

**PEAK**

**SWIMMING**

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

[PEAKSwimming@gmail.com](mailto:PEAKSwimming@gmail.com)  
[www.PEAKSwim.com](http://www.PEAKSwim.com)

**Competitive Team  
2010-2011**

# **Competitive Team 2010-2011 (September 7-August 13) Handbook**



**TYR**

Always in front.



PACIFIC  
SWIMMING



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# **Competitive Team 2010-2011**

*“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 2010-2011 season. We are excited about our competitive program for our inaugural season, and I would like to take this opportunity to explain to you our team structure and selection process (outlined in detail on pages 4 to 7) as well as our team philosophy.

The PEAK Swimming Competitive Team is comprised of two elite teams, three age group teams and three fitness teams. Swimmers selected for our teams 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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## **Spring, Summer and Fall 2010 Accomplishments**

PEAK Swimming held its first practice on April 12, 2010 with 26 swimmers and grew to 65 swimmers at the end of its inaugural season on August 13, 2010. PEAK Swimming has since grown to 120 swimmers as of January 2011. Our swimmers have trained hard and it has shown with some tremendous swims! Highlights include:

- **3 Olympic Trial cuts**
- **2 National Age Group individual records**
- **17 Pacific Age Group individual records**
- **7 National All-Star relay records and 8 Pacific All-Star relay records**
- **7 Pacific Outstanding Age Group Swimmer awards**
- **2 National Select Camp and 2 Western Zone Select Camp attendees**
- **2 North American Challenge Cup, 4 Pacific Coast All-Star and 1 Western Zone All-Star team members**
- **3 Central Coast Section championships**
- **4 All-American and 4 Scholastic All-American honors**

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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.

**Lynn Li**  
**Head Age Group and Team Fit Coach**



Lynn is an Olympic champion and has participated in four Olympic Games. She first came to the attention of the swimming world at the 1988 Olympic Games where she made the 200 IM and 400 IM finals. She went on to win the gold medal in the 200 IM and set a world record at the 1992 Olympic Games, where she also won the silver medals in the 200 breaststroke and in the 400 IM. She won the bronze medal in the 200 IM at the 1996 Olympic Games.

Lin became the first Chinese world champion in swimming when she captured the gold medals in the 200 IM and in the 400 IM at the 1991 FINA World Cup. As a result of her accomplishments in swimming, she was selected to run the first leg of the 2008 Olympic Torch Relay.

Lynn began her coaching career at the Taiwan Sports Institute in 1995. After she graduated from the Nanjing Sports Institute in 1997, she served as an age group coach for the Hong Kong Swim Team, and was later appointed the head coach of the Jiangsu Province Swim Team in 1999. Since her move to the bay area in 2001, she has served as a private coach to elite swimmers.



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## Parents Coaches Athletes Committee

[PEAKSwimmingPCAC@gmail.com](mailto:PEAKSwimmingPCAC@gmail.com)

### Executive Committee

President	Miyeko Kohlmann
Vice President	Lisa Farr
Treasurer	Lisa Farr
Secretary	Danielle Makler

### Standing Committees

Officials Chair	Ching Ren
Senior Volunteer Chair	Alice Sing
Age Group Volunteer Chair	TBD
Publicity Chair	Miyeko Kohlmann
Social Chair	Danielle Makler
Senior Equipment Chair	Angela Panchak
Age Group Equipment Chair	TBD

### Team Representatives

TEAM <b>ELITE</b>	Susan Ogren
JUNIOR <b>ELITE</b>	Alice Sing
Age Group <b>GOLD</b>	Miyeko Kohlmann
Age Group <b>SILVER</b>	Kenny Chen
Age Group <b>BRONZE</b>	TBD

### Ex Officio

Coach (PC, HoD, Z1S Team Representative)	Abi Liu
Coach (PC, HoD, Z1S Team Representative)	Alex Cheng
Athlete (Z1S Athlete Representative)	Michi Aisawa
Athlete (Z1S Athlete Representative)	Keltan Lawler

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# Competitive Team 2010-2011

## Senior Program

**TEAM ELITE** comprises the senior program in the PEAK Swimming Competitive Team. **TEAM ELITE** represents the PEAK Swimming National Team at national championships. 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

