

PEAK

**Competitive Team
2011-2012**

12230 Saratoga Sunnyvale Road
Saratoga, CA 95070
(408) 320-4868
PEAKSwimming@gmail.com
www.PEAKSwim.com

Competitive Team 2011-2012 Handbook



**PACIFIC
SWIMMING**



PEAK

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12230 Saratoga Sunnyvale Road
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Competitive Team 2011-2012

“The mission of PEAK Swimming is to promote a nationally recognized swim program that nurtures and develops elite swimmers at all levels; emphasizing individual progress, team unity and family participation.”

Dear swimmers and parents,

First and foremost, I would like to thank you for your interest in the PEAK Swimming Competitive Team for the 2011-2012 season. We are excited about our competitive program for our second season, and I would like to take this opportunity to explain to you our team structure and selection process (outlined in detail on pages 5 to 11) as well as our team philosophy.

The PEAK Swimming Competitive Team is comprised of a senior program, an age group program and a recreation program. Swimmers selected for our programs will receive training and competition at the most rigorous and demanding levels. We expect our swimmers to perform to the ‘PEAK’ of their potentials, and as such, we are particular in who we select. It ensures our swimmers have the opportunity to train and compete with the best swimmers around, but unfortunately, it also means not all swimmers who meet our minimum requirements will be selected. While the hard factors including time cuts are undeniable, we look beyond the numbers and seek out the soft factors not limited to talent, commitment and attitude.

Our goal is for our swimmers to swim fast, but we emphasize building strong and lasting relationships between our coaches, swimmers and parents. It is our hope that the swimmers and parents who we select will grow and mature from our age group teams to our elite teams. The two pillars we hold in the utmost regard are trust and respect. Our coaches are immensely committed to their swimmers and have a tremendous investment in their successes. It is our expectation that our swimmers and parents will be open and honest with our coaches in return.

Our small team sizes allow for our swimmers to receive individualized attention from our coaches. Because we believe no two swimmers are identical, our workouts are tailored to complement each individual swimmer, which our small team sizes allow us to do. Our approach focuses on all aspects that make a swimmer swim fast not limited to technique, strength and endurance. The speed will come as a result.

I look forward to reviewing your application. I look forward not only to welcoming you to the PEAK Swimming Competitive Team, but also to cultivating a strong and lasting relationship with you and your family for years to come!

Sincerely,

Abi Liu,
Head Coach

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Competitive Team 2011-2012

2010-2011 Season Accomplishments

PEAK Swimming held its first practice on April 12, 2010 with 26 swimmers and grew to 100+ swimmers during the 2010-2011 season. Our swimmers have trained hard and it has shown with some tremendous swims! Highlights include:

- **4 Olympic Trial qualifiers**
- **4 National qualifiers**
- **8 Junior National qualifiers**
- **1 European Junior qualifier**
- **2 National Age Group individual records**
- **16 Pacific Age Group individual records**
- **8 Pacific All-Star relay records**
- **7 Pacific Outstanding Age Group Swimmer awards**
- **2 National Select Camp attendees**
- **4 Pacific Coast All Star team members**
- **3 Central Coast Section champions**
- **3 All-American individual honorees**
- **5 All-American relay honorees**

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Abi Liu
Head Coach



Abi began swimming when she was 8 years old in a village in Southeastern China. Her first coach instilled in her the importance of technique, and as a result of the benefit she received from it, it has become the central focus of her coaching philosophy.

After winning the Junior National Championships at the age of 13, Abi was the youngest swimmer invited to Beijing to train with the Chinese National Team. Her discipline and dedication to the sport paid off, as she became one of the top swimmers in the world. She was a national

record holder in the 200 meter backstroke and won two National Championship titles, the 1993 FINA World Cup and a silver medal at the 1994 Asia Games.

As a coach, Abi believes in developing creative training methods that complement each individual swimmer, and encourages her swimmers to pursue their personal goals. Her swimmers have been recognized as both National and Pacific Age Group record holders and top 10s, Olympic Trial and National qualifiers, Junior National and Sectional finalists, Far Western and Junior Olympics champions and All-Americans and Central Coast Section champions. She has coached the USA Swimming Diversity Select Camp at the Olympic Training Center and the Western Zone and Pacific Coast All-Star teams.

Abi holds a BS in kinesiology and is interested in exercise physiology and the science of body movements. She was the recipient of the 2009 Pacific Swimming Age Group Coach of the Year award and is recognized as an American Swimming Coaches Association Level 5 coach.

