://www.signupgenius.com/go/5080b4facab28a31-wast2>

4. Attend at least two practices during a week (It's better to show up late than not at all.)
5. Swimmers and their parents are permitted in the pool area during practice...**PLEASE Bring your Pool Pass to All Practices!!!!**...Please do not bring friends to watch you practice. Friends are always welcome to come to swim meets!
6. Please bring your pool pass to practice. This is required for entry into the pool.
7. Swimmers are responsible for their own equipment (goggles, suits, etc.) Please make sure your name is on your swim equipment.
8. Do your BEST!
9. Have FUN!!!!

Parent Team Rules:

1. Have a positive attitude toward your swimmer. Make sure you encourage them!
2. At Swim Meets ALL Parents MUST display good sportsmanship (YOU ARE SETTING AN EXAMPLE FOR THE SWIMMERS). Please make sure that once the whistle is sounded for the start of an event – we MUST have QUIET for the Start. As a parent you are responsible for your actions...Please do not embarrass the team with inappropriate actions.
3. Please complete the Swim Team Vacation form – This form indicates if you will miss a meet or team activity. If plans change – Please send me an email as soon as possible – My email address is **dpws@aol.com**
4. Smoking is NOT permitted on the Pool Deck or near the athletes.
5. **Entires for Swim Meets are Due on Thursday before Saturday meets – Please Communicate with the Coaches by WEDNESDAY at 8:00 PM – If you will not be at a Saturday Swim Meet**

Pee-Wee Swimmers:

In addition to the normal swim team, the team will sponsor an opportunity for really young swimmers (3, 4 and 5 year olds) to participate in home meets. (The Pee-Wee Event will be held at the end of Home Swim Meets). These swimmers are called Pee-Wees and need assistance swimming across the pool. If you have passed the swim test – You should be a regular 8 & Under Swimmer. Pee-Wees will have one practice a week (Starts on June 19th) from 6:45 – 7:00 PM – In addition I recommend Swim Lessons!!!! The goal for the Pee-Wees is to help them improve their freestyle and to let them participate in some meets. If the Pee-Wee Swimmer starts to improve and gain confidence and pass the swim test...The Coach may move the swimmer to the 8 & Under age group.

Mission Statement:

To provide the swimmers at the West Arundel Swim Club an opportunity to improve their swimming ability, compete against other teams, and provide a fun atmosphere for the swimmers.

Team Goal for 2019:

This is a new season and our goal for 2019 is to have all Swimmers on the team improve their times in at least two of their events.

Weather Policy:

For practice: If it is thundering or lightening, practice will be canceled.

For meets: Please do not assume a meet is canceled. Show up at the pool at the designated time for an announcement or call 301-725-7711 and listen for a recorded message....We will also send Emails with Information about meets....Please fill out the registration form and make sure you include your email address.

Practice Schedule: The regular practice schedule is as follows (Note: Please Bring Your Pool Pass to Practice). As can be seen by the below schedule, we will continue to have the early Wednesday and Friday morning practice and Mid-Morning practices on Mondays. These practices give the swimmers the opportunity to improve on their strokes – At the early morning practice there are less swimmers and swimmers will receive more one-on-one stroke correction.

While School is in Session – Practice Schedule (May 28 – June 14)

Monday - 10 & Unders - 6:30 -7:30 PM & 11 & Up - 7:30 – 8:30 PM
Tuesday –10 & Unders - 6:30 -7:30 PM & 11 & Up - 7:30 – 8:30 PM
Wednesday – 10 & Unders - 6:30 -7:30 PM & 11 & Up - 7:30 – 8:30 PM
Thursday – 10 & Unders - 6:30 -7:30 PM & 11 & Up - 7:30 – 8:30 PM

Beginning June 17th: Practice Days: Monday thru Thursday
Practice Times: 10 & Under.....7:00 - 8:00 PM
11 & Up.....8:00 - 9:00 PM
Special Morning Practice: Wednesdays and Fridays (Starts June 19th)
All Ages.....6:00-6:45 AM (Wed and Fri AM)
Special Mid-Morning Practice: Wednesdays (Starts June 19th)
All Ages.....10:30 - 11:30 AM

Practice Requirement: Swimmers must attend at least two of the practices the week before a meet to participate in the meet. *The more a swimmer practices, the more they will improve their swimming ability.* NOTE: Exceptions to the practice requirement may be made in cases of vacation, camps, weather or other conflicts.

