



Welcome!

Can you swim 50 yards – two lengths of the pool?

Doesn't matter how pretty you look doing it!

If so, please keep reading for all the basic information  
about the Piranhas Swim Team!

We'd love to have you come try us out!

PLATTE PIRANHAS SWIM CLUB  
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## PLATTE PIRANHAS SWIM CLUB INFORMATION SHEET

The Platte Piranhas Swim Club is made up of children from ages 6-19 who live in the local region. The Swim Club is run as a non-profit organization for the benefit of the children, helping them improve their swim stroke techniques and develop racing methods. The most important goal is to develop in them a life-long love of swimming. Although a healthy competitive environment is established, individual improvement is encouraged over competition with other swimmers. Children have four to five practice sessions per week and attend both home and away swimming meets throughout Colorado.

The following is intended to give you as much information about the Platte Piranhas Summer Swim Club as possible. Additional information will be provided during the season, to keep you updated about meets and other important events. If you have any questions about this information, please contact any of the Board Members listed on the bottom of this sheet.

### PRACTICES:

Practices for the summer Swim Club will be at the Marge Hudak Pool, beginning Tuesday May 28, 2019, which daily morning practices begin and run through June and July. Swimmers generally try to start attending practices as soon as they can fit it in to their schedules. They are still welcome even if they can't begin practices in May. **Children need to wear practice suits, their own goggles and be picked up on time after practice is over, since there is no adult supervision after practice.**

### MEETS:

Meets take place around the state of Colorado. Some meets are only a half-day; others cover two or three days. Depending upon the events your child(ren) will swim, you may not have to attend every session at a multi-day meet. **Entry fees for meets are in addition to practice fees. Lodging and travel expenses are the responsibility of the families.** Swimmers are not required to swim in meets; however, this is why they work so hard at practice. Meets are lots of fun – for the whole family! -- and offer great experience for the swimmers. Some meets require a child to have qualifying times. Sign-up sheets will be posted in the weeks prior to every meet, and the coach will be working with your children and you to plan and prepare for meets.

### VOLUNTEERING:

Parental involvement is very important to the success of the Swim program. **Parents are required to volunteer at meets for timing or working at various jobs assigned to the team.** Our team is responsible for providing timers for at least one lane assignment per meet. Schedules will be discussed with you prior to the meets, and **you must show up and work during your assigned time slots.** If you are unable to fulfill this obligation, please switch with another parent. We hope to hold a time trial to train all parents on lane timing and give the swimmers an idea of how an actual meet is run. **With everyone's help and cooperation, the amount of time you will be required to time will be limited to around 2 hours per session on meet days.**

**VOLUNTEER CASH ALTERNATIVE:**

If circumstances prevent you from volunteering at any given event or swim meet, you may make an equivalent contribution to the team in lieu of your volunteer hours. Please contact a board member to make arrangements for this option.

**COMMUNICATION:**

The primary method for keeping families up-to-date is email. Important announcements and information about upcoming meets are shared this way. The treasurer will also send invoices via email. Secondly, we have a Facebook group, which also allows us to share pictures taken at practices and meets. It's also a good idea to give yourself a few minutes to talk with the coach and/or other parents before or after practice if at all possible, especially if you have questions. **There is a payment folder under the front desk at the pool where you may leave payments if a board member is not available at the time. Please ask a lifeguard for assistance.**

**BOARD MEMBERS:** All board meetings are open and parents are welcome to attend. Please make sure we have your contact information so we can email you about any and all important information throughout the season.

**-Piranhas Board**

Kim Hannum, President	303-818-3365	<a href="mailto:kchannum@outlook.com">kchannum@outlook.com</a>
Christa Hopkins, Treasurer	619-988-1154	<a href="mailto:cjhopkins09@gmail.com">cjhopkins09@gmail.com</a>
Carly Crowell, Secretary	214-548-0528	<a href="mailto:carlycrowell16@gmail.com">carlycrowell16@gmail.com</a>
Amy Carman, Public Relations/Fundraising	303-204-1795	<a href="mailto:amycbyrne@live.com">amycbyrne@live.com</a>

## Platte Piranhas Swim Club 2019 Season Schedule

Tuesday, May 28 – Piranhas Summer Swim Practices begin!

