



CALGARY
PATRIOTS

"Serving Calgary for Over 30 Years"

2009-2010 Swimmer Registration Information

Welcome From the Head Coach

To all present Patriots members and prospective new members:

The following information outlines the club philosophy and our group structure. The Patriots are a family oriented club with the basic philosophy of providing a program that challenges each individual swimmer while adhering to basic physiological principles.

The Patriots offer a unique program in the city of Calgary. The highlights of this program I call the ***Patriot Advantage*** and include no morning swims for the majority of our swimmers, a competitive schedule that includes a number of all-team meets, reasonable fees for each squad and an attractive fundraising option for all our members. We strive to maximize each individual's ability in a relaxed training and competitive environment. The program is focused on individual improvement and individual development.

The past competitive swim season has seen continued success for the Calgary Patriots. Our members stood on the podium at Provincial, Regional, and National competitions and our program stands at the forefront of Western Canadian swimming. This season I look forward to the continued growth of the club on the Provincial and National scene while we maintain our relaxed and enjoyable environment.

Please look over your package carefully and I look forward to working with all of you in the new swimming year.

Sincerely,
Jamie Connors
Head Coach
Calgary Patriots Swim Club

WELCOME TO THE CALGARY PATRIOTS SWIM CLUB

"The Pursuit of Excellence"

White Squad

White Squad is the Patriots introduction into competitive swimming. It is aimed at the young, inexperienced swimmer and places emphasis on the development of competitive swimming skills. Fun and enjoyment in the water is a vital part of this program. Competitions (Junior Swim Circuit) are generally local, are held every 4 weeks and have some opportunity to travel.

Grey Squad

Grey Squad is the Patriots second level of competitive swimming. It is aimed at the more advanced young competitive swimmer. Emphasis at this level is still placed on the development of the competitive skills and enjoyment of the sport. Competitions are held approximately every four weeks with local meets and meets around the Province.

Black Squad

Black Squad is the Patriots advanced age group program aimed at swimmers 11 to 12 years old. The emphasis in this squad is geared toward the competitive aspect of the sport with weight placed on the achievement of provincial qualifying times. Life skills such as time management, mental relaxation and visualization are introduced at this level. Swim meets at this level are every 3-4 weeks with opportunities to travel throughout Western Canada.

Red Squad

The Red Squad is the Patriots final step in age group swimming and is designed for swimmers aged 13-14. The Squad aims to guide swimmers through their final years of age group swimming and develop the skills necessary to succeed in senior swimming. Swim meets at this level are every 3-4 weeks with opportunities to travel throughout Western Canada.

Silver 1 Squad

The Silver Squad is the Patriots first introduction to "senior" level training. At this level the training becomes more intense while still maintaining a large emphasis on the continued development of the swimming and life skills. The focus is to develop the swimmers to be more complete athletes and to be individuals fully involved with the process of improvement.

Silver 2 Squad

The Silver 2 Squad is designed for individuals who want to remain swimming through their high school years but do not want the full commitment of the Silver or Gold Squad. The group will swim four times a week and will focus on maintaining general conditioning. Silver 2 Squad may also be a cross-training alternative for athletes from other sports.

Gold Squad

The Gold Squad is the Patriots' elite training program. At this level the emphasis is placed on performance and the attainment of Western and National qualifying times. Emphasis is placed on the refinement of both the physical and life skills necessary to compete at an elite level and understanding the process of training.