Questions: If you have any questions feel free to email dpws@aol.com – or try to call Coach John Venit at (301) 725-7711 or at the Pool at (301) 725-9831 or Cell (301) 254-7946 (I usually do not answer the Cell Phone – Please leave a Message). Or you can contact the Meet Manager, Cherlynn Venit at (301) 725-7711.

WEST ARUNDEL SWIM TEAM

MEET SCHEDULE 2019

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Meet Location</u>	<u>Time</u>
June 12	Wednesday	Calverton (Scrimmage)	Calverton Swim Club	5:00 PM
June 15	Saturday	West Lake (WOW)	West Arundel Swim Club	8:00 AM
June 22	Saturday	West Laurel (WLS)	West Laurel Pool	8:00 AM
June 26	Wednesday	Aqua-Duck Mini Meet	West Arundel Swim Club	5:30 PM
June 29	Saturday	Cheverly (CRS)	West Arundel Swim Club	8:00 AM
July 6	Saturday	Belair Swim & Rac (BSR)	West Arundel Swim Club	8:00 AM
July 13	Saturday	Severn Crossing (SX)	Severn Crossing Pool	8:00 AM
July 14	Sunday	Laurel Invitational	Fairland Aquatic Center	4:00 PM
July 20	Saturday	Divisionals	BSR in Bowie	8:00 AM
July 27	Saturday	PMSL All-Stars	New Carrollton	8:00 AM

NOTES

Laurel Invitational -- At least two (maybe three) swimmers per event will represent West Arundel at this meet.

Aqua-Duck Mini Meet – We sponsor this “Mini Meet” is for swimmers aged 10 and under only. Swimmers will swim against other swimmers their own age.

Divisionals – Championship Meet for Division D – Coaches select the Swimmers for Divisionals

PMSL All-Stars - Winners of events in the Divisional Meet are invited to swim in the PMSL All-Stars Meet. Other swimmers are invited on the basis of times in comparison to all times in the PMSL.

Key:

Prince-Mont Swim League Sponsored Meets

WA – West Arundel Swim Team

WOW – Westlake Village

WLS – West Laurel Swim Club

CRS – Cheverly Swim and Racquet

BSR – Belair Swim and Racquet

SX – Severn Crossing

Division Champs - Divisional “D” Championship Meet

PMSL All-Stars - Prince Mont Swim League All-Stars at West Arundel

Other Meets – Fun Meets

Laurel Inv - Greater Laurel Invitational Swim Meet at Fairland Aquatics Center

Mini-Meet – Aqua-Duck Mini Meet for 10 & Unders

Additional Activities and Dates to Remember:

Along with the meet schedule the team also has a number of activities planned for this season and dates to remember which include:

Special Morning Practices 6:00-6:45 AM.....	Wed and Fri
Special Mid-Morning Practice: 10:30-11:30 AM.....	Wed
Swim Camp #1.....	June 19
Swim-A-Thon.....	June 24
Team Pictures.....	June 29 (Tentative)
Swim Camp #2.....	July 10
Pasta Por Luck and Pep-Rally.....	July 19
20th Annual Crab Feast & Swim.....	July 27
Swim Team Awards Night.....	Aug 23
Swim Team Camp-Out.....	Aug 23
21th Annual Chili Cook-Off.....	Sept 1

Team Parties/Functions: In order to give the swimmers some Fun time with the team, the team will schedule a couple of team parties or functions . **These parties/functions are for the team members and their parents only!** Please do not bring friends to the team parties/functions.

Team pep Rally and Past Pot-Luck (July 19th at 6:00 pm) – Bring a Past Dish to Share and the team will have a Rep-Rally to prepare the Swimmers for the Divisional Championships

Team Awards Night: (Aug. 23 at 6:00 pm) All Team Awards will be presented at the Swim Team Awards Night.

Swim Team Camp-Out: (Aug. 23 – ALL Night) – Bring your Tent and Sleeping Bag and Camp at the Pool with the Team – Permission Form is Required.

Team Pictures:

The date for team pictures has been tentatively scheduled for June 29 at 12:00 Noon. We will be taking a group picture as well as individual pictures for those interested. Pictures will be at the West Arundel Swim Club after our Home Swim Meet.

Thank you to our Team Helpers

Thank You to Cherlynn Venit for Being out League Rep, Suzanne Sturgis for being the League Alternate, Bill McMahon for sending out reminder emails and Bob Maher for Posting to the Website.

