



**Building Great People and Champions**

## **MASTERS REGISTRATION PACKAGE 2009/10**

Welcome to Penguin Masters Swimming for the 2009/10 swimming season! All documents and information pertaining to registering for the 2009/10 masters swimming season are enclosed in this package.

### **Masters Registration Checklist**

To complete your 2009/10 Masters registration, you will need to complete and include the following documents:

1.  **Masters Registration Form** (complete and signed);
2.  **Masters Code of Conduct** (signed);
3.  **Masters FOIP Consent Form** (signed);
4.  **Swim Alberta FOIP Consent Form** (signed by parent/guardian); and
5.  **All required cheques** (payable to Penguin Masters Swimming).

### **Complete Registration**

Registration can be completed by:

- A) Dropping off registration forms and fees at the **Team Registration Fair** on **Thursday September 3, 2009** from **5:30-9:00 PM** at the **City Arts Centre** (10943-84 Avenue); OR
- B) Mailing registration forms and fees to the team office (3112-105 Avenue, Edmonton, AB, T5W 0B4).

**\*NOTE:** All program registrations received from returning masters athletes after **September 20, 2009** (including mail in registrations) are subject to a **\$20 late registration fee**.



# Masters Program 2009/10

Updated July 2009

## Masters Program (Active for Life Stage)

The Masters Program (Penguin Masters Swimming) is one of Canada's largest masters swim teams. Swimming abilities range from fitness athletes to former national qualifiers. Athletes in both squads are strongly encouraged to participate in masters swim meets and regular social outings that are offered throughout the academic year.

- Ages:**
- 18&Over (17 year old post-secondary students also accepted)
- Objectives:**
- Social
  - Structured Practices
  - Fitness
  - Fun Competition
- Prerequisites:**
- Ability to swim 100FR, 100BK, 25BR, 25FL, and 300m continuous.
- Expectations:**
- See Masters Code of Conduct.
- Required Equipment:**
- Goggles (must have prescription goggles if visually challenged)
  - Training Suit (recommended)
- Swim Meets:**
- Invited to attend local and travel meets.
- Sessions:**
- Fall (September – December 2009)
  - Winter (January – April 2010)
  - Spring (April – June 2010)
- Practice Options:**
- Option A – Attend 1-2 practices/week
  - Option B – Attend 3-5 practices/week

## Schedule:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	3:00-4:00 UofA East	3:00-4:00 UofA West	3:00-4:00 UofA East	3:00-4:00 UofA West	3:00-4:00 UofA East	
PM	7:15-8:30* MacEwan		7:15-8:30* MacEwan			

- University of Alberta, Van Vliet Centre, East and West Pools
- MacEwan Centre for Sport & Wellness (10800-104 Avenue)

\* Evening practice space is extremely limited. Athletes will need permission from the coaching team to attend evening practices. Athlete selection will be determined by swimming ability.



# Masters Registration 2009/10

Updated July 2009

## Athlete Information

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Gender (please mark): M F  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Birth Date: mm / dd / yyyy Athlete's Email: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

## New Athlete Referral

If new, who referred you to the team?

## Athlete Expectations

Option A please initial	Sell 12 West Edmonton Mall Waterpark tickets, 4 Penguin Pub Crawl tickets, and volunteer at 1 Penguin hosted swim meet.
Option B please initial	Sell 16 West Edmonton Mall Waterpark tickets, and volunteer at 1 Penguin hosted swim meet.

Athletes not meeting their selected option will be invoiced deficient tickets.

## Medical Information

Health Care Number: \_\_\_\_\_  
 Please list and describe any medical concerns the coaching team needs to be aware of (attach separate page if needed):

Fees		Student	Non-Student	Total
1	Membership Fees	\$50	\$50	
2	3-5 Practices/Week (September 2008 – April 2010)	\$280	\$320	
	3-5 Practices/Week (Semester)	\$150	\$175	
	1-2 Practices/Week (September 2008 – April 2010)	\$200	\$240	
2	1-2 Practices/Week (Semester)	\$110	\$135	
	1-2 Practices/Week (April – June 2010)	\$110	\$135	
	3	Late Registration Fee (returning athletes after September 20, 2009)		
<b>TOTAL FEES</b> (cheques payable to PENGUIN MASTERS SWIMMING)				

## Refund Policy (applies to training fees only minus t-shirt, cap, referral bonus – if applicable)

Season Registration – Prior to Sept 28/09 (100%), prior to Nov 2/09 (66%), prior to Dec 14/09 (33%), after Dec 13/09 (0%)  
 Semester Registration – Prior to 2<sup>nd</sup> week (100%), prior to 4<sup>th</sup> week (66%), prior to 6<sup>th</sup> week (33%), after 5<sup>th</sup> week (0%)

## Athlete Agreement

I agree to pay the membership and training fees as described, and I have read and understand the team commitments and policies. I have read and signed the Swim Alberta Consent Form and the Team Consent Form with respect to the Freedom of Information and Protection of Privacy Act/Personal Information Protection Act (FOIP). I give permission to Penguin Masters Swimming to enter required information to Swim Alberta and its affiliates for the purposes outlined in the consent form. I have read and agree to abide by the Swimmer Code of Conduct. Penguin Masters Swimming reserves the right to refuse and/or revoke applications.