Nicole Pang
Head Age Group Coach



Nicole Pang is a World Champion having captured the gold medal in the 100M Butterfly and the silver medal in the 200M Butterfly at the 1999 FINA World Cup. She is also a China National Champion having captured the gold medal in the 100M Butterfly at the 1999 China National Championships.

Her swimmers have achieved Far Western, Junior Olympic and USA Swimming and Pacific Swimming A time standards. She has also assisted in the development of a 2008 United States

Paralympian, National Youth Team (formerly National Junior Team) members, Olympic Trial and National qualifiers and Junior National and Sectional champions.

Nicole holds a BA Business Administration from the Beijing University of Technology and a MA in Sports Management from Tsinghua University.

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Competitive Team 2011-2012

Senior Program

TEAM ELITE comprises the senior program in the PEAK Swimming Competitive Team. An elite team atmosphere will be emphasized both in and out of the pool. While swimming fast is the goal, building strong and lasting bonds of mutual trust and respect between teammates and coaches are equally important.

TEAM ELITE

Head Coach: Abi Liu Assistant Coach: Riley Marmesh	Practice Locations & Times: Indoor Aquatics Center/Lynbrook High School M/W/F: 3:30-6:30PM Tu/Th: 5:30-8:30PM M/Th: 5:30-7AM, Sat: 9-11AM
Minimum Requirements: <ul style="list-style-type: none">▪ High school age (14-18 years old)▪ Single-sport athlete▪ Sectional qualifications in multiple events▪ The final decision for selection to Team Elite is at the discretion of the Head Coach after a formal interview with each swimmer and their parents	
Goals: <ul style="list-style-type: none">▪ The goal of Team Elite is for swimmers to achieve competitive successes at their highest potentials▪ Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers▪ Swimmers will target Olympic Trial, National, U.S. Open and Junior National qualifications, as well as selection to the National Youth Team and National and Diversity Select Camps▪ Swimmers are expected to attend all meets not limited to: select national meets (qualifiers), Sectional (summer, winter) and select Grand Prix (qualifiers), Invitational and Senior meets	
Practice Attendance: 95% with all absences approved by the Head Coach in advance Meet Attendance: 100% unless approved by the Head Coach in advance Fees: \$2500 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team polo, 2 T-shirts and swim cap Gear: Training equipment, competition suits and team apparel as specified by the Head Coach	

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Age Group Program

JUNIOR **ELITE** Group, **GOLD** Group, **SILVER** Group and **BRONZE** Group comprise the age group program in the PEAK Swimming Competitive Team. Technique and competition will be developed in these groups. While swimming fast is the goal, creating a competitive but fun team atmosphere is equally important.

JUNIOR **ELITE** Group

Head Coach: Abi Liu Assistant Coach: Riley Marmesh	Practice Locations & Times: Indoor Aquatics Center/Lynbrook High School M/W/F: 6-8:15PM Tu/Th: 3:30-5:45PM Sat: 9-11AM
Minimum Requirements: <ul style="list-style-type: none">▪ Middle school age (11-14 years old)▪ Far Western qualifications in multiple events▪ The final decision for selection to the Junior Elite Group is at the discretion of the Head Coach after a formal interview with each swimmer and their parents	
Goals: <ul style="list-style-type: none">▪ The goal of the Junior Elite Group is for swimmers to receive a solid technical foundation and successful competitive experience that will prepare them for Team Elite▪ Swimmers will target Sectional qualifications in multiple events, as well as selection to Zone Select Camps and All-Star teams▪ Swimmers are expected to attend all meets not limited to: Sectional (qualifiers), Far Western, Junior Olympics and select Grand Prix (qualifiers), Senior (qualifiers), Junior, C/B/A+ and travel meets	
Practice Attendance: Minimum 85% (5 out of 6 practices per week, swimmers are expected to attend Saturday practice) with all absences approved by the Head Coach in advance Meet Attendance: 100% unless approved by the Head Coach in advance Fees: \$2000 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA swimming membership, team polo, 2 T-shirts and swim cap Gear: Training equipment, competition suits and team apparel as specified by the Head Coach	