<b>Head Coach:</b> Abi Liu <b>Assistant Coach:</b> Alex Cheng	<b>Practice Locations &amp; Times:</b> <a href="#">Indoor Aquatics Center/Lynbrook High School</a> M/W/F: 3:30-6:30PM Tu/Th: 5-8PM M/Th: 5:30-7AM, Sat: 6-11AM
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ High school age (14-18 years old)</li><li>▪ Single-sport athlete</li><li>▪ <a href="#">Sectional</a> qualifications in multiple events</li><li>▪ 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</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of TEAM ELITE is for swimmers to achieve competitive successes at their highest potentials</li><li>▪ Strong team dynamic will be emphasized to prepare swimmers for collegiate swimming careers</li><li>▪ Swimmers will target <a href="#">Olympic Trial</a>, <a href="#">National</a>, <a href="#">U.S. Open</a> and <a href="#">Junior National</a> qualifications, as well as selection to the <a href="#">National Youth Team</a> and <a href="#">National and Diversity Select Camps</a></li><li>▪ 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</li></ul>	
<b>Practice Attendance:</b> 95% with all absences approved by the Head Coach in advance <b>Meet Attendance:</b> 100% unless approved by the Head Coach in advance <b>Fees:</b> \$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 <b>Gear:</b> Training equipment, competition suits and team apparel as specified by the Head Coach	

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## Age Group Program

JUNIOR **ELITE**, Age Group **GOLD**, Age Group **SILVER** and Age Group **BRONZE** comprise the age group program in the PEAK Swimming Competitive Team. JUNIOR **ELITE** and **GOLD** represent the PEAK Swimming Championship Team at age group championships. 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**

<b>Head Coach:</b> Abi Liu <b>Assistant Coach:</b> Alex Cheng	<b>Practice Locations &amp; Times:</b> <a href="#">Indoor Aquatics Center/Lynbrook High School</a> M/W/F: 5:30-7:45PM Tu/Th: 3:30-5:45PM Sat: 9-11AM
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ Middle school age (10-14 years old)</li><li>▪ <a href="#">Far Western</a> qualifications in multiple events</li><li>▪ The final decision for selection to Junior ELITE is at the discretion of the Head Coach after a formal interview with each swimmer and their parents</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of Junior ELITE is for swimmers to receive a solid technical foundation and successful competitive experience that will prepare them for TEAM ELITE</li><li>▪ Swimmers will target <a href="#">Sectional</a> qualifications in multiple events, as well as selection to <a href="#">Zone Select Camps</a> and All-Star teams</li><li>▪ 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</li></ul>	
<b>Practice Attendance:</b> 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 <b>Meet Attendance:</b> 100% unless approved by the Head Coach in advance <b>Fees:</b> \$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 <b>Gear:</b> Training equipment, competition suits and team apparel as specified by the Head Coach	



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### Age Group **GOLD**

<b>Coach:</b> Lynn Li	<b>Practice Locations &amp; Times:</b> <a href="#">Lynbrook High School</a> M-F: 6-7:15PM
<b>Minimum Requirements:</b>	
<ul style="list-style-type: none"> <li>▪ 9-10 years old</li> <li>▪ <a href="#">Junior Olympics</a> qualifications in multiple events</li> <li>▪ The final decision for age group placement is at the discretion of the Coach after a tryout session</li> </ul>	
<b>Goals:</b>	
<ul style="list-style-type: none"> <li>▪ The goal of Age Group GOLD is for swimmers to receive technical training and competitive experience that will prepare them for Junior ELITE</li> <li>▪ Swimmers will target <a href="#">Far Western</a> qualifications in multiple events, as well as selection to All-Star teams</li> <li>▪ Swimmers are expected to attend meets not limited to: Far Western (qualifiers), Junior Olympics and select C/B/A+ and travel meets</li> </ul>	
<b>Practice Attendance:</b> Minimum 80% (4 out of 5 practices per week)	
<b>Meet Attendance:</b> Minimum 80%	
<b>Fees:</b> \$1500 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap	
<b>Gear:</b> Training equipment as instructed by the Coach	



