



INGERSOLL SPEED SHARKS SWIM TEAM

ISS

Welcome to the 2018 – 2019 Speed Sharks Swim Team

Striving to have fun and help every swimmer achieve their highest potential

We look forward to another season with all our returning swimmers and welcome any new swimmers.

Our season starts on Monday, September 10, 2018

Registration Dates – Victoria Park Community Centre

August 29th 6:00- 7:00 pm

September 5th 5:00-6:00pm and September 6th 7:00-8:00pm

Evaluation Workouts for New Members- Victoria Park Community Centre:

September 5th from 5:00-6:00 pm or September 6th from 7:00-8:00 pm

Two week free trial for all new swimmers!!

Mandatory Parent/Guardian Information Meeting Thursday September 13, 2018, Victoria Park Community

Centre 2nd level at 6:30 pm

Please review all of the registration information inside this package.

For more information please contact:

Dave Chisholm – 519-425-0128 (Head Coach)

or

Tina – 519-425-0128 (President)



2018 - 2019 Pool Time

Monday Woodstock 4:00 – 6:00 pm or 5:00 – 6:00 pm

Tuesday and Thursday Ingersoll 7:00-8:00 pm

Wednesday Ingersoll and Woodstock 4:00-5:00 pm or 5:00-6:00 pm

Friday Ingersoll 4:00 – 5:00 pm or 5:00 – 6:00 pm and Woodstock 4:30 – 5:30 pm or 5:30 – 6:30 pm

Saturday 6:15 – 8:45 am

Sessional – 10 week session (2 workouts/week) See: Tiger Shark Schedule for practice times

Group #1 – ages 7 and under, Group #2 – ages 8 and over

Session #1 – September 10 to November 16

Session #2 – November 19 to February 8 (no training during Christmas Holidays)

Session #3 – February 11 to May 3 (no training during March break)

- **Please note that we may need to change practice location for a particular day depending on registration numbers by group.**

The Tiger Sharks (2 hrs/week-2x1hr/week)

Group #1- ages 8 and under, Group #2 – ages 9 and over

Tiger Shark group #1 and Session group #1 (age 8 and under) 2x1hr per week

Wednesday – Ingersoll – 5:00pm to 6:00pm

Wednesday – Woodstock – 5:00pm to 6:00pm

Friday - Ingersoll – 5:00pm to 6:00pm

Tiger Shark group #2 and Sessional group #2 (age 9 and over) 2x1hr per week

Wednesday – Ingersoll – 4:00pm to 5:00 or 5:00pm to 6:00pm

Wednesday – Woodstock – 5:00pm to 6:00pm

Friday– Ingersoll – 5:00pm to 6:00pm

Groups #1 and #2 have the option of attending Dryland on Tuesday and Thursday evenings 6:15pm to 6:45pm.

The Bull Sharks (3 hr/week - 3x1hr/week)

Bullshark 3 x 1hr per week #1 (age 8 and under) 3 x 1hr per week

Thursday – Ingersoll – 7:00pm to 8:00pm
Wednesday – Ingersoll or Woodstock – 5:00pm to 6:00pm
Friday – Ingersoll – 5:00pm to 6:00pm or Woodstock - 6:00pm to 7:00pm

Bull Shark 3x1hr per week #2 (age 9 and over) 3x1hr per week

Tuesday – Ingersoll – 7:00pm to 8:00pm
Wednesday – Ingersoll or Woodstock – 4:00pm to 5:00pm
Friday – Ingersoll – 4:00 to 5:00pm or Woodstock – 5:00 to 6:00pm

Groups #1 and #2 have the option of attending Dryland on Tuesday and Thursday evenings 6:15pm to 6:45pm.

The Hammerhead Sharks (5 hr/week – 3 x 1 hr + 1 x 2hr/ week)

Monday – Woodstock – 4:00pm to 6:00pm **OR Saturday** – Ingersoll – 6:15am to 8:15am
Wednesday – Ingersoll – 4:00pm to 5:00pm or 5:00pm to 6:00pm
Thursday – Ingersoll – 7pm to 8:00pm
Friday – Ingersoll – 4:00pm to 5:00pm or 5:00pm to 6:00pm

The Hammerhead sharks have the option of attending Dryland sessions on Tuesday and Thursday Evenings 6:15pm to 6:45pm.