Tentative Training Schedule 2009-2010 Swim Season – Sept to Dec

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold 1	Talisman 2:00-4:30pm	Talisman 2:30-4:30pm	Talisman 2:00-4:30pm	Talisman 2:30-4:30pm	Talisman 2:00-4:30pm	Talisman 8:15-10:30am 2:00-4:00 pm
Gold 2	Talisman 4:00-6:00pm	Talisman 4:30-6:30pm	Talisman 4:00-6:00pm	Talisman 4:30-6:30pm	Talisman 2:00-4:30pm	Talisman 8:15-10:30am 2:00-4:00 pm
Silver 1	Talisman 4:00-6:00pm	MRC 4:00-5:30pm	Talisman 4:00-6:00pm	MRC 4:00-5:30pm	Talisman 4:00-6:00pm	Talisman 8:15-10:30am 2:00-4:00 pm
Silver 2		MRC 4:00-5:30pm		MRC 4:00-5:30pm	Talisman 4:00-6:00pm	Talisman 8:15-10:30am
Red	Talisman 5:00-7:00pm	MRC 5:30-7:00pm	Talisman 5:00-7:00pm	MRC 5:30-7:00pm	Talisman 5:00-7:00pm	Talisman 8:15-10:30am
Black	Talisman 5:00-7:00pm	Glenmore 4:00-5:30pm	Talisman 5:00-7:00pm		Talisman 5:00-7:00pm	Talisman 8:15-10:30am
Grey	MRC 4:00-5:30pm		MRC 4:00-5:30pm	Glenmore 4:00-5:30pm	MRC 4:00-5:30pm	
White	Glenmore 4:00-5:30pm		Glenmore 4:00-5:30pm		Glenmore 4:00-5:30pm	

*** As always the training schedule is tentative. If any major changes occur (which I don't foresee before Christmas) I will send out a new training schedule.**

Tentative Training Schedule 2009-2010 Swim Season – Jan to June

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold 1	Talisman 2:30-4:00pm	Talisman 2:30-4:00pm	Talisman 2:30-4:00pm	Talisman 2:30-4:00pm	MRC 2:00-4:00pm	Talisman 11:30-1:30 pm
Gold 2	Talisman 4:00-5:20pm	Talisman 4:00-5:30pm	Talisman 4:00-5:30pm	Talisman 4:00-5:30pm	MRC 2:00-4:30pm	Talisman 11:30-1:30 pm
Silver 1	Talisman 5:20-6:40pm	MRC 4:00-5:30pm	MRC 4:00-6:00pm	MRC 4:00-5:30pm	Talisman 2:00-4:00pm	Talisman 8:00-10:00am
Silver 2		MRC 4:00-5:30pm		MRC 4:00-5:30pm	Talisman 2:00-4:00pm	Talisman 8:00-10:00am
Red	Talisman 6:40-8:00pm	MRC 5:30-7:00pm	Talisman 5:30-7:00pm	MRC 5:30-7:00pm	Talisman 4:00-5:30pm	Talisman 8:00-10:00am
Black	MRC 4:00-5:30pm	Talisman 5:30-7:00pm		Talisman 5:30-7:00pm	Talisman 5:30-7:00pm	Glenmore 7:00-8:30am
Grey	MRC 4:00-5:30pm	Glenmore 4:00-5:30pm		Glenmore 4:00-5:30pm	MRC 4:00-5:30pm	
White	Glenmore 4:00-5:30pm		Glenmore 4:00-5:30pm		Glenmore 4:00-5:30pm	

*** The training schedule for after Christmas is very tentative as I will have to look at numbers and attendance in each group to finalize the schedule once the Talisman Centre closes. We are also waiting to hear about some of the pool time I have slotted into the above schedule.**