Questions: If you have any questions feel free to call Coach John Venit at (301) 725-7711 or at the Pool at (301) 725-9831. Or you can contact the Meet Manager, Cherlynn Venit at (301) 725-7711...**Or you can Text coach John at 301-254-7946 (When you Text – Please make sure you include your swimmers name)**

Website Information

WAST.Venitsports.com

WAST Parent Volunteers

Each year the success of our season is determined by not only our swimmers but the support of the swimmers' parents. Below are listed the number of personnel required to run a successful meet. A brief description is provided along with a volunteer form which will help us to know what jobs each parent may be interested in. Please choose more than one type of job so we can have coverage through the season. We will provide any required training!!

Referee (1) - Home Meet Only: Responsible for the overall conduct of competition. Conducts the meet to ensure that all swimmers have the fairest opportunity to compete against one another.

Starter (1) - Away Meets Only: Calls the swimmers to the blocks, gives the instruction to ensure a fair start and then signals the start.

Stroke and Turn Judge (2) - Observes swimmers and ensures that they perform the strokes and execute the turns as prescribed by the rules.

Clerk of Course (2) - Lines up and checks swimmers, sends them to starting area.

Head Judge (1) - Away Meets Only: Takes time cards and compares cards looking for discrepancies (uses Place Judge Forms) and attaches DQ Slips and arranges in order of finish.

Announcer (1) - Home Meets Only: Provides bits of information over the PA System. Calls swimmers to clerk of course, announces score, etc.

Place Judge (1) - Judges the visual finishes of all races and indicates First and Second Place finishers on Form.

Head Timer (1) - Home Meets Only: Ensures timers are ready for start of race and after race collects time cards from timers, checks for discrepancies and turns them over to runner to deliver to head judge.

Roving Timer (1) - Home Meets Only: Back-up timer who is used during race in case a timer fails to start watch or in case a watch fails.

Scorer (1) - Records the names, times, and points awarded from each event to each team. Home Meets using computer. Away meets may be computer or handwritten.

Timers (9) - Starts watch at the start of every race (according to strobe on starting system) and stops watch at the end of the race. Three timers per lane are required.

Team Rep (1) - Team Representative that receives an explanation of all DQs from the Referee and acts as point of contact between coach and referee.

Ribbon Writer (2) - Sticks labels or writes by hand the event, time and swimmer's name on the back of ribbons.

Runners (3) - Home Meets Only: Transports time cards from head timer and delivers to the head judge.

Any Job (Need Many) – Both Home and Away: If you just want to help – Let John or Cherlynn know and we will put you to work in many different ways!

WEST ARUNDEL SWIM TEAM

Fund Raisers

In order to keep the cost of swimming for the West Arundel Swim Team low we hold a number of fund raisers. In addition – The team uses some of the fund raiser money to purchase items for the team – In 1999 the Team won the PMSL Division “F” Championship – So the team decided to purchase a “Tube Slide” for the Pool. In 2001, the Team installed the cemented basketball court. In 2004, the Team donated sand chairs and lounge chairs to the pool. In 2008 the team purchased for the Swim Club the Fountain in the wading pool and in 2016 the team purchase the Pink Pong Table for the pool. Listed below are the fund raisers and dates we have scheduled this year:

Business Sponsor

One of our big fund raisers is our Business Sponsor Program. If a parent or swimmer gets a business to sponsor our team, that parent or swimmer will earn 50 pts toward their letter (WA). See the attached Business Sponsor Form. Please Turn in Business Sponsor Forms as soon as possible so we can order a sponsor sign.

Donations for the Concession Stand

The team will have a concession stand at all HOME Meets - All families are asked to participate in this fund raiser - **Please donate a 12 pack of a name brand soda, Gatorade/Powerade, or ½ liter bottled water, etc.)**

Swim-A-Thon

The team will be holding its Swim-A-Thon on June 24th from 7:00 - 9:00 PM at the pool. For participating and turning in Swim-A-Thon Funds each swimmer will earn a Special Swim-A-Thon Award at the end of the season.

Crab Feast

The team will be hosting its 18th Annual Crab Feast & Swim on July 27th from 6:00 - 10:00 PM. **ALL YOU CAN EAT MARYLAND CRABS, Corn, Crab Soup, Chicken, Salads, Desserts, etc. Watch for an Announcement Sign at the Pool about the Crab Feast.**



WEST ARUNDEL SWIM TEAM



Business/Corporate Sponsor 2019

If your business would like to sponsor the West Arundel Swim Team, please fill out the form below, enclose your check (Payable to WAST) for \$150.00 (Returning Sponsors: \$125.00) and mail it to WAST, 414 Forest Bridge Ct, Laurel, MD 20724 as soon as possible.

