



**JCC Aquatic Club
Registration Packet**

Dear Parents,

Welcome to the JCC Aquatic Club (JAC). Coach Megan and I are very excited that your swimmer(s) are wanting to be part of our team. Between Coach Megan and I, we have over 23 years of coaching experience and are excited to bring our knowledge and enthusiasm to the JAC. JAC will begin practices on Monday, October 5, 2020 with a limited number of swimmers in each training group. Training groups are as follows:

Training Group	Practice Days	Practice Times	Capacity
White I	Monday & Wednesday	3:30 pm – 4:30 pm	25 swimmers
White II	Tuesday & Thursday	3:30 pm – 4:30 pm	25 swimmers
Green I	Monday & Wednesday Sunday	4:30 pm – 5:45 pm	20 swimmers
		1:00 pm – 2:15 pm	
Green II	Tuesday & Thursday Sunday	4:30 pm – 5:45 pm	20 swimmers
		1:00 pm – 2:15 pm	
Black	Monday thru Thursday Sunday	6:00 pm – 7:30 pm	20 swimmers
		2:30 pm – 4:00 pm	

To ensure that your swimmer is placed in the appropriate practice group and that you and your swimmer(s) are receiving all the team news, you will need to do the following:

1. Please sign-up for a swimming evaluation. (See next below for evaluation schedule and instructions.)
2. Register your swimmer(s) at www.SwimJAC.team and clicking the “Join The Team” button or by [clicking here](#).

Each swimmer’s annual registration fee will cover their USA Swimming registration, team shirt, and 1 swim cap. For JAC and JAC coaches to be covered, all swimmers practicing and/or competing in swim meets must be registered with USA Swimming. USA Swimming also provides additional insurance coverage for its swimmers. Click the link to view [“Frequently Asked Questions”](#) about USA Swimming insurance coverage.

Monthly fees are based on the practice group your swimmer(s) are assigned and are paid on the 1st of each month.

Registering your swimmer is simple and should only take about few minutes and we look forward to having your most prized possessions on the team!

Evaluation Schedule:

Please note that due to COVID-19, we are only allowed to evaluate 5 swimmers at a time, and it will be on a first come, first serve basis. Please [click on the link](#) to sign up for your time slot. Email Coach Justin at justina@bhamjcc.org if you have any questions.

Date	Time Frame			
Tuesday, Sept 29th	3:30 pm – 3:45 pm	4:00 pm – 4:15 pm	4:30 pm – 4:45 pm	5:00 pm – 5:15 pm
Wednesday, Sept 30th	3:30 pm – 3:45 pm	4:00 pm – 4:15 pm	4:30 pm – 4:45 pm	5:00 pm – 5:15 pm
Sunday, Oct 4th	2:00 pm – 2:15 pm	2:30 pm – 2:45 pm	3:00 pm – 3:15 pm	3:30 pm – 3:45 pm

JAC Team Fees:

Annual Registration Fee: October –July: \$175

Plus, Monthly Swim Fees listed below

Competitive Team LJCC Member Pricing		Competitive Team LJCC Non - Member Pricing	
Group	Monthly Fee	Group	Monthly Fee
White I	\$75.00	White I	\$90.00
White II	\$75.00	White II	\$90.00
Green I	\$85.00	Green I	\$100.00
Green II	\$85.00	Green II	\$100.00
Black	\$115.00	Black	\$135.00

Sibling Discount:

- 2 Children 5% OFF
- 3 Children 10% OFF
- 4 Children or More 15 % OFF

**These fees are monthly and will be automatically withdrawn from a credit card or checking account listed on file. Each monthly fee will be withdrawn on the 1st of each month starting on October 1st and the last payment will be July 1st. The yearly registration fee must be paid when the swimmer joins the team.