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GOLD Group

Coach: Nicole Pang	Practice Locations & Times: Lynbrook High School M-F: 7:00 - 8:15 PM
Minimum Requirements: <ul style="list-style-type: none">▪ 9-12 years old▪ Junior Olympics qualifications in multiple events▪ The final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">▪ The goal of the Gold Group is for swimmers to receive technical training and competitive experience that will prepare them for the Junior Elite Group▪ Swimmers will target Far Western qualifications in multiple events, as well as selection to All-Star teams▪ Swimmers are expected to attend meets not limited to: Far Western (qualifiers), Junior Olympics and select C/B/A+ and travel meets	
Practice Attendance: Minimum 80% (4 out of 5 practices per week) Meet Attendance: Minimum 80% Fees: \$1500 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap Gear: Training equipment as instructed by the Coach	

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SILVER Group

Coach: Nicole Pang	Practice Locations & Times: Indoor Aquatics Center M-F: 4:30-5:30PM
Minimum Requirements: <ul style="list-style-type: none">7-11 years oldPacific Swimming A time standards in multiple eventsThe final decision for age group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">The goal of the Silver Group is for swimmers to receive technical training and competitive experience that will prepare them for the Gold GroupSwimmers will target Junior Olympics qualifications in multiple eventsSwimmers are expected to attend meets not limited to: Junior Olympics (qualifiers) and select C/B/A+ and travel meets	
Practice Attendance: Minimum 60% (3 out of 5 practices per week) Meet Attendance: Minimum 60% Fees: \$1250 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap Gear: Training equipment as instructed by the Coach	

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BRONZE Group

Coach: Shelli Kohan	Practice Locations & Times: Lynbrook High School M-F: 6:30-7:15PM
Minimum Requirements: <ul style="list-style-type: none">▪ 6-10 years old▪ Ability to swim all 4 strokes legally as evaluated by the Head Age Group Coach▪ The final decision for group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">▪ The goal of the Bronze Group is for swimmers to receive technical training and competitive experience that will prepare them for the Silver Group▪ Swimmers will target Pacific Swimming A time standards in multiple events▪ Swimmers are encouraged to attend select C/B/A+ meets	
Practice Attendance: Swimmers are strongly encouraged to attend all practices Meet Attendance: Swimmers are strongly encouraged to attend all meets Fees: \$1000 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap Gear: Training equipment as instructed by the Coach	

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Competitive Team 2011-2012

Team Fit 2

Coach: Shelli Kohan	Practice Locations & Times: Lynbrook High School M-Th: 7:15-8:30PM
Minimum Requirements: <ul style="list-style-type: none">▪ 11-16 years old▪ Pacific Swimming A time standards in multiple events▪ The final decision for group placement is at the discretion of the Head Age Group Coach after a tryout session	
Goals: <ul style="list-style-type: none">▪ The goal of Team Fit 2 is for swimmers to receive technical training and competitive experience at their own ability level and pace▪ Swimmers are encouraged to attend select C/B/A+ meets	
Practice Attendance: Swimmers are strongly encouraged to attend all practices Meet Attendance: Swimmers are strongly encouraged to attend all meets Fees: \$1200 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap Gear: Training equipment as instructed by the Coach	



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Team Fit 1

Coach: Broc Brown	Practice Locations & Times: Lynbrook High School M-Th: 7:00 - 8:00 PM
Minimum Requirements:	
<ul style="list-style-type: none"> ▪ 8-13 years old ▪ Ability to swim all 4 strokes legally as evaluated by the Head Age Group Coach ▪ The final decision for group placement is at the discretion of the Head Age Group Coach after a tryout session 	
Goals:	
<ul style="list-style-type: none"> ▪ The goal of Team Fit 1 is for swimmers to receive technical training and competitive experience at their own ability level and pace ▪ Swimmers are encouraged to attend select C/B/A+ meets 	
Practice Attendance: Swimmers are strongly encouraged to attend all practices	
Meet Attendance: Swimmers are strongly encouraged to attend all meets	
Fees: \$1050 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap	
Gear: Training equipment as instructed by the Coach	

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Move Up Policy

Move ups will occur 3 times per year:

- **September:** First day of practice after summer break
- **January:** First day of practice after winter break
- **April:** First day of practice of long course season

You will be *considered* for move up if:

- You meet the minimum requirements for the next level
- You will not age up to the next age group (8 & Under, 10 & Under, 11-12, 13-14, 15-16 and 17-18) before the next move up

The final decision for group placement is at the discretion of the Head Coach and Head Age Group Coach after a tryout session. The Head Coach and Head Age Group Coach will evaluate the swimmer not limited to:

- Talent (potential in the next level)
- Commitment (practice and meet attendance and work ethic in the previous level)
- Attitude

Move Over Policy

Move overs will occur 3 times per year:

- **September:** First day of practice after summer break
- **January:** First day of practice after winter break
- **April:** First day of practice of long course season

You will move over if:

- You do not meet the minimum requirements for the next level
- You will age up and be outside the age limit of the current level before the next move over

Current Level	Age Limit	Minimum Requirement	Move Over Level
JUNIOR ELITE	11-14	Far Western	Team Fit 2
Age Group GOLD	9-12	Junior Olympic	Team Fit 2
Age Group SILVER	7-11	Pacific Swimming A	Team Fit 1
Age Group BRONZE	6-10	Legal 4 strokes	Team Fit 1

TEAM **ELITE** and JUNIOR **ELITE** Group Policy

The final decision for selection to Team Elite and the Junior Elite Group is at the discretion of the Head Coach after a formal interview with each swimmer and their parents.

PEAK Swimming 2012 Meet schedule

Dates:	Meets:	Locations:	Groups:
1/14-1/15:	Zone 1 South champs	Santa Clara	All groups
1/14-1/15	Cal Invi	Berkeley	Jr Elite, Elite
1/28-1/29	Senior I	Santa Clara	Jr Elite, Elite
1/28-1/29	Osprey	San Jose	TF1&2, G,S,B
2/11-2/12	IM extreme	San Jose	TF1&2, G,S,B
2/18-2/20	Sr II T&F	Santa Cruz	Jr Elite, Elite
3/3-3/4	Race to JOs	Morgan Hill	TF1&2, G,S,B
3/9-3/11	Columbus Grand Prix	Columbus, OH	Qualifiers
3/16-3/18	Junior Olympics	San Ramon	Qualifiers
3/29-4/1	Far Western	Morgan Hill	Qualifiers
4/14-4/15	I.M Ready Long course	Morgan Hill	TF1&2, G,S,B
4/14-4/16	Sr II	Santa Clara	Jr Elite, Elite
4/28	10&under champs	Sunnyvale	Qualifiers
5/11-5/12	CCS	Santa Clara	Qualifiers
5/13	SrII walk-on	Santa Clara	Qualifiers
5/19-5/20	Morgan Hill CBA	Morgan Hill	TF1&2, G,S,B, Jr Elite
5/31-6/3	Santa Clara Grand Prix	Santa Clara	Qualifiers
6/9-6/10	I.M Extreme	San Jose	TF1&2, G,S,B, Jr Elite
6/23-6/24	Race to JOs	San Jose	All groups
6/25-7/2	Olympic Trials	Omaha	Qualifiers
7/19-7/22	Junior Olympics	Moraga	Qualifiers
7/25-7/30	Sectional champs	Santa Clarita	Qualifiers
8/1-8/5	Far Western	San Jose	Qualifiers

*TF: Team Fit; G: Gold; S: Silver; B: Bronze



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Application Form (Page 1 of 3)

The completed application should be sent to PEAK Swimming, Attention: Competitive Team, 12230 Saratoga Sunnyvale Road, Saratoga, CA 95070. Please direct questions to PEAKSwimming@gmail.com with the subject line: Competitive Team Application Question.

Swimmer Information

First Name	Middle Initial	Last Name	
Birth Date	Age	Male	Female
School		Grade	

Parent/Guardian Information

Address	City	State	Zip
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First Name	Middle Initial	Last Name	
Phone:		Email	

First Name	Middle Initial	Last Name	
Phone:		Email	

Current Team and Coach Information

Current Team	Current Coach
Coach Phone	Coach Email



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Application Form (Page 2 of 3)

Please select all teams you would like to be considered for:

TEAM **ELITE**

Junior **ELITE** Group

Team Fit 2

GOLD Group

Team Fit 1

SILVER Group

BRONZE Group

Please provide your times and time cuts:

Time Cut	SCY Time	Event	LCM Time	Time Cut
		25/50 Free		
		100 Free		
		200 Free		
		500/400 Free		
		1000/800 Free		
		1650/1500 Free		
		25/50 Back		
		100 Back		
		200 Back		
		25/50 Breast		
		100 Breast		
		200 Breast		
		25/50 Fly		
		100 Fly		
		200 Fly		
		100/200 IM		
		400 IM		

Please refer to [Swim Connection](#) to report times and to [USA Swimming](#) and [Pacific Swimming](#) to determine time cuts. Please leave blank if you do not have a time to report for an event.



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Competitive Team 2011-2012

Application Form (Page 3 of 3)

How did you hear about PEAK Swimming?