June 8 & 9 – Saturday  
Salida Meet

June 12<sup>th</sup> - Wednesday  
Valley/Platte @ PPATC

June 19<sup>th</sup> - Wednesday  
FH/Platte @ ROCK

June 22<sup>nd</sup> - Saturday  
PPSL Pentathlon @ Rampart

June 28<sup>th</sup> – Friday - optional  
PPSL Invite (hosted by Falfins) @ Rampart

July 9<sup>th</sup> – optional –Tuesday Night  
\*Night Meet @ Valley, \$5 surcharge fee

July 13<sup>th</sup> - Saturday  
Platte Splash @ Bailey, CO \$ Fee to be determined

July 15<sup>th</sup> - Monday  
\*Afternoon Meet @ Full Armor, \$5 surcharge fee

July 17<sup>th</sup> - Wednesday  
Long Distance Meet @ CSRC, \$5 surcharge fee

July 24<sup>th</sup> - Wednesday  
Last Chance Meet @ Valley, \$fee per event

July 26-28<sup>th</sup> – PPSL City Meet – location TBD: Friday- Sunday Fee per event

August 2-4th in Ouray, CO - State Meet – Friday-Sunday – fee per event

<u>May 28th thru End of Season</u>	Monday	Tuesday	Wednesday	Thursday	Friday
All ages (approx. times)	7 – 9	7 – 9	7 – 9	7 – 9	7 – 9

Practice times will be further subdivided by coaches based on age and ability levels (Older & more experienced swimmers will finish up by 8:15; younger or less experienced swimmers will arrive at 8 and swim from 8:15 – 9:00)

# Swimming Fees

**Fees for meets**, as well as personal expenses (hotel, gas, food, etc), are the responsibility of each family. This is in addition to the monthly practice fees. Meets are optional for swimmers but this is the reason they work so hard! Meets offer great experience in addition to being great fun! We highly recommend that your swimmer tries to compete in as many meets as they are able to attend.

## REGISTRATION FEES AND MONTHLY DUES:

Initial Fees per swimmer – due at time of registration for insurance purposes.

Platte Piranhas Registration (see additional note below)	\$75
USA Swimming Registration	\$37
Team Swim cap	<u>\$13</u>
	\$125

### Monthly Dues:

June: \$50 per swimmer due at registration (and no later than June 15<sup>th</sup>)

July: \$50 per swimmer due at the beginning of the month (and no later than July 15<sup>th</sup>)

(Grace period of 15 days – if swimmer’s fees are not paid by the end of the grace period, your child will be unable to participate in practice or upcoming swim meets until reconciled. We appreciate your consideration with this.)

\* Platte Piranhas Fees per family: 1<sup>st</sup> swimmer - \$75; 2<sup>nd</sup> swimmer - \$70; 3<sup>rd</sup> swimmer - \$65; 4<sup>th</sup> and additional swimmers - \$60 each

\*\* The Platte Piranhas are supported in part by Friends of the Pool booster club and scholarships may be available if needed. Please contact one of the board member to inquire if this is a need.

## TEAM SUIT:

We will be getting Team Suits (competition suit for girls, jammers for boys). The cost is approximately \$25 each. We have been very fortunate to have sponsors donate suits to the team in the past few years. We are hoping for this again but in the event that it is not provided, this will be an added expense.

### Individual Meet Entry Fees paid to Platte Piranhas Swim Club:

You will be billed for your swimmer’s Individual Meet Entry Fees. When we enter large invitationals, the host club will charge us for each event each swimmer enters. Usually, this is something along the lines of \$2-\$5 per event. The invitationals on the schedule are in Salida and Colorado Springs, along with our own home meet, the Platte Splash. If your swimmer qualifies for the Seasonal State Meet, entry fees will apply there too. Dual or Tri meets with other Pikes Peak Swim League (PPSL) teams will not have entry fees. **Since entry fees are non-refundable, parents are encouraged to communicate with the coach in the weeks prior to each invitational meet to ensure that no events are entered unnecessarily.** You will have the option to sign your swimmer(s) up (or not) for every meet.