Tentative Meet Schedule 2009-2010 Season

Date	Event	Location	Groups
Sept 1	Swimming Begins		All Squads
Sept 8	Regular practices begin		All Squads
Sept 13	Terry Fox Run & Team B-B-Q	Eau Claire	All Squads
Oct 3	CP vs KSC Dual Meet & Officials clinic	Talisman Centre	All Squads
Oct 24	UCSC Fall Start-Up	Talisman Centre	All Squads, except White
Oct 17	Jr. Circuit Meet		White Squad
Nov 7-8	CASC Speed Meet	Talisman Centre	Qualifiers
Nov 7-8	NCSA Fall Inv.	Foothills Pool	Non-Speed meet Qualifiers
Nov ?	CP Jr. Circuit Meet	TBA	White Squad
Dec 4-6	JP Fiset Invitational	Edmonton	Qualifiers
Dec 12-13	KSC Nike Open	Killarney Pool	Non-Edmonton Qualifiers
Dec 20-28	Christmas Break		All Squads
Dec 28-Jan 5	Christmas Camp	Calgary	All Squads
Jan 6	Back to regular practice		All Squads
??	CP Pugsley's Plunge Inv.	Talisman Centre	All Squads
Jan 22-24 ??	Senior Provincials	TBA	15 & Over Qualifiers
Feb 6-7	Black & Blue Invitational	Okotoks	
Feb ?	Jr. Circuit Meet		White Squad
Feb 18-21	Western Canadian Champs	Saskatoon	Qualifiers
Feb 26-28	Age Group Trials	TBA	14 & Under Qualifiers
March ?	B Level Meet		
March ?	Jr. Circuit Meet		White Squad
March 5-7	AG Champs	TBA	14 & Under Qualifiers
March 13-14	AB LC Open	TBA	Qualifiers
Mar 27-Apr 10	Spring Break		All Squads
Mar 28-Apr 10	Gold Squad Camp	TBA	Gold Squad
April 24-25	Chinook Invitational	Talisman Centre	All Squads
May 21-24	Squad Camps	TBA	Silver, Red, Black
June 18-20	Age Group Trials LC	TBA	14 & Under Qualifiers
July 1-4	Senior/AG Champs	TBA	Qualifiers

* This year's meet schedule is the most tentative I have ever posted. Talking to clubs in the city nobody is really sure of the total impact the Talisman Centre closing is going to have on meets hosted in Calgary. The University of Calgary is hoping to host numerous events at their facility but many questions remain. As these questions are answered I will update the event schedule.

Calgary Patriots Swim Club Registration Form 2009-2010

Family Information

Mother's name:	Father's name:
Address:	Address:
Phone:(h) _____ (w) _____ (c) _____	Phone:(h) _____ (w) _____ (c) _____
E-mail	E-mail

Annual Squad Fees

Gold Squad	\$2,400	Black Squad	\$1,800
Silver Squad I	\$2,230	Grey Squad	\$1,240
Silver Squad II	\$1,800	White Squad	\$1,000
Red Squad	\$2,040		

Swimmer's name	Year of Birth	M/F	Squad	Squad fees
				\$
				\$
				\$
			Total Squad Fees	\$

Please make all cheques payable to Calgary Patriots Swim Club

Payment of Annual Squad Fees: Please select one of the following options:	<input checked="" type="checkbox"/>
▶ One cheque dated September 1, 2009 for total squad fees	<input type="checkbox"/>
▶ Two cheques as follows: •Cheque dated September 1, 2009 for 60% of total squad fees •Cheque dated March 1, 2010 for 40% of total squad fees	<input type="checkbox"/>
▶ Ten equal cheques dated FIRST of each month from September 1, 2009 to June 1, 2010	<input type="checkbox"/>

Calgary Patriots Annual Registration and Membership Fee

Annual family membership fee	\$10.00
Annual registration fee: \$140.00 per swimmer (\$140.00 X _____ swimmers) =	
Total annual registration and membership fee	

PLEASE MAKE SEPARATE CHEQUE FOR ANNUAL REGISTRATION & MEMBERSHIP FEE

Family Account Deposit - For equipment purchases, swim meet costs, training camp costs and charges for social functions

Number of swimmers in family		Deposit per swimmer	Total deposit
	X	\$100.00 =	\$

PLEASE MAKE SEPARATE CHEQUE FOR TOTAL FAMILY ACCOUNT DEPOSIT

Calgary Patriots Swim Club Registration Contract

In consideration for the Calgary Patriots Swim Club (the "Club") agreeing to provide a position on a squad for the swimmers described above, I/we (the undersigned) have read and understand the Club's regulations and agree to comply with them. Specifically, I/we agree to the following terms:

1. To accept financial responsibility for the full squad fees of the swimmers described above, with the understanding that the fees are refundable only as set out in the Club handbook.
2. To pay all competition fees and travel costs promptly.
3. To accept responsibility for the bingo, casino, and volunteer obligations as set out here and in the Club handbook.