****If you would like to suspend or terminate your payments, you will need to give a 30 day notice via email to dt@bhamjcc.org**

JCC Aquatic Club Training Groups:

Training Group	Requirements	Skills Taught	Equipment Needed
White I & II	Must complete 25 yards of freestyle and backstroke. Must be able to do breaststroke and butterfly for a short distance.	Streamline, proper head and body position, proper kick and pull patterns for all 4 strokes, starts and turns.	Fins, Kickboard
Green I & II	Must be able to complete a legal 100 IM and 100 freestyle	Proper head and body position, proper technique for each stroke, continue technique development for starts and turns, introduction to swim intervals.	Fins, Kickboard, Pull Buoy
Black	Proficiency in all four strokes, starts, and turns. Basic understanding of interval training. Along with the ability to do 10 x 100 free on 1:40	Continue technique development for all strokes, turns, and dives. Continue interval training and intro into race strategy, aerobic and anaerobic training implemented.	Fins, Kickboard, Pull Buoy, Paddles, Snorkel

Fair play:

The JAC believes that fair play is the very essence of competition. Sports and competition should be marked by a spirit of truth and honesty, with strict observance of all rules, whether written or unwritten. Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play: fair play sets the game above the prize.

Competition provides an excellent means of developing a predisposition toward fairness, dignity and integrity. It allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit. As these virtues develop, they influence behavior in everyday life.

It is for the development of such virtues, as well as the opportunity for participants to learn about time management, teamwork, commitment, and other important life skills, that the JAC promotes.

Character development for the JAC:

Values are basic beliefs about what is good, or ought to be, that serve as guidelines for decision making and action. Character development is the process of helping people cultivate ethical and decision-making skills.

The JAC believes that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of its sports program.

- **Caring:** To love others and be sensitive to the well-being of others involved in the sports program
- **Honesty:** To have integrity, making sure that one's actions match one's values through participation in sports
- **Respect:** To value the worth of every person, including oneself, one's teammates, opponents, and officials
- **Responsibility:** To be accountable for one's behavior and obligations.

JAC has the responsibility to train staff, volunteers, and participants to model and promote appropriate values through sport, and to create an environment conducive to character development and safety.

Swim Practice:

- *Practice Prep:* Swimmers must wear appropriate swim attire to swim practice. No board shorts or two pieces. Goggles and towel are required at swim practice. Swimmers with long hair must have hair pulled back with a swim cap. Swimmers cannot swim in the pool before practice!
- *Before Practice:* Swimmer must wait in the lobby area for their coach to come get them for practice. Swimmers must be ready with all gear when coaches come to pick up. Once on pool deck swimmers will wait for their practice to begin. Parents will not be allowed in the facility.
- *Practice Rules:* We have a 3-strike policy for practice. On the **first** offence the child will be asked to sit out of practice 5-10 minutes. **Second** offence will follow another time out with a parent being told of the misbehavior. On the **third** offence the child will not be allowed to finish the rest of practice and a sit-down conversation with a parent will happen at the end of practice.
 - (The most common offences are being un-sportsman like to other swimmers and being disruptive while a coach is speaking and giving instruction.)
- *During Practice:* Good behavior is expected from swimmers during practice. Swimmers are watched and evaluated on the characteristics; Respect, Responsibility, Honesty, and Caring. It is important for swimmers to maintain these characteristics throughout the year, during practice, and at swim meets.
- *After Practice:* Swimmers will exit the pool and gather their items in a timely manner. Coaches will escort the swimmers to exit at the **Sokol Fitness Center**. If coaches need to speak with any parent, it will be done at this time.

Communication for the JAC:

Because of COVID-19, parents will not be allowed past the lobby entrance at the LJCC. If parents need to speak with a coach, please email or text first. This way we can make sure to find a time before or after practice to speak with you. Coaches will be limited on time directly before or after practice due to transporting swimmers to and from the pool.

Coaches will use text alerts for quick announcements and communication.

- *Text the number:* 81010
- *Send the message:* @jacswim

Parents are highly encouraged to sign up for the text alerts. This does give you a direct way to communicate with coaches.

Emails can be sent to Coach Justin at justina@bhamjcc.org. Coach Justin will send out weekly team announcements through email on our swim team website, www.swimjac.team.

Thank you for choosing the JAC. We are looking forward to having your swimmer(s) on the team and if you have any questions, please email Coach Justin at justina@bhamjcc.org.