## Registration Forms

Please complete these prior to participating in practices or meets.

- Health History / Emergency Contact Form
- Risk of Injury Form
- Swimmer's Code of Conduct
- Consent to Publish Form
- USA Swimming Registration Form

If you have recently completed a set of forms & kept a copy, and if none of your swimmer's information has changed, you may initial & date the previous forms.

Hello Piranhas Swimmers and Parents,

Welcome to the 2019 summer Platte Piranhas Swim Team. My name is Dede Ley and I will be the Coach for your swimmers again this season. This will be my 5<sup>th</sup> season coaching for the Piranhas. For those who don't know my background yet, I was a former youth, high school, and collegiate competitive swimmer. I was named Colorado Summer Club Coach of the Year in 2018. I have had experience as an at-risk youth and family counselor. I currently live in Pine with my husband and our 8 children, including six active swimmers. My husband and I are both active parents with the kids' swim teams and enjoy getting to know fellow swim parents. I have already had the pleasure to meet some of you, as I was able to coach the stroke clinic this past year. I am excited to get this season started. Go Piranhas!

We will kick off the summer with morning practices beginning Tuesday, May 28th. The time allotted for this is 7-9 am, during which time we might be sharing the pool with other classes and/or lap swimmers. We will only have three lanes and it will be tight quarters; therefore, we will be swimming the older group first. In general, I would like the kids aged 11 and up dressed, stretched and ready to get in the water by 7 am. The older ones would swim from 7 to about 8:15. I'd like the younger kids to show up at 8:00 for stretches, and they will swim from 8:15 to 9 am.

I will be getting to know each of your kids and their abilities, and may shuffle some of their practice schedules based on individual kids' needs. I also plan on having a small time trial on Tuesday, June 4th, to get some times for the early season. I might need some parents to help record times too. This first week will also be a trial-and-error-type deal, since space is limited. I then plan on implementing more endurance, quality and then a mix. So, the yardage may vary from week to week.

We are aiming to host our home meet, Platte Splash, on July 13th. This meet is so important to our beginner swimmers to learn how to participate in a swim meet with legal strokes and turns in the comfort of our home pool. Total team participation is important, so please plan on being there. It will be fun, I promise! As for the other swim meets, we will plan to have signup sheets to see who is available and interested in going. Our season wraps up with the Pikes Peak Swim League Championship meet, which all swimmers can attend, on July 26-28<sup>th</sup>. Finally the Seasonal State Championships will be August 2-4th in Ouray for swimmers who have achieved qualifying times.

You will be able to pick up updated schedules, team registration forms, etc. at the pool this week. Please contact me if you have any issues, problems, concerns or feedback. All of it would be greatly appreciated.

Thank you!  
Coach Dede Ley  
402-215-1631  
Plattepiranhash2o@yahoo.com





## Swim Meet Guidelines

Just a few suggestions and reminders that will help build team spirit and help coaches work most effectively with our kids.

- Swimmers should plan to arrive at meets 15 minutes before our designated warm—up session begins to dress out and stretch
- Whenever possible, everyone should try to sit together as a team. This shows support for the team as well as makes finding all team members easier!
- Swimmers will be working on listening/looking for “first call” / “last call” for their own events. Parents’ help may be necessary if it’s not easy to hear the PA or see the board.
- The coaches request that, whenever possible, each swimmer consult with them both before and after every event he or she swims. This helps our swimmers get themselves to the blocks in a timely fashion. They should report to the coaches at “First Call” for their events.
  - Before the event: coach & swimmer can discuss anything that they’ve been doing in practice to specifically to prepare for that event.
  - After the event: debrief on how it went, what worked and what didn’t.
- Coaches love talking with parents but respectfully request that conversations be held between meet sessions so that they do not miss seeing team members swim.