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### Age Group SILVER

<b>Coach:</b> Lynn Li	<b>Practice Locations &amp; Times:</b> <a href="#">Indoor Aquatics Center</a> M-F: 4:30-5:30PM
<b>Minimum Requirements:</b>	
<ul style="list-style-type: none"> <li>▪ 7-9 years old</li> <li>▪ <a href="#">Pacific Swimming A</a> time standards in multiple events</li> <li>▪ The final decision for age group placement is at the discretion of the Coach after a tryout session</li> </ul>	
<b>Goals:</b>	
<ul style="list-style-type: none"> <li>▪ The goal of Age Group SILVER is for swimmers to receive technical training and competitive experience that will prepare them for Age Group GOLD</li> <li>▪ Swimmers will target <a href="#">Junior Olympics</a> qualifications in multiple events</li> <li>▪ Swimmers are expected to attend meets not limited to: Junior Olympics (qualifiers) and select C/B/A+ and travel meets</li> </ul>	
<b>Practice Attendance:</b> Minimum 60% (3 out of 5 practices per week)	
<b>Meet Attendance:</b> Minimum 60%	
<b>Fees:</b> \$1250 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap	
<b>Gear:</b> Training equipment as instructed by the Coach	



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### Age Group **BRONZE**

<b>Coach:</b> Nicole Pang	<b>Practice Locations &amp; Times:</b> <a href="#">Lynbrook High School</a> M-F: 6-6:45PM
<b>Minimum Requirements:</b> <ul style="list-style-type: none"> <li>▪ Minimum 6 years old</li> <li>▪ Ability to swim all 4 strokes legally as evaluated by the Coach</li> <li>▪ The final decision for age group placement is at the discretion of the Coach after a tryout session</li> </ul>	
<b>Goals:</b> <ul style="list-style-type: none"> <li>▪ The goal of Age Group BRONZE is for swimmers to receive technical training and competitive experience that will prepare them for Age Group SILVER</li> <li>▪ Swimmers will target <a href="#">Pacific Swimming A</a> time standards in multiple events</li> <li>▪ Swimmers are encouraged to attend select C/B/A+ meets</li> </ul>	
<b>Practice Attendance:</b> Swimmers are strongly encouraged to attend all practices <b>Meet Attendance:</b> Swimmers are strongly encouraged to attend all meets <b>Fees:</b> \$1000 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap <b>Gear:</b> Training equipment as instructed by the Coach	

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## Recreation Program

**Team Fit 2 and Team Fit 1** comprise the recreation program in the PEAK Swimming Competitive Team. Technique will be developed in these groups with an emphasis on creating a fun team atmosphere.

### Team Fit 2

<b>Coach:</b> Nicole Pang	<b>Practice Locations &amp; Times:</b> <a href="#">Lynbrook High School</a> M-Th: 6:45-8PM
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ High school age (14-18 years old)</li><li>▪ Ability to swim all 4 strokes legally as evaluated by the Coach</li><li>▪ The final decision for recreation group placement is at the discretion of the Coach after a tryout session</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of Team Fit 3 is for swimmers to receive technical training and competitive experience at their own ability level and pace</li><li>▪ Swimmers are encouraged to attend select C/B/A+ meets</li></ul>	
<b>Practice Attendance:</b> Swimmers are strongly encouraged to attend all practices <b>Meet Attendance:</b> Swimmers are strongly encouraged to attend all meets <b>Fees:</b> \$1200 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap <b>Gear:</b> Training equipment as instructed by the Coach	

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# Competitive Team 2010-2011

## Team Fit 1

<b>Coach:</b> Tiffany Chen	<b>Practice Locations &amp; Times:</b> <a href="#">Indoor Aquatics Center</a> M-Th: 6:30-7:30PM
<b>Minimum Requirements:</b> <ul style="list-style-type: none"><li>▪ 9-14 years old</li><li>▪ Ability to swim all 4 strokes legally as evaluated by the Coach</li><li>▪ The final decision for recreation group placement is at the discretion of the Coach after a tryout session</li></ul>	
<b>Goals:</b> <ul style="list-style-type: none"><li>▪ The goal of Team Fit 2 is for swimmers to receive technical training and competitive experience at their own ability level and pace</li><li>▪ Swimmers are encouraged to attend select C/B/A+ meets</li></ul>	
<b>Practice Attendance:</b> Swimmers are strongly encouraged to attend all practices <b>Meet Attendance:</b> Swimmers are strongly encouraged to attend all meets <b>Fees:</b> \$1050 per season with additional expenses for meets and travel + \$150 annual registration fee includes USA Swimming membership, team T-shirt and swim cap <b>Gear:</b> Training equipment as instructed by the Coach	