Printed name (parent/guardian) Signature (parent/guardian) Date

Printed name (parent/guardian) Signature (parent/guardian) Date

Freedom of Information and Protection of Privacy Act

The Alberta Freedom of Information and Protection of Privacy Act ("FOIP") requires that consent be obtained for the collection and use of personal information. This includes many activities occurring regularly in our swim club, such as taking individual and group photographs and using names of swimmers in newsletters. Listed below are the types of activities where swimmers' information may be used. These activities are important to the operation of our swim organization and require your consent. Please read carefully and complete the appropriate consent section.

Activities List:

1. Using swimmers' names and/or photos on the web page;
 2. Using swimmers' individual, squad or team videos or photos within the swim community for team purposes;
 3. Using swimmers' name on artwork, written material or other creative work in displays at the pool or on the web page;
 4. Using swimmers' race times, goals or achievements within the swim club;
 5. Using swimmers' names and achievement information to determine eligibility for provincial, national or other reward or scholarships for which the swim club may apply on swimmers' behalf;
 6. Using swimmers' names, addresses or phone numbers for transportation purposes;
 7. Using videos/photos of practices or swim meets for media purposes, where swimmers are not identified by name.
- Please note that photos/videos of swim activities that are open to the general public may be used for purposes outside the swim organization. The swim club does not restrict such activities at public events.

Consent: (Complete either A or B)

A. I _____ (parent/guardian) hereby consent to the collection and use of all the information of my child(ren) as described in the above list.

 Full name of swimmer Signature of parent/guardian Date

 Full name of swimmer Signature of parent/guardian Date

 Full name of swimmer Signature of parent/guardian Date

B. I _____ (parent/guardian) hereby consent to the collection and use of the information of my child(ren) as described above, except for the following:

Activity Number: _____ Specify concern _____
 Activity Number: _____ Specify concern _____
 Activity Number: _____ Specify concern _____
 Activity Number: _____ Specify concern _____
 Activity Number: _____ Specify concern _____

 Full name of swimmer Signature of parent/guardian Date

 Full name of swimmer Signature of parent/guardian Date

 Full name of swimmer Signature of parent/guardian Date

Calgary Patriots Swim Club
Release and Indemnity

We are the parents/guardians ("Parents") of the child(ren) ("Child") whose name(s) has been written on the bottom of this form.

Our Child is a swimmer who participates in the competitive swimming program conducted by the Calgary Patriots Swim Club ("The Club"), an incorporated society under the laws of Alberta.

As Parents, we recognize that the competitive swimming program operated by The Club and in which our Child participates involved rigorous physical activity and we on our own behalf and on behalf of our Child accept all of the risks which are inherent in those activities.

In addition, we as Parents hereby acknowledge that we have been informed that either no insurance coverage or no adequate insurance coverage has been obtained by The Club or by any other party in relation to losses or damages that may be sustained by our Child or claims that might be made by our Child as a result of the Child's involvement in the activities of The Club.

In consideration of One Dollar (\$1.00) and other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, and in consideration of our Child being allowed to participate, or to continue to participate, as a swimmer in the competitive swimming program of The Club, we as Parents of the Child, on our own behalf and on behalf of the Child and the Child's heirs, executors, administrators, successors and assigns, hereby agree as follows:

1. We the Parents and the Child hereby release and forever discharge:
 - a. The Club;
 - b. The coaches and their assistants employed or retained by The Club;
 - c. All other parents and guardians of other children who participate in the activities of The Club and all other persons connected with The Club who serve from time to time as volunteers or chaperones in connection with activities of The Club; and
 - d. All other children who participate in the activities of The Club, and all of the persons' respective heirs, executors, administrators, successors and assigns (hereinafter called the "Releases") from all manner of actions, causes of action, suits, debts, statutory obligations, sum of money, demands and claims of every nature and kind whatsoever ("Claims") that either we Parents or our Child ever had, now have or which we shall or may have in the future in connection with the activities of The Club, save and except any Claims that are directly caused by the negligence of The Club or any of its coaches. We acknowledge that by means of this document we intend to release our right and to the extent permissible by law, the right of our Child to make any claim against any of the Releases in connection with anything that may happen concerning or arising out of the activities of the Club as aforesaid.
2. We the Parents also hereby agree that we will at all times indemnify the Releases and agree to hold them harmless from and in respect of all claims, demands, suits or actions, or claims for contribution or indemnity, which may at any time be made or brought against the Releases or any of them by our Child or by anyone on behalf of our Child in connection with any matter or thing concerning or arising out of the activities of The Club save and except any Claims that are directly caused by the negligence of The Club or any of its coaches.
3. We the Parents hereby confirm our intention that the Release and the Indemnity contained in this document are to apply in connection with all activities of The Club regardless of where they may occur including, without restricting the foregoing activities that may be conducted in the United States of America.