Newspaper news or ad

Hand out flyer

Friend:

Radio news or ad

Post mail flyer

Current swimmer:

Television news or ad

Email flyer

Other:

www.PEAKSwim.com

Facebook



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Registration Form (Page 1 of 4)

A completed Registration Form and a check made payable to PEAK Swimming should be mailed to PEAK Swimming, Attention: Competitive Team, 12230 Saratoga Sunnyvale Road, Saratoga, CA 95070. Please direct questions to PEAKSwimming@gmail.com with the subject line: Competitive Team Registration Question.

Check here if you swan on the PEAK Swimming Competitive Team during the 2010-2011 Season. Below: ONLY page 1 needs to be completed. Complete sections on pages 2, 3 and 4 in which information has changed. It is NOT necessary to complete sections in which information has remained the same.

Swimmer Information

First Name	Middle Initial	Last Name	
Birth Date	Age	Male	Female
School		Grade	
USA Swimming Membership ID Number			

Parent/Guardian Information

Address	City	State	Zip
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First Name	Middle Initial	Last Name	
Phone	Email		

First Name	Middle Initial	Last Name	
Phone	Email		

Team Apparel

T-Shirt Size	Youth	Adult	S	M	L	XL
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Registration Form (Page 2 of 4)

Emergency Information

Name 1 (other than parent/guardian)	Phone 1
Name 2 (other than parent/guardian)	Phone 2

Insurance Provider	Group ID	Patient ID
Physician	Physician Group	Physician Phone

Please specify any medical conditions PEAK Swimming should be aware of (any information provided below will be kept strictly confidential on a need to know basis):

All PEAK Swimming Competitive Team coaches are American Red Cross First Aid/CPR/AED certified and have completed American Red Cross and USA Swimming Safety Training for Swim Coaches.

In case of medical emergency, I authorize PEAK Swimming to provide medical care to my child, and to call 911 for emergency personnel to transport my child to the nearest medical center and for medical professionals to provide medical treatment to my child. I assume full responsibility of all costs incurred from any transportation and medical treatment received by my child.

Parent/Guardian Signature	Date
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Media Release

I authorize PEAK Swimming to use photos or videos taken of my child, and to allow my child to be identified in them, for the purposes of promoting PEAK Swimming not limited to: PEAK Swimming website and newsletter and local newspapers and television.

Parent/Guardian Signature	Date
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Registration Form (Page 3 of 4)

Please select your payment option:

	Annual Payment (10% Discount)	Quarter Payment	Annual Registration Fee (Non-Refundable)
TEAM ELITE	\$2250	\$625	\$150
Junior ELITE Group	\$1800	\$500	\$150
GOLD Group	\$1350	\$375	\$150
SILVER Group	\$1125	\$315	\$150
BRONZE Group	\$900	\$250	\$150
Team Fit 2	\$1080	\$300	\$150
Team Fit 1	\$954	\$265	\$150

Payment Due Dates

Annual	September 1, 2011
Quarter	
Fall	September 1, 2011
Winter	December 1, 2011
Spring	March 1, 2012
Summer	June 1, 2012

Payment Amount	Annual Registration Fee \$150	Total Amount Enclosed
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FOR INTERNAL USE ONLY

Date Received

5% Late Fee (If Applicable)



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Registration Form (Page 4 of 4)

Payment Information

To assist PEAK Swimming in planning ahead for the 2011-2012 season, a late fee of 5% of the annual fee will be applied to Registration Forms received after September 20, 2010.

Proration

Fees will be prorated by month: if a swimmer attends a single practice in a given month, fees for the entire month will be applied.

Withdrawals

If you withdraw from PEAK Swimming before the end of a quarter or the season, fees will be prorated in the above manner, and the remaining balance will be refunded. None of the registration fee will be refunded. (Annual Payment: fees will not be prorated with the 10% discount.) A Withdrawal Form must be received before the 15th of the current month (prior to the month you will withdraw) to avoid being charged for the next month. A \$25 processing fee will be applied to withdrawals. Accounts must be paid in full before withdrawals will become effective.

Bounced Checks

Checks should be made payable to PEAK Swimming. A \$25 processing fee will be applied to bounced checks.

Late Fees

Payment must be received by September 1, 2011 for annual and quarter payment (and December 1, 2011, March 1, 2012 and June 1, 2012 for quarter payment). A \$25 late fee will be applied to late payments.

I agree to the above terms and conditions on how fees will be applied.