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**Competitive Team  
2010-2011**

**Fall 2010 Meet Schedule**

September 25-26	Santa Cruz County Aquatics <b>C/B/A+</b>	Santa Cruz, CA ( <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> )
October 2-3	San Jose Aquatics <b>Jr+</b>	San Jose, CA ( <b>ELITE</b> , Junior <b>ELITE</b> )
October 9-10	West Coast Aquatics <b>C/B/A+</b>	San Jose, CA ( <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> )
October 16-17	Walnut Creek Aquabears <b>Sr</b>	Walnut Creek, CA ( <b>ELITE</b> , Junior <b>ELITE</b> )
October 23-24	Alameda Island Aquatics <b>C/B/A+</b>	Hayward, CA ( <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> )
November 6-7	Almaden Swim & Racquet Club <b>C/B/A+</b>	Morgan Hill, CA ( <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> )
November 12-14	Terrapins Swim Team <b>Sr T&amp;F</b>	Concord, CA ( <b>ELITE</b> , Junior <b>ELITE</b> )
November 20-21	San Benito Aquatics <b>C/B/A+</b>	Hollister, CA ( <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> )
December 3-5	Junior Olympics <b>Championships</b>	Pleasanton, CA (Qualifiers)
December 9-11	Junior National <b>Championships</b>	Atlanta, GA (Qualifiers)
December 17-21	Sectional <b>Championships</b>	Long Beach, CA (Qualifiers)

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### Spring 2011 Meet Schedule

January 15-16	Zone 1 South <b>Championships</b>	Santa Clara, CA (All groups)
January 29-30	<b>Senior I</b>	Santa Clara, CA ( <b>ELITE</b> , Junior <b>ELITE</b> )
February 5-6	South Bay Los Gatos Aquatics Club <b>C/B/A+</b>	Los Gatos, CA ( <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> , Team Fit 3, Team Fit 2, Team Fit 1)
February 19-20	Lost Dutchman <b>Invitational</b>	Chandler, AZ (Junior <b>ELITE</b> , <b>GOLD</b> , <b>SILVER</b> )
March 3-6	Indianapolis <b>Grand Prix</b>	Indianapolis, IN ( <b>ELITE</b> )
March 5-6	Team WAVE <b>C/B/A+</b>	Morgan Hill, CA (All groups)
March 18-20	Junior Olympics <b>Championships</b>	San Ramon, CA (Qualifiers)
March 31-April 3	Far Western <b>Championships</b>	Morgan Hill, CA (Qualifiers)
April 8-10	Morgan Hill <b>C/B/A+</b>	Morgan Hill, CA (All groups)
Apr 30-May 1	<b>Senior II</b>	Stanford, CA ( <b>ELITE</b> , Junior <b>ELITE</b> )
April 30	10 & Under <b>Championships</b>	Morgan Hill, CA (Qualifiers)
May 14-15	Slug Aquatics <b>C/B/A+</b>	Santa Cruz, CA (Junior <b>ELITE</b> , <b>GOLD</b> , <b>SILVER</b> , <b>BRONZE</b> , Team Fit 3, Team Fit 2, Team Fit 1)
May 20-21	Central Coast Section <b>Championships</b>	Santa Clara, CA ( <b>ELITE</b> )
May 22	Central Coast Section <b>Walk-On</b>	Santa Clara, CA ( <b>ELITE</b> )

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## Summer 2011 Meet Schedule