The Release and Indemnity is intended to remain in full force and effect so long as the Child participates in any activities of The Club so as to apply to all matters which may arise during that time.

DATED at the City of Calgary, in the Province of Alberta, this ___ day of _____ in the year ____.

Child's Name: _____

Child's Name: _____

Child's Name: _____

Mother's Name _____ **Father's Name** _____
Please print Please print

Mother's Signature _____ **Witness** _____

Father's Signature _____ **Witness** _____

Calgary Patriots Swim Club
Fundraising

Casino

Calgary Patriots Swim Club is entitled to a casino once approximately every eighteen months. **All families are required to supply a worker eighteen years of age or older for the casino.**

Please acknowledge your understanding of this commitment and intention to honour it by signing below:

_____	_____	_____
Parent or guardian	Signature	Date
_____	_____	_____
Parent or guardian	Signature	Date

Bingo

Through its membership in the Calgary Community Sports Bingo Association ("CCSBA"), the Calgary Patriots Swim Club is pleased to be able to offer its families the **option** of working bingo shifts to reduce the cost of enrolling children in our swimming programs.

For each bingo shift worked, families will receive a credit of \$70.00. Credits for completed bingo shifts will be tabulated and applied to family accounts at the end of short course season (March, 2010) and again at the end of long course season (June, 2010).

Before committing to work at bingos, please carefully read the following:

1. Bingo shifts are either during the day (approximately 11:00am to 3:00pm) or during the evening (approximately 5:30pm to 9:30pm). There is a possibility that the CCSBA will introduce a late evening shift on Fridays and Saturdays, commencing at approximately 10:00pm and lasting two hours. Volunteers working the early evening shift will be expected to stay for the late bingo game and will earn a second bingo credit for the evening. All volunteers who work bingo shifts must be eighteen years of age or older.
2. The volunteers responsible for running the bingo program on behalf of the Calgary Patriots Swim Club will make every effort to assign the number of shifts requested by each family, but their ability to do so will depend upon the number of families that choose to participate in the bingo program.
3. **Bingo shifts will be assigned to families for the period September 1, 2009 to August 31, 2010.** Please note there are several bingo events scheduled during the summer months. Families who choose to participate in the bingo program must be prepared to honour their commitment to the program for this entire period.
4. At one time or another, virtually all families who participate in the bingo program will find themselves with scheduling conflicts, illnesses, family emergencies, vacations, etc. which make it difficult for them to send someone to the bingo hall to fulfill a bingo commitment. Families may choose to trade bingo events with other families in order to accommodate their schedules, but in all cases, will be responsible for ensuring that appropriate people will be at the bingo hall to work the shifts assigned to them. **Calgary Patriots Swim Club is not responsible for finding and supplying replacement workers.**
5. The CCSBA mandates the number of volunteers needed to work at each bingo event; failure to supply the correct number of workers jeopardizes our membership in the CCSBA.
6. **It is not possible for families to opt out of the bingo program once they have committed to it.**
7. **If families miss a bingo shift, they will be charged \$200.00. If a family has arranged for a substitute worker for the bingo shift and the substitute worker fails to attend the bingo, the family originally scheduled for the bingo shift will be charged \$200.00.** Each family participating in the bingo program must supply an undated cheque made out to Calgary Patriots Swim Club in the amount of \$200.00 and will be required to provide a new cheque in the event the original cheque is cashed.

We have read and understand the conditions described above and will honour our commitment to work bingo events from September 1, 2009 to August 31, 2010.

Number of bingo events requested: _____ (maximum of 26 events)

_____	_____	_____
Please print name	Signature	Date
_____	_____	_____
Please print name	Signature	Date