The WAST is made of swimmers ranging in age from 4 to 18 years old. The team trains five days a week at the West Arundel Swim Club in Laurel and the team is a member of the Prince-Mont Swim League.

Your sponsorship will be used to purchase ribbons, awards and equipment for the swimmers of the West Arundel Swim Team. The team will also use part of your sponsorship to purchase a banner of the Sponsor's business logo which will be displayed at all home swim meets.

Please turn in Business Sponsor Form As Soon As Possible

For more information contact: John Venit (301) 725-7711

THANK YOU FOR YOUR SUPPORT!

West Arundel Swim Team (WAST) 2019 Business/Corporate Sponsor

Name of Business: _____

Point of Contact: _____ Phone # _____

Sponsor Logo: _____

(as you want it to appear on your banner)

OR

Please Provide a One Color Logo for your Sponsor Banner

Team Member Point of Contact: _____

WEST ARUNDEL SWIM TEAM

2019 Swim-A-Thon

Date: June 24, 2019

On Wednesday June 24th (**7:00 - 9:00 pm**) – (10 & Unders Swim at 7 PM and 11 & Up Swimmers swim at 8:00 PM) the Swim Team will hold its annual Swim-A-Thon fund raiser. The fund raiser will be run as follows -- Each swimmer is given one hour to complete as many lengths (25 yds) of the pool as they can. We ask our supporters to make a pledge for every length completed (Donations will also be accepted).

The swimmers are capable of completing anywhere from 30 - 200 lengths in a one hour period. We suggest that all sponsors include a maximum donation with their pledge. If the maximum donation is exceeded, then the sponsor only pays the maximum amount indicated. All swimmers completing at least 72 lengths will receive a Mile Patch (or for 36 lengths – ½ mile patch).

Sponsor	Address	Phone	Pledge/Length	Max Donation	Amt Due
Michael Phelps	123 Main St	725-9831	.05	\$10.00	

Additional Sponsors can be added to the back of this Pledge Sheet!!!!

Name of Swimmer: _____ Age _____

Total Lengths Completed: _____ Total Funds Raised: _____

Lengths Counted By: _____

Approved By Coach: _____

- * All swimming will take place between 7:00 and 9:00 pm on June 24th. A make-up session will be held in July for those swimmers that were out of town on June 24th
- * Each swimmer that participates in this fund raiser (turns in money by July 8th and earns at least \$15.00) will receive a special recognition item
- * Each swimmer that completes 72 or more lengths will receive a mile pin and 36 lengths will receive the ½ mile pin



WEST ARUNDEL SWIM TEAM

TEAM SUITS and SWIM EQUIPMENT

Team Swim Suits and Swim Equipment (Goggles, Swim Caps, and Fins) are not required to be on the team. These items make us look like a team - but once again, they are not required.

SWIM SUITS

Team Swim Suits will be on sale at the pool from June 10th until July 1st (Not a requirement to be on the team). The suits are Yingfa brand and are made of lycra and nylon. The suits are Black with our Team Logo printed on the Suits. Swimmers must have paid their registration fee before purchasing a suit. See Attached Swim Suit Order Form for more details...**Please do not purchase Suits the morning of a Swim Meet**

Suit Prices (Black Suit with Team Logo)

Girls: \$36.00

**Boys: \$36.00 (Jammers - long racing shorts like biker pants)
\$25.00 (Speedo Style)**

GOGGLES

Goggles are sold in the snack bar. Goggles range in price from \$3.00 to \$9.50. Goggles are not required for practices but are good for the eyes!!! If you purchase a pair of goggles please write the swimmer's name on the goggle strap. Loaner goggles will **not** be available at practices!!!!!!

SWIM CAPS

Each Swimmer will receive one free Silicone cap during the swim season.

FINS

The team will be using fins in practice at early morning practices....The team has a limited supply of fins...So if you own a pair please bring them Wednesday and Friday morning practices. If your swimmer does not own a pair you can purchase a pair through the team (\$20.00/pair)...See Coach John for Details. The main rule with fins is to make sure you write your name on the fins and swimmers please do not lend out your fins!!!!