The Mako Sharks (6 workouts/week – 10.5 hrs/week)

Monday – Woodstock – 4:00pm to 6:00pm
Tuesday – Ingersoll – dryland 6:15pm to 6:45pm and swim 7:00pm to 8:00pm
Wednesday – Woodstock – 4:00pm to 6:00pm
Thursday – Ingersoll – dryland 6:15pm to 6:45 pm and swim 7:00pm to 8:00pm
Friday – Woodstock – 5:00pm to 7:00pm
Saturday – Ingersoll – swim 6:15am to 8:45am and dryland 9:00am to 10:00am

The Great White Sharks (8 workouts (12.5 hrs)/week for swimmers 14 & Over)

Monday – Woodstock – 6:30am to 7:30am
Monday – Woodstock 4:00pm to 6:00pm
Tuesday – Ingersoll dryland 6:15pm to 6:45pm and swim 7:00pm to 8:00pm
Wednesday – Woodstock – 6:30am to 7:30am
Wednesday – Woodstock – 4:00pm to 6:00pm
Thursday – Ingersoll – dryland 6:15pm to 6:45pm and swim 7:00pm to 8:00pm
Friday – Woodstock – 5:00pm to 7:00pm
Saturday – Ingersoll – 6:15am to 8:45am and dryland 9:00am to 10:00am

Registration Fees:

Sessional: \$300.00 per session

The Tiger Sharks (2 workouts): \$850 + \$350 Bond* (\$100 Officiating/Volunteer + \$250 Fundraising)

The Bull Sharks (3 workouts): \$1265 + \$350 Bond * (\$100 Officiating/Volunteer + \$250 Fundraising)

The Hammerhead Sharks (4 workouts): \$1540 + \$350 Bond* (\$100 Officiating/Volunteer + \$250 Fundraising)

The Mako Sharks (6 workouts): \$1980 + \$350 Bond* (\$100 Officiating/Volunteer + \$250 Fundraising)

Great White Sharks (8 workouts): \$2300 + \$350 Bond* (\$100 Officiating/Volunteer + \$250 Fundraising)

***Bond**

Bond Fees are applicable by family. Parents will have several opportunities to earn points to work off their bond fees by officiating/volunteering at swim meets and by participating in various fundraising initiatives. Bond cheques will not be cashed until the end of the season. If the total of bond points are not reached per family your bond cheques will be cashed. **Bond points will be emailed and or posted on the Speed Sharks bulletin board.**

Swim Ontario Fees: Please note that these fees are set by Swim Ontario. The fees are based on age as of December 31. The fees for the 2018-2019 season are listed below.

Sessional \$46.90

8 and under \$92.80

9-10 \$112.80

11-14 \$132.80

15 and older \$152.80

Swim Meet Fees: The parent/guardian understands and agrees to pay the fees for swim meets and any transportation or accommodation fees associated with swim meets in which his/her child participates after receiving and agreeing upon notification of swim meet. Also, the parent/guardian is responsible for the cost of the entry fees after they have been submitted to the meet manager regardless if the swimmer completes the race or not, whatever the reason.

Following the lead of some clubs, to help cover the cost of coaching expenses, there will be a new team surcharge implemented for meets. Invitational meets \$10.00 per swimmer and Regionals, Festivals, Ontario AAs, Provincials and Eastern Canadian Championships \$20.00 per swimmer.

National level meets (such as Nationals and Canadian Junior Championships), coaching expenses will be split between the Ingersoll Speed Sharks (half up to a maximum of \$1000.00) and the parents/guardians of the swimmers competing at the National level meet.

Swim meet fees must be paid prior to the next swim meet and you must be in good financial standing with The Speed Sharks in order for your child to be registered in the next swim meet.

Withdrawal: The parent/guardian understands and agrees that should a registered swimmer withdraw from the club, The Swim Ontario Fee will not be refunded. No refunds will be given for the combined registration fee in full and the bond to swimmers who withdraw after December 31, 2018. **All postdated cheques will continue to be cashed.** The club offers seven (7) monthly installments for payment of registration fees as a courtesy to our members.

Officiating: One parent/guardian agrees to take an officiating course this season. Our club needs to be in compliance with Swim Ontario in order to host swim meets. Hosting meets is a requirement to remain a member of the Aqua 7 League. Aqua 7 meets allow our swimmers to compete in meets at no cost unlike invitational meets.

Home Swim Meets: The parent/guardian agrees to help the club host successful meets throughout the year by participating in officiating/volunteering. The ISS parents/guardians are responsible for providing food to feed all volunteers, swimmers and coaches at our Aqua 7 meets.