June 11-12	San Jose Aquatics <b>C/B/A+</b>	San Jose, CA (All groups)
June 16-19	Santa Clara <b>Grand Prix</b>	Santa Clara, CA (Qualifiers)
June 25-26	Valley Splash <b>C/B/A+</b>	San Jose, CA ( <b>Junior ELITE, GOLD, SILVER, BRONZE, Team Fit 3, Team Fit 2, Team Fit 1</b> )
July 7-10	Junior Olympic <b>Championships</b>	San Jose, CA (Qualifiers)
July 20-24	Sectional <b>Championships</b>	Clovis, CA (Qualifiers)
July 27-31	Far Western <b>Championships</b>	Concord, CA (Qualifiers)
August 2-6	National <b>Championships</b>	Stanford, CA (Qualifiers)
August 8-13	Junior National <b>Championships</b>	Stanford, CA (Qualifiers)



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### Team Apparel List

#### Suit

TYR Alliance Team Splice Racer Royal/White (Men)	\$27.96
TYR Alliance Team Splice Jammer Royal/White (Men)	\$36.36
TYR Alliance Team Splice Ringback Royal/White (Women)	\$47.96
TYR Alliance Team Splice Diamondback Royal/White (Women)	\$52.76
TYR Alliance Team Splice Maxback Royal/White (Women) with small PEAK logo embroidered on front	\$52.76 \$5

#### Jacket

TYR Alliance Team Jacket Royal (Men/Women) with large PEAK logo embroidered on back	\$51.16/\$51.16 \$15
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#### Short and Pant

TYR Alliance Team Short Royal (Men/Women)	\$23.96/\$22.36
TYR Alliance Team Pant Royal (Men/Women) with small PEAK logo embroidered on front	\$38.36/\$38.36 \$5

#### Parka

TYR Alliance Team Parka Royal (Unisex) with large PEAK logo embroidered on back	\$99.96 -
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#### Backpack

TRY Alliance Team Backpack II Royal (Unisex) with small PEAK logo embroidered on top	\$48.16 \$5
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#### Name Embroidery

Name embroidered on any item	
1 name	\$5
2 names	\$7

**NorCal Swim Shop**  
5124 Stevens Creek Boulevard  
San Jose, CA 95129  
(408) 248-7946

**Store Hours:**  
Mon-Sat: 10AM-6PM  
Wed: 10AM-7PM  
Sun: 12-5PM



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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](mailto:PEAKSwimming@gmail.com) with the subject line: Competitive Team Application Question.

**If you are associated with another team, you MUST notify your current team and coach in writing BEFORE you complete an application.**

#### Swimmer Information

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

#### Parent/Guardian Information

Address	City, State, Zip
---------	------------------

First Name	Middle Initial	Last Name
Circle one: Cell Home Office ( )	Email	

First Name	Middle Initial	Last Name
Circle one: Cell Home Office ( )	Email	

#### Current Team and Coach Information

**Without ALL information provided, your application will NOT be reviewed.**

Current Team	Current Coach
Coach Phone	Coach Email



# Competitive Team 2010-2011

## SWIMMING

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

[PEAKSwimming@gmail.com](mailto:PEAKSwimming@gmail.com)  
[www.PEAKSwim.com](http://www.PEAKSwim.com)

### Application Form (Page 2 of 3)

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

- |   |  |                                     |
|---|--|-------------------------------------|
| <input type="checkbox"/> TEAM <b>ELITE</b>        | <input type="checkbox"/> Age Group <b>GOLD</b>   | <input type="checkbox"/> Team Fit 3 |
| <input type="checkbox"/> TEAM <b>Junior ELITE</b> | <input type="checkbox"/> Age Group <b>SILVER</b> | <input type="checkbox"/> Team Fit 2 |
|   | <input type="checkbox"/> Age Group <b>BRONZE</b> | <input type="checkbox"/> Team Fit 1 |

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.

*I confirm I have notified my current team and coach in writing that I am applying to the PEAK Swimming Competitive Team.*

Swimmer Signature	Date
Parent/Guardian Signature	Date



# Competitive Team 2010-2011

## SWIMMING

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[www.PEAKSwim.com](http://www.PEAKSwim.com)

### Application Form (Page 3 of 3)

How did you hear about PEAK Swimming?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Television news or ad                                  | <input type="checkbox"/> Handout flyer   | <input type="checkbox"/> Friend:          |
| <input type="checkbox"/> Radio news or ad                                       | <input type="checkbox"/> Post mail flyer | <input type="checkbox"/> Current swimmer: |
| <input type="checkbox"/> Newspaper news or ad                                   | <input type="checkbox"/> Email flyer     | <input type="checkbox"/> Other:           |
| <input type="checkbox"/> <a href="http://www.PEAKSwim.com">www.PEAKSwim.com</a> | <input type="checkbox"/> Facebook        |   |



