

Hello CRA Members,

It's that time of year again to get ready for an awesome swim season. Swim team will be starting May 19, 2008 for everyone. Mrs. Barbara Miller will be returning as our CRA head coach this year. She is ready to continue our success and committed to training all our swimmers to be their best. She brings years of experience to CRA and will encourage all the swimmers to improve their technique and endurance. If you would like for your child to brush up on their swimming skills prior to our season I encourage you to sign your child up for the YMCA Spring Clinic starting in April on Mondays and Wednesdays from 5-6PM. Even the beginner swimmer is welcome to attend this clinic to give them a head start in the summer season. The cost for this clinic is \$50.00 for Y members and \$100.00 for community members. You may contact the YMCA at 748-9622 for more information.

Come out to CRA on April 26<sup>th</sup> to register for swim team from 10:00AM until 2PM. Here you can ask questions, order swim suits, caps and t-shirts and sign up for the volunteer positions available during swim meets. You may also come May 1, 2008 from 6-8PM. This is the **LAST DATE** to register without a late fee of \$15.00 per swimmer. We must register our swimmers with Chesterfield Aquatic League to have them covered by insurance. This is why the due date has been moved.

You can check the CRA website [chesterrec.org](http://chesterrec.org) for additional information or the [swimcal.org](http://swimcal.org) site for information about other teams, scores, and directions.

Practice Schedule for 2008:

## May 19 Monday through Friday until June 13

4:00 - 5:00                ages 11 and older swimmers  
5:00 - 6:00                ages 10 and under swimmers

## June 16 Monday through Friday until July 24

9:30 – 10:30              13 and older swimmers  
10:30 – 11:30             9-12 year old swimmers  
11:30 – 12:30             8 and under swimmers  
  
5:30 – 6:45                any swimmer Monday – Thursday except swim meet nights

Clinics:

Are offered to all members of the swim team. Each week the selection of clinics will change to fit the needs of the swimmers. Each member is allowed to participate in one clinic per week unless space is available on clinic day. Parents are encouraged to discuss clinic needs for their swimmer with the coaches. Clinics will start June 16 and will end Jul 24. Clinics offered will be freestyle, backstroke, breaststroke, butterfly, starts(diving) and finishes, turns.

Schedule:                      Six swimmers per clinic only  
Monday and Wednesday:    2 clinics from 12:30 – 1 PM  
   1 clinic from 5:00 – 5:30 PM  
Tuesday and Thursday        1 clinic from 9:00 – 9:30 for swimmers ages 13 and older ONLY!  
   1 clinic from 12:30 – 1 PM  
   1 clinic from 5:00 – 5:30 PM  
  
Friday                             1 clinic from 12:30 – 1 PM

Please be on time to practice and clinics. Attendance will improve your personal swim times and will improve our team score! For older swimmers ages 11 and up if you miss a practice and would like to borrow equipment such as fins, paddles, kick boards, buoy etc. please make arrangements with any coach or Susan Payne to pick up your supplies at the gate at check in and your personal practice duties so you can practice on your own in the lap pool.

I am looking forward to a great swim season and if you have questions please email me at [momgoesfast@aol.com](mailto:momgoesfast@aol.com). Thanks, Susan Payne

# Chester Swim Team Application 2008

Chester Recreational Association  
P.O. Box 2955  
Chester, Virginia 23831  
(804) 748-4397

- Application must be completed and received by CRA by May 1, 2008 failure to do so will result in a late fee!
- Please DO NOT include swim team fees in the same check as your annual membership dues.
- Practice starts May 19, 2008
- Swimmers fees are \$90 per child and are due by May 1, 2008. The family maximum of \$275.00.
- There will be a \$15.00 late fee PER swimmers AFTER May 1, 2008. This excludes first time swimmers. All first time swimmers must pay their fees by June 1, but if participation is questionable, the check can be held until after the first meet. If you feel this option is necessary, please write a separate check for that swimmer and make a note in the memo section.
- Swim team fees for pool employees and senior swimmer are \$55.00
- Non CRA members may join the swim team at a cost of \$165.00 per swimmer. They must attend afternoon practices only
- No refunds.....All families are expected to volunteer during all swim meets. Complete both sides!
- When noting years experience, if this is the first year on the team please write "first year", second year=2 years, third year=3 years etc. If you are not sure find your child's first trophy.

Swimmer \_\_\_\_\_ Gender \_\_\_\_\_ Birth date \_\_\_\_\_ Age on 6/1/08 \_\_\_\_\_ Years Exp@CRA \_\_\_\_\_

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The above names swimmer(s) have my permission to participate in the Chester Recreational Association (CRA) Swim Team. I certify that each swimmer is physically fit and mentally sound to participate. I understand that accidents and injuries may occur in any athletic activity. I agree to indemnify and hold harmless Chester Recreational Association, its Swim Team, Directors, Agents and Coaches against all injuries of said swimmer(s) participation in the swim program. I further signify that I read and agree to abide by and accept the Terms and Conditions listed on this form. I grant permission to the Coaches, Directors and CRA staff to act in my behalf and in my child's best interest in the case of a medical emergency by a physician, surgeon or hospital licensed by the Commonwealth of Virginia.