The parent/guardian shall pay the registration fee as set out in the current fee schedule, with the combined total amount being **(please circle) Tiger Shark \$850, Bull Shark \$1265, Hammerhead Shark \$1540, Mako Shark \$1980 or Great White \$2300.** Paid over a seven (7) month period (September 15th, October 30th, November 30th, December 30th, January 30th, February 28th and March 30th) in the amount of **(please circle) Tiger Shark \$1x\$130 and 6x\$120, Bull Shark 1x\$185 and 6x\$180, Hammerhead Shark 1x\$226 and 6x\$219, Mako Shark 1x\$294 and 6x\$281 or Great White Shark 1x\$332 and 6x\$328** for the entire 2018-2019 season (September 10, 2018 to May 3, 2019. If your swimmer is competing in any Invitational meets in the month of May, they will continue to train until the Invitational date. For any Regional, Festival, Ontario AA, Provincial or National qualifiers the season will continue until the end of their competitions). Christmas Break and March Break training camps for our competitive swimmers will have their own fees to cover the cost of the camps. Participation in training camps is optional. In addition the parent/guardian shall provide, with the monthly cheques, the Swim Ontario Fees and Bond cheques (\$250 and \$100)

. **Please note to register for the 2018-2019 season you must be in financial good standing with the Ingersoll Speed Sharks.**

*****Please note if your child needs assistance in the washroom or change room, we ask that you or someone appointed by you remain in the viewing gallery during practice, so you are able to assist your child when they leave the pool area. No coaching staff or swimmers that assist coaches will be leaving the pool area during practice to provide assistants.*****

Parent/Guardian

Club Officer



Registration Form

Athlete's Last Name	First Name	Middle Name
Athlete's Birth Date:		Male/Female
Address		Phone Number
City	Province	Postal Code A/Y XS/S/M/L/XL
Athlete's Email Address		T-Shirt Size

Contact Information:

Mother's info (or guardian)			
Name	Home phone	Work phone	Cell
	Email address		
Father's info (or guardian)			
Name	Home phone	Work phone	Cell
	Email address		

Signature of Parent/Guardian _____ **Date** _____

1. Is this a swimmer with a disability (Para-Swimmer)?

This will be a mandatory field that will have to be answered in order to complete and finalize registration.

Answers available are Yes/No/Unsure –

if Yes is selected, check which of the following 3 disabilities apply: Physical/Locomotor, Visual impairment/blindness or Intellectual. swimmer's classification number S_, SB_, SM_ or not yet classified_

◆ Medical & Emergency Information

This form is available to coaches.

Emergency contact person, other than parents/immediate guardian		Relationship to athlete
Contact's home phone	Work phone	Cell phone
Family Doctor	Phone Number	Health Card #

MEDICAL INFORMATION:

Medications _____

Allergies _____

Current or Previous Injuries _____

Any other medical information _____

Do any Injuries or medical conditions restrict your swimmer from participating in any part of swim or dryland practice? Yes No

If So, please explain in detail _____

Does the athlete know how to administer his/her own medications: Yes No

If so, what _____

Does your child wear orthodontic appliances or contact lenses: _____

Dietary restrictions : _____

**** Please note it is the parent/guardian's responsibility to inform the coaching staff of any medical changes during the swim season. ****

Parent's Signature: _____ **Date:** _____

◆ Volunteer Interests

Please indicate the following areas you are most interested in providing assistance with. **Your help is vital to keep the Club operational and cost-effective.** Space is provided for both parents.

Athlete's Name _____

Parent Name _____

or

Guardian Name _____

Please check all that apply

	Mother's or Guardian's interests	Father's or Guardian's interests
Meet focus		
Officiating		
Club development		
Swim A Thon		
Grants & Corporate Donations		
Treasurer		
OTHER (Please specify)		

Liability Release

I, the undersigned, acknowledge that the Ingersoll Speed Sharks Swim Team assumes no liability arising from personal injury, damages or loss of personal property while involved in or associated with any Club activity. As well, I hold club members, coaching staff, administrators or duly authorized persons harmless from liability and hereby authorize the above to take actions they deem necessary to correct, or attempt to correct, any situation which has resulted in personal injury, property damage or loss of personal property while involved with any Club associated activity.

Signature of Mother /Guardian

Date

Signature of Father/Guardian

Date

Signature of Athlete

Date

PIPEDA

Regulation

As of January 1, 2004, the federal government is enforcing the PIPEDA (Personal Information Protection & Electronic Documents Act). The Act regulates the collection, use and disclosure of personal information.

Swim Ontario, in essence, is asking its members to allow personal information such as name, address, date of birth, e-mail addresses, telephone numbers, etc., on their families to be entered electronically on a nation-wide database. Hard copy lists are also on file at the Swim Ontario office. They are kept in a secure location to which no one other than the Swim Ontario staff has access. The Executive Director is the appointed designate for overseeing the data collection process and is ultimately accountable for compliance with this policy.