Parent/Guardian Signature	Date
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Code of Conduct

If selected for the PEAK Swimming Competitive Team, a completed Code of Conduct should be mailed to PEAK Swimming, Attention: Competitive Team, 12230 Saratoga Sunnyvale Road, Saratoga, CA 95070. A completed Code of Conduct **MUST** be received before a swimmer attends the first practice.

It is our goal to ensure our swimmers, parents and coaches are part of a competitive but congenial team atmosphere. It is our expectation that our swimmers, parents and coaches will behave in accordance with the guidelines below:

- Swimmers, parents and coaches will honor our team philosophy (outlined in the welcome letter from the Head Coach on page 2). Please speak with the Head Coach if you have any questions or concerns about it.
- We believe our parents should be supportive of our swimmers, however, we also believe in boundaries. Please speak with your coach to set up boundaries that swimmer, parent and coach mutually agree upon.
- Swimmers may not receive outside coaching from parents or non-PEAK Swimming Competitive Team coaches. We have a zero tolerance policy against outside coaching, and swimmers will be excused from the PEAK Swimming Competitive Team. Please speak with your coach if you have any questions or concerns, they are there to listen and help!
- Swimmers may not attend swim meets without approval from their coaches in advance. We have a zero tolerance policy against swimmers attending swim meets not approved by their coaches in advance, and swimmers will be excused from the PEAK Swimming Competitive Team.
- Swimmers, parents and coaches will not engage in threatening nor combative (verbal or physical) behavior against other swimmers, parents, coaches and USA Swimming and Pacific Swimming officials. We have a zero tolerance policy against such offensive behavior, and swimmers will be excused from the PEAK Swimming Competitive Team.

It is our expectation we will not have to take such measures, however, the final decision regarding enforcement of the Code of Conduct is at the discretion of the Head Coach.

I agree to behave in accordance with the Code of Conduct, and understand that should my behavior deter from the guidelines above, I will accept the consequences.

Swimmer Name	Swimmer Signature	Date
Parent Name	Parent Signature	Date
Parent Name	Parent Signature	Date



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USA Swimming Liability Release and Indemnification Form (Page 1 of 2)

If selected for the PEAK Swimming Competitive Team, a completed USA Swimming Liability Release and Indemnification Form should be mailed to PEAK Swimming, Attention: Competitive Team, 12230 Saratoga Sunnyvale Road, A completed USA Swimming Liability Release and Indemnification Form **MUST** be received before a swimmer attends the first practice.

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities." Sponsored by PEAK Swimming, USA Swimming, city of Saratoga and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release: Minor's Rights

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless PEAK Swimming, USA Swimming, city of Saratoga and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Minor Name	Minor Signature	Date

SWIMMING

12230 Saratoga Sunnyvale Road
 Saratoga, CA 95070
 (408) 320-4868

PEAKSwimming@gmail.com
www.PEAKSwim.com

USA Swimming Liability Release and Indemnification Form (Page 2 of 2)

Release: Parents'/Guardians'

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

Parent/Guardian Name	Parent/Guardian Signature	Date

Indemnification by Parent/Guardian

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Release and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Parent/Guardian Name	Parent/Guardian Signature	Date



USA SWIMMING

2012 ATHLETE REGISTRATION APPLICATION

LSC: : PACIFIC SWIMMING (PC)

REG. DATE / OFFICE USE ONLY

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PLEASE PRINT LEGIBLY ● COMPLETE ALL 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

FATHER/GUARDIAN LAST NAME	FATHER/GUARDIAN FIRST NAME	IF UNATTACHED ENTER UN MOTHER/GUARDIAN LAST NAME	MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY	STATE	ZIP CODE

AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN: YES NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO
IF YES, WHICH FEDERATION: _____

- 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 make up to two choices if appropriate):
- 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:

PACIFIC SWIMMING

MAIL APPLICATION & PAYMENT TO:

**PACIFIC SWIMMING REGISTRATION
1034 WOODSTOCK COURT
WALNUT CREEK, CA 94598**

**EMAIL: judy4pc@pacbell.net
925-933-0395 fax: 925-935-5528**

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? YES NO

REGISTRATION FEE	
USA Swimming Fee	\$48.00
LSC Fee	\$17.00
TOTAL DUE	\$65.00

YEAR LAST REGISTERED: _____. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2011, ENTER THAT CLUB CODE: _____ LSC CODE: _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: _____

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

SIGN
HERE x _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.
 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)

~~~~~Please cut form on the line above~~~~~