# Competitive Team 2010-2011

## SWIMMING

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[www.PEAKSwim.com](http://www.PEAKSwim.com)

### Registration Form (Page 1 of 4)

If selected for the PEAK Swimming Competitive Team, 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](mailto:PEAKSwimming@gmail.com) with the subject line: Competitive Team Registration Question.

To assist PEAK Swimming in planning ahead for the 2010-2011 season, a late fee of 5% of the annual fee will be applied to Registration Forms received after September 14, 2010.

Please check here if you swan on the PEAK Swimming Competitive Team during the Spring & Summer 2010 Season

#### Swimmer Information

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

#### Parent/Guardian Information

Address	City, State, Zip
---------	------------------

First Name	Middle Initial	Last Name	
Circle one:	Cell Home Office	Email	
( )			

First Name	Middle Initial	Last Name	
Circle one:	Cell Home Office	Email	
( )			

#### Team Apparel

T-Shirt	Circle one: Youth Adult	Circle one: S M L XL
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# Competitive Team 2010-2011

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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
---------------------------	------

#### 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
---------------------------	------



# SWIMMING

# Competitive Team 2010-2011

12230 Saratoga Sunnyvale Road  
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(408) 320-4868

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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 <b>ELITE</b>	<input type="checkbox"/> \$2250	<input type="checkbox"/> \$625	\$150
TEAM <b>Junior ELITE</b>	<input type="checkbox"/> \$1800	<input type="checkbox"/> \$500	\$150
Age Group <b>GOLD</b>	<input type="checkbox"/> \$1350	<input type="checkbox"/> \$375	\$150
Age Group <b>SILVER</b>	<input type="checkbox"/> \$1125	<input type="checkbox"/> \$315	\$150
Age Group <b>BRONZE</b>	<input type="checkbox"/> \$900	<input type="checkbox"/> \$250	\$150
Team Fit 3	N/A	<input type="checkbox"/> \$300	\$150
Team Fit 2	N/A	<input type="checkbox"/> \$265	\$150
Team Fit 1	N/A	<input type="checkbox"/> \$225	\$150

### Payment Due Dates

<b>Annual</b>	September 1, 2010
<b>Quarter</b>	
<b>Fall</b>	September 1, 2010
<b>Winter</b>	December 1, 2010
<b>Spring</b>	March 1, 2011
<b>Summer</b>	June 1, 2011

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

Date Received

5% Late Fee (If Applicable)



# Competitive Team 2010-2011

## SWIMMING

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Saratoga, CA 95070  
(408) 320-4868

[PEAKSwimming@gmail.com](mailto:PEAKSwimming@gmail.com)  
[www.PEAKSwim.com](http://www.PEAKSwim.com)

### Registration Form (Page 4 of 4)

#### Payment Information

##### 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, 2010 for annual and quarter payment (and December 1, 2010, March 1, 2011 and June 1, 2011 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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# Competitive Team 2010-2011

## SWIMMING

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[www.PEAKSwim.com](http://www.PEAKSwim.com)

### 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



# Competitive Team 2010-2011

## SWIMMING

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

[PEAKSwimming@gmail.com](mailto:PEAKSwimming@gmail.com)  
[www.PEAKSwim.com](http://www.PEAKSwim.com)

### 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

**PEAK**

**Competitive Team  
2010-2011**

**SWIMMING**

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

[PEAKSwimming@gmail.com](mailto:PEAKSwimming@gmail.com)  
[www.PEAKSwim.com](http://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



2011 ATHLETE REGISTRATION APPLICATION
LSC: PACIFIC SWIMMING (PC)

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 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? ARE YOU A MEMBER OF ANOTHER FINA 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 mental retardation, 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

IF YES, WHICH FEDERATION:

REGISTRATION FEE \$60.00

YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010, 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 above line~~~~~

This 2011 form is valid from September 1, 2010 to December 31, 2011