Purpose of Information Collection

This information is necessary to allow our athletes to train and compete in an age appropriate environment, and to have personal information on hand when direct contact is necessary. The latter also applies to volunteers and coaches. Swim Ontario also collects donor information for Swim-A-Thon tax receipt purposes.

Security & Safeguards

The database (Swimming Canada database) is secure, and personal information is not accessible to the general public (see Appendix A). Each club's registrar has access to the database only as it pertains to club members. Swim Ontario, as the parent organization, can access personal information on all its registered members. Swimming Canada uses the database to determine total registration numbers, rankings, as well as meet results, for the entire country. Passwords are mandatory for all identified groups to access required information.

Limited Use of Information

Personal information is not divulged to anyone without prior permission from the family. Swimming Canada also accesses the information for statistical and tracking purposes.

Meet managers need name and date of birth (DOB) for swimmers entering competitions. Names, ages, and event results are published electronically as well as in hard copy format after the conclusion of competitions. Other personal information is not made available at any time without prior contact with the coach or the parents/guardians of under-aged swimmers.

Consent & Withdrawal Thereof

Swim Ontario requires consent from each family to continue with this practice. Each club registrar should keep a signed consent form (see attached) on file for each registered member (athletes, volunteers, coaches, etc.) until such time at which a member wishes to withdraw consent or leaves the organization. **Withdrawal of consent for the use of personal information must be received immediately in writing by the Executive Director of Swim Ontario.**

Personal information is kept on file for the duration of a member's participation in Swim Ontario programmes. At the end of each season (August 31), the data is archived and will only be re-activated for those members who re-register with the association. After six (6) years, all outdated information will be purged entirely from the Swimming Canada database. Hard copy lists are kept at the Swim Ontario office for a period of no more than two years, after which time they are destroyed.

Individual Access

Swim Ontario will be happy to provide registered individuals with personal data as it appears on the Swim Canada database within 30 days of receipt of a written request.

Complaints

Complaints are to be directed to the Executive Director of Swim Ontario who will attempt to remedy each situation as it arises expeditiously and in strict confidence. August 2008

Appendix A

SECURITY OF DATA

(as per Swimming Canada Database Systems)

- * Clubs must provide Provincial Section with an officially signed user id request form. There is one registrar per club authorized to use account/password combination.
- * All user id's are either expired or deleted on Aug 31 each year at the Provincial Section Office's (PSO) discretion.
- * Swim Ontario has chosen to remove a Club's affiliation until it has settled all outstanding invoices and fees, and has paid the upcoming season's club fee. The club cannot access its data until the club affiliation is valid.
- * Website encryption is provided using a 128 bit encryption certificate.
- * Site resides behind a router/firewall which only permits access to the web server via restricted ports. Although port 80, the public http protocol port, is open other ports are locked down to prevent "backdoor" access.

Personal Information Protection & Electronic Documents Act

CONSENT FORM

Swim Ontario's policy with regard to the PIPEDA is attached. Please read it and sign the consent area of this form.

I, _____, give permission to the _____ Club to enter required personal information on the Swim Canada database for the purposes outlined in Swim Ontario's policy, which I have read. I understand that I may withdraw consent at any time upon written notice to the Swim Ontario Executive Director, and my personal information will be purged from the database. Withdrawal constitutes de-registration. The club will be informed immediately upon receipt of the written notice.

Consent is given for _____ myself
_____ under-aged child(ren) – member(s) of the above club.

SIGNATURE _____ **DATE** _____

This form is to be kept on file by the above club until such time when consent is withdrawn or the person/family ceases to be a member of Swim Ontario. When transferring to another club in Ontario, a new consent form must be completed and filed with the accepting club. "Unattached" persons are to send this form directly to the Swim On

E-Mailing and Photo Agreement

Swimmers Name _____

E-Mail Agreement

During the swim season it is necessary for the club to contact members on a regular basis regarding swim meets, meetings and general club information. Communication within the club will be primarily through e-mail and only in exceptional circumstances will members be phoned about upcoming events. If you have any concerns about this policy please let an Executive member know at time of registration.

E-Mail address: _____

Your mailing address, phone number and e-mail address will be published in the Executive's contact book, which is only made available to Executive members. Please notify the Executive if you change your address, email or phone number.

Photo Agreement

The ISS website will provide up to date information on club events and swim meets. If you want to see results and pictures of swim meets and events, you will see them there.

We would like to post pictures from swim meets as a means of promoting team spirit. Swimmer photos are password protected on the website.

____ I have read and understood the above agreement

Signed: _____

Dated: _____

_____ I agree to allow my child's photo to be used on the ISS Facebook page.

_____ I do not want my child's photo to be used on the ISS Facebook page.

Parent's signature and date