2020 – 2021 Meet Schedule: *Coming Soon*



USA SWIMMING - Southeastern Swimming
TRANSFER REQUEST FORM

CURRENT REGISTRATION INFORMATION:

Last Name _____ First Name _____ Middle Name _____

Address _____

City _____ State _____ Zip _____ - _____

Home Phone _____

USA Swimming ID Number: _____

Date of Birth / / Sex Age Preferred Name _____
MO / DAY / YR M/F Billy, Bob, Beth, Liz

Previous Club: LSC Code: Club Code: Club Name: _____

Last date of competition representing this club: _____

Name of meet _____ City _____ State _____

New Club: LSC Code: Club Code: Club Name: _____

This will confirm that the above information is correct. I understand that the above athlete will remain Unattached for 120 consecutive days from the date of last open sanctioned competition in accordance with USA Swimming Rules and Regulations 203.3.

If the transfer is with-in the LSC the fee is \$5.00, transfer from another LSC the fee is \$10.00. Fee, form and electronic registration (change or renewal) is sent to the LSC Registration Chair by the new club.

Signature of Athlete, Parent or Guardian

Date

The athlete's former club will be notified that a transfer has occurred. It is the responsibility of the athlete's former club to notify the LSC Registrar if the club has obtained a court judgment which would cause the swimmer to be unattached pursuant to Article 203.6.

Article 203.6 If a member club of an LSC has secured a court judgment against an athlete member (or his/her parents or custodians) for non-payment of club membership dues and fees which entitle the athlete to compete attached to the club that athlete shall be ineligible to represent any USA Swimming member club until the judgment is paid.



PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

Form fields for personal information: LAST NAME, LEGAL FIRST NAME, MIDDLE NAME, PREFERRED NAME, DATE OF BIRTH (MO/DAY/YR), SEX (M/F), AGE, CLUB CODE, NAME OF CLUB YOU REPRESENT. Includes example text: (Bill, Beth, Scooter, Liz, Bobby) and instruction: If not affiliated with a club, enter "Unattached"

NOTE: If you are 18 years of age or older, you are required to abide by to the Minor Athlete Abuse Prevention Policy. In addition, in order to be a member in good standing you must complete the Athlete Protection Training. The training can be accessed at www.usaswimming.org/apt

Form fields for guardian information: GUARDIAN #1 LAST NAME, GUARDIAN #1 FIRST NAME, GUARDIAN #2 LAST NAME, GUARDIAN #2 FIRST NAME, MAILING ADDRESS, CITY, STATE, ZIP CODE, AREA CODE, TELEPHONE NO., FAMILY/HOUSEHOLD E-MAIL ADDRESS, ATHLETE'S EMAIL ADDRESS

U.S. CITIZEN: [] YES [] NO ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? [] YES [] NO IF YES, WHICH FEDERATION: HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? [] YES [] NO

OPTIONAL DISABILITY: [] A. Legally Blind or Visually Impaired [] B. Deaf or Hard of Hearing [] C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment [] D. Cognitive Disability such as severe learning disorder, autism RACE AND ETHNICITY (You may check up to two choices): [] Q. Black or African American [] R. Asian [] S. White [] T. Hispanic or Latino [] U. American Indian & Alaska Native [] V. Some Other Race [] W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

Your Local Swim Team
If Swimming Unattached to SE Swimming

MAIL APPLICATION & PAYMENT TO:

Your Local Swim Team
If swimming Unattached to SE Swimming
327 East Longleaf Dr
Auburn, AL 36832

Table with 2 columns: Fee Name, Amount. Rows: 2021 REGISTRATION FEE, June 1, 2019 through Dec. 31, 2021, USA Swimming Fee \$64.00, LSC Fee \$12.00, TOTAL DUE \$ 76.00

HIGH SCHOOL STUDENTS - Year of high school graduation: YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2019, ENTER THAT CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

- [] Check if you would like to learn more about the USA Swimming Foundation's initiatives
[] Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE

REG. DATE/LSC USE ONLY