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please list any allergies the swimmer has and any medications the swimmer takes: \_\_\_\_\_

Please list each date the swimmer will be UNABLE to swim due to vacations, camps, ball games etc. Listed below are the proposed dates:

Swimmer	6/14	6/19	6/24	7/1	7/8	7/15
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\*Champs will be held on July 25 for ages 10 and younger and July 26 for ages 11 and older at Beulah. All qualified swimmers are expected to participate at Champs. You must let the coach know in writing by July 16, 2008 if you are not going to participate. If you are entered into the Champs meet and DO NOT attend parents will be charged the entry fees per event that the swimmer was scheduled to swim. The fees are \$4.00 per individual event and \$5.00 per person for relays. \_\_\_\_\_ Parent initials!

Parent involvement and support is critical for the success of the swim team. The meets are organized and run by parent volunteers. ALL parents are expected to contribute some volunteer time. There are opportunities for every personality type and no previous experience is necessary for some jobs. A training clinic will be held at Salisbury Country Club on May 13, 2008. This clinic will help with the more technical jobs such as timing system, Clerk of Course, Computer, Strokes and Turns. Please plan to attend if at all possible. Please fill out the back of this registration form and remember we need everyone's help so the meets will run efficiently. There will a print out from our chesterrec.org web site each week indicating where you will need to work for the next meet. If you are unable to work at the posted time and date, please find a replacement worker, and email that correction to Susan Payne at [momgoesfast@aol.com](mailto:momgoesfast@aol.com) at least the day before the meet. This is an all volunteer league.

Parent Information:

Parent Names		CRA Membership Number	
Mailing Address		Home Phone Number	
Father's Work Phone	Father's Cell Phone	Mother's Work Phone	Mother's Cell Phone

Email addresses that you use the most

Emergency Contact Person	Home Phone	Cell Phone	Relationship to swimmer
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Volunteers are needed for every swim meet. Home meets required more workers than away meets. Please indicate the areas you are interested in working. Please place in "X" in areas you or your spouse would be willing to work. We make every effort to assign you to an area you prefer. If no indications are made, you will be randomly assigned various tasks. We are requesting that all parents work at least one night as a table worker. Remember there will be training available for all areas. Each parent should check a minimum of two different jobs you would be willing to volunteer during swim meets.

Father	Mother	Position	
_____	_____	Announcer	Calls swimmers for each event to clerk of course. Keeps spectators informed. Sit down job!
_____	_____	Timer	Times each event (there are usually 2-3 timers per lane) Stand up job.
_____	_____	Timing System	You push buttons to clear and advance the timing system and print results. Great view of the pool Sit down job!
_____	_____	Runner	Home meets you will collect the timing sheets after every other event, pick up the DQ cards and timing system report, deliver to table.
_____	_____	Starter	Starts each event using an electric starter. You will call the swimmers to the blocks, tell the event, heat and other directions. You set the pace of the meet and keep it moving. Great place to view the events. You can stand or sit!
_____	_____	Computer	Keys swimmers times for each 8 and under events. Timing system does this for the other events. Verify times, scores etc.
_____	_____	Table Worker	Helps score the meet, write results and puts labels on ribbons. Great sit down job! You can get up to watch your child swim!
_____	_____	Hospitality	Makes sure each worker gets water / beverages during meet. Needs to help set up station about 5:00. Everyone loves you!
_____	_____	Strokes and Turns	Checks swimmers for proper strokes and turns. You will need to train with someone. Great view of the pool action!
_____	_____	Clerk of Course	Lines up the swimmers for each event and heat. You must have great crowd control.
_____	_____	Mite Parent	You round up the 8 and under swimmers and bring them to clerk of course. You also help them get to the starting blocks. We need several parents to help get swimmers to blocks for relays.
_____	_____	Grill Master	We need parents at home meets to help with cooking on the grill. You usually start helping about 5-5:30 and finish by 7:30.
_____	_____	Set-Up/Take Down	We need parents to help set up the pool area before the meet starting about 4:30 it takes about 30 minutes. Take down after the meet and pack up supplies, cables, cords etc. about 30 minutes.

Other Jobs During the week of Meets:

_____	Scheduler	Someone that will schedule workers for home and away meets. Forward this schedule to CRA's webmaster so it posted for everyone to see on the chesterrec.org site. Post a copy at the pool. This can be done at home a week in advance of each meet.
_____	Email Coordinator	Enter each swim team members' email address. Will forward any swim team information to families etc.
_____	Water County Trip	Put up posters to encourage people to go! Arrange for collection of money and tickets. Trip date is July 17, 2008
_____	Heat Sheet Ads	Sell heat sheet ads for the champs meet July 25 and 26. The week before champs gather all the ads from each team in CAL and cut and paste them to fit on 8-1/2 X 11 paper. You are preparing them to be copied with all the events and heats for champs.
_____	Pasta Dinner	Someone to organize the Pasta Supper on July 23, 2008.
_____	Awards dinner	Someone to organize the Awards Dinner on July 29, 2008.
_____	Team Pictures	Someone to organize a team photo on the first home meet. Help sell photos, distribute photos etc.