WEST ARUNDEL SWIM TEAM

Swim Suit Information/Order Form

2019

Suit Color: Black with Yellow and Gray Duck Logo Printed on Suit

Manufacturer: Yingfa

Material: Nylon and Lycra

Suits are on Sale starting June 10th (Monday) – Until July 1st

Suit Prices: Yingfa Suit Prices (with Mascot Imprinted on Suit)

Girls: \$36.00

Boys: \$36.00 (Jammers - long racing shorts like biker pants)

Boys: \$25.00 (Speedo Style)

Please Make Checks Payable to **WAST**

These Yingfa suits are a durable suit which can be purchased at a “team cost” which saves our team members money. The Retail Price of these Suits are Female \$60.00 and Male \$50.00. The suits are black with the Team Logo Printed on the Suit.

Proper Care of your Swim Suit Includes:

1. Purchase the proper size suit. Suits should fit snugly (a suit that is baggy will rub against the swimmer’s body causing it to wear quicker than normal).
2. Never leave your suit rolled up in a towel or in a gym bag. Your suit should be hung up to drip dry (Please hang your suit up – “Up-side down”).
3. Always rinse your suit with cold water after swimming. This will remove the chlorine which causes a break down of the nylon and lycra.
4. Avoid sitting on rough surfaces (Cement) -- This causes the bottom of the suit to wear quickly.

(Please detach the below form and submit with payment)

West Arundel Swim Team Suit Purchase Order Form - 2019

Name: _____

Sizes: XXXS (18-20) XXS (20-22) XS (22-24) SM (24-26) MED (26-28) LG (28-30)

XL (30-32) XXL (32-34) 3XL (34-36)

Girls Sizes – Start at XXXS (18-20) and Boys Sizes - Start at XXS (20-22)

(Circle Size Needed)

Suit Prices: Girls: \$36.00

Boys: \$36.00 (Jammers - long racing shorts like biker pants)

Boys: \$25.00 (Speedo Style)

Amount Enclosed: \$ _____

Check Number: _____

Note: Please Make Checks Payable to WAST

***Please Return Order Form and Payment in a Sealed Envelope with the Swimmers Name on the Front of the Envelope!!! – Please drop in the Swim Team Drop Box**

West Arundel Swim Team

Directions to Away Meets

West Laurel Swim Club (WLS)

Address: 7203 Brooklyn Bridge Rd., Laurel, MD 20707

June 15, 2019

Meet at WA at 7:00 AM

Approx Travel Time: 15 mins

Follow Rt. 198 to 2nd traffic light, turn Right on Bond Mill Road. Follow Bond Mill until it ends at Brooklyn Bridge Rd. Turn Right on Brooklyn Bridge Rd. Pool is 1/2 mile on the right.

Severn Crossing (SX)

Address: [12112 Backus Dr, Bowie, MD 20720](#)

July 13, 2019

Meet at WA at 7:00 AM

Approx Travel Time: 20 mins

Follow Rt. 197 (Laurel Bowie RD) toward Bowie. Take a Right onto Old Laurel Bowie Rd. Take a Slight Right onto Maple Ave. Take the 2nd Right onto Duckettown Rd. Take a Left onto Ross St. Take a Right onto Backus Dr. Pool will be on the Right.

Fairland Aquatic Center (FAC) - 25 Meters (301) 206-2359

Laurel Invitational Swim Meet – July 14th – Sunday Afternoon

Old Gunpowder Road, Laurel, MD 20707

July 14, 2019 (Sunday)

Meet at WA at 3:45 pm

Approx. Travel Time: 15 mins

Directions: Take Route 198 West toward Burtonsville. Turn Left onto Old Gunpowder and follow for approximately 2 miles. Pool will be on the Right.

Belair Swim and Racquet (BSR)

Address: 12728 Midwood Lane, Bowie, MD 20715

July 20, 2019

Meet at WA at 7:00 AM

Approx Travel Time: 25 mins

Take Route 197 (toward Bowie). Follow Route 197 to Route 450. Turn Left on Route 450 about 1 mile to Millstream Dr. Turn Left take next Right onto Midwood and approx. 1,000 Feet to Pool

Important Information for Parents and Swimmers

Proper Sizing of Swim Suit:

- Swim Suits should fit “Snuggly” or Tight – Like a Second Skin
- If a suit has wrinkles then the suit will wear out faster – If the excess material in the suit moves against the skin the suit will wear thin and wear-out
- Do not buy a suit that your swimmer will grow into –
 - o For a Girl’s Suit - If the Shoulder straps can be extended to the swimmers ears the suit is too big. If the suit has wrinkles on the abdomen or chest it is too big. The Best Fit is a Tight Fit – The suit will stretch over time.
 - o For a Boy’s Suit – If the suit has wrinkles in the legs then it is too big – The suit should act as an athletic supporter.