Please see the “Ultimate Guide for Swim Team Families” provided this year for lots of information for new swim families and some great reminders for returning swim families!



## USA Swimming Registration Information



We will provide this form at your swimmer(s) first practice – You must be present and fill out this form the first day

### Helpful Information:

- We are Season 1
- Club Code: PLAT      Club Name: Platte Piranhas
- LSC Code : CO
- Please bring this to the pool (give it to a board member or the coach) and include your \$37 Registration Fee in your check to the Piranhas. The club is required to submit all swimmer registrations at one time and pay with a club check. This is included in your registration fee – You give us the form and we will submit it to USA Swimming.

# Platte Piranhas

## Health History / Emergency Contact Form

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: M F  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Parent / Guardian: \_\_\_\_\_  
Phone #: Day: \_\_\_\_\_ Eve \_\_\_\_\_ Cell: \_\_\_\_\_  
Email Address: \_\_\_\_\_

### Emergency Contacts:

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_

Insurance company: \_\_\_\_\_ policy #: \_\_\_\_\_

### Medical History:

Please check the box for any illness participant has ever had:

- Diabetes
- Heart disorders
- Muscle, joint, or back disorders
- Lung/breathing problems, asthma, etc.
- Allergies – list \_\_\_\_\_  
\_\_\_\_\_
- Other \_\_\_\_\_  
\_\_\_\_\_

List all medications participant is currently taking and frequency of use. Please include vitamins and herbal supplements.

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Permission is hereby granted for any lifeguard, certified athletic trainer, EMT, to provide any necessary minor medical or emergency treatment to the above named participant prior to the participant's admission to a medical facility. Permission is also granted to the attending physician to proceed with any medical treatment or minor surgical procedure for the above named participant. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that an attempt will be made to contact me in the most expeditious way possible. If said physician is not available to communicate with me, the treatment necessary for the best interest of the above named participant may be given.

Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_

## *Platte Piranhas*

### *Risk of Injury Form*

The programs at the Marge E. Hudak Pool involve rigorous physical activity, and require that the physical condition of the participants be such that they may safely participate in the activities and exercises of the team.

Participants will be instructed in the proper techniques to be used in athletic training and competition, and in the proper utilization of all training equipment. Participants must adhere to this instruction and utilization and **must** refrain from improper uses and techniques.

Participants must, if at any time they are having physical difficulty, immediately inform the coaches and instructor/lifeguards, and will be automatically excused from practice. Participants may also be refused the right to participate in all or part of the program if the coach(es), Board Members of the Platte Piranhas, or employees of the Marge E. Hudak Pool know of any reason that participation would be dangerous to the participant's health.

By its very nature, participation in athletic activities may put participants in situations in which serious, catastrophic and perhaps fatal accidents may occur. Parents and their children must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury.

By granting permission for your child to participate in activities with the Platte Piranhas at the Marge E. Hudak Pool, you the parent or guardian, acknowledge that such risks exist.

By choosing to participate, you the participant, acknowledge that such risks exist.

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I hereby release and discharge, on behalf of myself, my heirs, assigns and successor in interest, all officers, directors, agents and employees, and other representatives of the Platte Piranhas and Platte Canyon School District, and its insurers, from any and all claims, damages, and liabilities arising out of or in any way related to participation in Platte Piranhas Swim Club activities and the use of any of its equipment, exercises, procedures, or other results attained there-from.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_



## Platte Piranhas Consent to Publish Form

Participants in the Platte Piranhas Swim Club will occasionally be photographed by team members or other individuals for use on our website or inclusion in the media.

By signing below, you are granting permission for your child to be photographed and/or videotaped by the Platte Piranhas or others at the Marge E. Hudak Pool, and various meet locations. You are further consenting that the Platte Piranhas may use these images on our website or authorize said images and your child's name to be published in social media outlets. (i.e. Facebook, Instagram, etc..)

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Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**CODE OF CONDUCT: ATHLETE**

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by my coaches and the swim club's board of directors.

\_\_\_\_\_  
Swimmer's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date