

Sea Lions Registration Form



Swimmer's Information:

Name: _____

Gender: _____ Shirt size: YM YL AS AM AL

Age (by 12/1/09): _____ DOB: _____

Address (Street, City, State, Zip): _____

Parent/Guardian Information:

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

E-mail Address: _____

Permission to print in team directory: Y or N

Emergency Contact Info (not Guardian):

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Relationship: _____

Family Physician: _____

Phone: _____

Does your child have any **special medical conditions** that may affect his / her participation on the team? **Y or N If yes, please explain:**

Parent Waiver *This certifies that the above-named swimmer has my permission to participate in the 2009-2010 Sea Lions Swim Team program. I will not hold SLST organization or Penn State Harrisburg responsible for any accidental injuries that occur in connection with the program. I understand that I must use my personal insurance or be otherwise responsible for any expenses incurred by team participation.*

Printed Name

Signature of Parent or Guardian (**mandatory**) Date



What is Expected of Swimmers:

All swimmers are expected to participate in all scheduled CPAL dual meets held during the regular season. Swimmers are strongly urged to compete in divisional championships and invitational meets.

Swimmers, with the exception of those members of high school swim teams, are expected to attend at least 2 of the weekday practices.

What is Expected of Parents:

Volunteering – to assist at swim meets and team related events. We need your help, your participation is **required** and will be monitored.

Fundraising – during the season the team will hold fundraising events or sales to help defray the high costs of running a swim team.

Participation – during the season the team will hold several parents meetings to discuss important upcoming events. Your attendance is **required**.

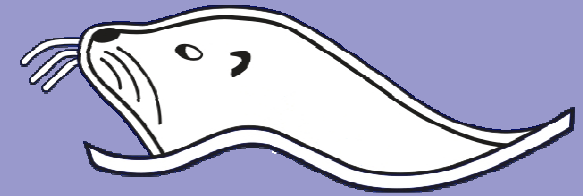
High School Swimmers – participation in at least 3 out of the 5 dual meets during the season is **mandatory**.

Get the latest information by visiting the Sea Lions web site:
www.SwimSeaLions.org

CONTACT INFORMATION
Please e-mail team questions to:

swimsealions@gmail.com

Please make checks payable to
"Sea Lions Swim Team"
and mail check and registration to:
Sea Lions Swim Team
P.O. Box 42
Hummelstown, PA 17036



www.SwimSeaLions.org

You're Invited!

Join the

Sea Lions Swim Team

2009-2010 Season

Penn State Harrisburg
Middletown Campus



About the Sea Lions Swim Team

The Sea Lions Swim Team (SLST) is a member of the Central Pennsylvania Aquatic League (CPAL). The season will begin on Monday, September 28, 2009 and conclude in late-February. The team will practice at Penn State Harrisburg Aquatic Center in Middletown, PA, which offers a six-lane, twenty-five yard pool. The season will consist of five competitive swim meets, Invitationals and Divisionals.

Team Mission Statement

The purpose of SLST is to establish, organize, and operate an age group swim team in the community which will promote character development, good sportsmanship, healthy competition, teamwork, team spirit and good values in the swimmers. Our swimmers' motivation comes from positive interaction and encouragement from their families, coaches, and teammates. Competition is viewed as a healthy experience and success is measured by individual improvement. SLST strives to create opportunities for the development of self-esteem in our participants. We believe that swimmers need to set long-range goals and that consistent hard work results in success.

Practice Schedules*

(Subject to Change, See Web Site)

Age Group	Schedule Practice time between 6:30-8:30 p.m.**
Novice	Practice begins 10/13
Junior	Practice begins 9/28
High School	Practice begins 9/28

*Practice available Mon.-Thu. through 10/29

*Practice available Mon.-Fri. 11/2—end of season

**Practice time to be determined upon coach's evaluation

Discount Policy for Multiple Swimmers

Families who have more than one swimmer registered with the Sea Lions will receive a discount based on the following policy:

- First child swimming at the highest level will pay the full amount.
- Second child will receive a 5% discount.
- Third child will receive a 10% discount.

The multiple discount policy applies only to siblings residing at the same address.

Season Registration Fees

Registration fee includes dual-meet expenses.

Level	Full	5%	10%
Novice	\$255	\$242	\$230
Junior*	\$280	\$266	\$252
High School**	\$150	\$143	\$135

Level of all swimmers based on coach's evaluation.

***Junior swimmer is defined as being at least 9 years of age, with 3 seasons of competitive swimming, and proficient in all 4 competition strokes.**

**Must be active members of a high school swim team, participate in one fundraiser and swim at least 3 Sea Lions Meets.

Payment Schedule*

A fee of \$25.00 will be charged after September 15th registration

Amount	Deadline
1/3 of Seasons Registration Fee per swimmer	Due with Application or before Tuesday, September 15, 2009
1/3 of Seasons Registration Fee per swimmer	Friday, October 9, 2009
Balance of Registration fee	Monday, November 2, 2009

*Space is limited by age group. Registration deadline is Sept. 28, 2009, or until roster is full.

In order to practice, payment in full must be received by Nov. 2, 2009.

Sea Lions Coaches

Cari Zelko, Head Coach – Coach Cari has been involved in swimming instruction and coaching for over 20 years. She is the head coach of the Hummelstown Flamingos (a summer age-group swim team) and the head coach of the Lower Dauphin High School Swim Team. She has also been active in USA Swimming and is a Certified United States Swimming Coach, as well as a member of the American Swimming Coaches Association.

Additional Coaches – Information will be posted on the www.swimsealions.org web site.

Parking and Security Passes at Penn State Harrisburg

Practices are held at the Aquatic Center, which is housed in the Capital Union Building (CUB) at Penn State Harrisburg in Middletown, PA. Swimmers will be required to have a security card to allow access to the building. All vehicles parked on campus must display a parking pass and a fee of \$1 per day or \$20 per year (January 1 - December 31) is charged for parking. Yearly permits and security cards can be obtained at the Parking Permit office, located in 47 Swatara Building. For further information, call 717-948-6006.

Parents Meetings

Mandatory parent meetings will be scheduled in October, November and February. Dates and times will be posted on the web site.

USA Swimming

Team participants will have the option to register with USA Swimming and compete in USA swim meets on an individual basis for an additional fee. Go to maswim.org/generalinformation for an overview of the program.