Care for your Swim Suit:

- Do Not Leave a wet suit in your bag or in a rolled-up towel
- Do Not Ring Out your Suit – this damages the material
- Do Not Machine wash your suit often – the more you machine wash your suit the quicker the fabric will break down (If you machine wash your suit – please use the gentle cycle). Avoid a clothes dryer – the heat of the dryer also breaks down the fabric (use low heat only)
- Do rinse your suit with cold water after each use
- Do hang your suit upside down to drip dry

Care for your swim cap:

- Do not leave a wet cap in your bag
- Do not leave you cap in the sun
- Do not stick sharp objects into your cap
- Dry your cap with a towel
- Use baby Powder on the inside of your cap to keep it from sticking together

To Keep Goggles Clear:

- Spitting in or licking the inside of your goggles will help keep them from fogging-up
- Saliva acts as a defogger and will help keep your goggles clear

To Help Prevent “Swimmers Ear” and Ear Infections:

- Many Ear Infections are caused by water being trapped in the inner ear.
- To help Prevent Ear Infections take the following actions:
 - o Do Not clean your ear canal with a “Q-Tip”
 - o Never place any objects smaller than your elbow into your ear
 - o If water gets trapped in your ear – Put 2 or 3 drops of the following solution in each ear, swish around, and empty out of ear.
 - “Swimmers Ear” Solution:
 - 1/3 Hydrogen Peroxide
 - 1/3 Rubbing Alcohol
 - 1/3 Vinegar
 - Mix all three together to make “Swimmers Ear” Solution
 - Place in bottle with dropper

WAST Registration Form

Summer 2019

Family Name: _____ Pool No. _____

Phone # _____ Emer #: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: _____

Swimmer	Date of Birth	Age	T-Shirt Size

Registration Fee: \$25.00 per swimmer

Please make check payable to WAST

Registration Fee:

The Team's Registration Fee is **\$25.00 per swimmer**. This fee is used to join the Prince-Mont Swim League, purchase team swim caps, ribbons, team functions and additional awards for the swimmers. Please pay the registration fee by June 13th. Please make checks payable to WAST....You can complete the form and drop it in the Swim Team Drop Box at the Pool.

Total # of Swimmers _____ X \$25.00 = \$ _____ (Check # _____)

As the Parent/Guardian of the above swimmers, I am aware that my children have signed up to be on the West Arundel Swim Team and I am willing to help my children improve in the sport of swimming. I am also aware that I must notify Coach John or Cherlynn of meets being missed by the Wednesday night prior to the meet – Use Link

<https://www.signupgenius.com/go/5080b4facab28a31-wast2>

I also understand that failure to notify them will result in a \$5 charge per missed meet.

HOLD HARMLESS CLAUSE:

I, the undersigned, parent/guardian, assume all risks and hazards incidental to participating in the Swim Team Program and do hereby waive, release, absolve, indemnify and agree to protect, defend and hold harmless the West Arundel Swim Team, its coaches, volunteers, and participants for any claim arising out of any injury to myself/child to the fullest extent allowed by law. I, the undersigned, parent/guardian of the participant(s), am fully aware of the potential dangers and risks inherent in this activity, including physical injury, death or other consequences that may arise or result directly or indirectly from participation in this activity. I further grant full permission to use, without recompense, any photographs, videotapes, motion pictures, recordings or any other record of this program for promotion of the West Arundel Swim Team.

I affirmatively certify that to the best of my knowledge, my son/daughter is in good mental and physical health and capable of participating in this activity. I have read and fully understand the contents of this “hold harmless” agreement and execute same voluntary.

Parent/Guardian Signature

Date

West Arundel Swim Team Vacation Form 2019

If you will be out of town or you will miss a Swim Meet please use the Link Below:
<https://www.signupgenius.com/go/5080b4facab28a31-wast2>

Note: If one of you swimmers gets sick the day before a meet – Please send me an email to dpws@aol.com or call me at 301-725-7711 (Home) or 301-725-9831 (Pool) or 301-254-7946 (Cell)