I \_\_\_\_\_ hereby consent to participate in Penguin Masters Swimming's competitive swimming program ("the activity") from on or about September 1, 2009 to on or about August 31, 2010, and in the case of an emergency, I give permission for myself to be taken to the nearest medical facility for necessary care.

I acknowledge that the activity involves risk of injury, including the possibility of serious injury or death. Notwithstanding my acknowledgement of such risks, in consideration of Penguin Masters Swimming agreeing to allow me to participate in the activity, I hereby release and undertake indemnify and save harmless Penguin Masters Swimming and its officers, directors, employees, volunteers and representatives from any and all claims for loss, damage or injury to myself arising from participation in the activity and from all actions, claims and demands of every nature whatsoever which I, my heirs, administrators and assigns may now or at any time hereafter have resulting directly or indirectly from such loss, damage or injury.

DATED at the City of Edmonton, in the Province of Alberta, this \_\_\_\_\_ day of \_\_\_\_\_ in the year \_\_\_\_\_.

Athlete: \_\_\_\_\_ Signature: \_\_\_\_\_  
 (please print)





# Masters Code of Conduct

Updated July 2009

## Code of Conduct

The Masters Code of Conduct protects the team's reputation in the community and athletes should consider it their responsibility to abide by the Code of Conduct and report any behaviour that does not adhere to the Code of Conduct to the coaching team.

Any Penguin Masters Swimming athlete not abiding by the Code of Conduct will be asked to change or stop that behaviour. If the athlete fails to comply, they will be asked to leave and disciplinary procedures will follow.

The Masters Code of Conduct includes:

1. Treating all facilities, facility staff, coaches, teammates, and parents/guardians with respect at all times (including change rooms and off deck areas).
2. Maintaining high standards of behaviour, politeness and sportsmanship at all times.
3. Being respectful of property. The cost of repair and/or replacement of any damage or destruction, negligently or intentionally caused by an athlete to property will be payable by the athlete.
4. Conducting themselves in a reasonable and acceptable manner as outlined by the coaching team. Examples of unacceptable behaviour during swim meets, practices and/or team functions include but are not limited to:
  - i. unsportsmanlike and disrespectful conduct;
  - ii. willful damage to property;
  - iii. committing any illegal act; and
  - iv. possession of any pornographic material, alcohol, illegal drugs or tobacco.

Appropriate behaviour allows everyone the right to learn, to be safe, and to be treated with respect, courtesy and consideration. Consequently, appropriate behaviour with Penguin Masters Swimming is mandatory. Each person must take responsibility for his/her behaviour and make appropriate choices.

The coaching team holds the final word on any rules, regulations, or disciplinary action.

I \_\_\_\_\_ (please print name) as an athlete in Penguin Masters Swimming, agree to abide by the above Masters Code of Conduct.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date





11759 Groat Road, Edmonton, AB T5M 3K6  
Phone 780, 415-1780 Fax 780, 415-1788  
Email office@swimalberta.ca  
Web Site swimalberta.ca

Freedom of Information and Protection of Privacy Act/Personal Information Protection Act  
**Swim Alberta Consent Form**

Club Name \_\_\_\_\_  
Swimmer's Name \_\_\_\_\_  
Swimmer's ID # \_\_\_\_\_

Please Read Carefully, complete and sign the consent section.  
Swimmers under 18 must have a parent or guardian sign the consent form.

The Freedom of Information and Protection of Privacy Act/Personal Information Protection Act requires that consent be obtained for the collection and use of personal information.

Collected information from club registration will be used for S/NC registration, swimming activities, team participation, pre-meet registration, results (media), and club/provincial records. All information collected from or pertaining to the swimmer will be used in the standard operating procedures of the association and unless noted below the information will be used as per operations. Should a parent/guardian or swimmer have a concern with the release of and or publication of their name, age and club affiliation within the standard operating parameters of competitions and the association then please sign the appropriate section below and the information will be modified for publication. All swimmers or their representative must sign a copy of this form.

**Club:** if section A has been signed and there are no issues on the release and publication of the swimmers name, etc. then you the club must retain a copy of the signed form in your records. If the parent/guardian or swimmer has signed Section B then a copy of the form must be forwarded to Swim Alberta.

Standard operation activities include but are not limited to:

1. Individual photos that are taken at competition or for awards presentation
2. Photos or videos that are used in electronic or print media
3. Swimmers name, gender, age and/or classification and results or provincial team and youth recognition programme that are used in the swimming newsletters and other communications, in print form, electronic, or otherwise
4. The use of the swimmers name, gender, age and/or classification in team lists or databases to enable clubs to send data to other clubs, coaches, officials or the Swim Alberta office
5. Other activities within the swimming community

Please indicate your consent for Swim Alberta to use information supplied by yourself in one of the following manners. Sign ONLY one - A or B.

A. I hereby consent to the collection and use of information (as outlined above).

\_\_\_\_\_  
Signature or Parent/Guardian Signature

\_\_\_\_\_  
Date

B. I do not to the collection and use of the information (as outlined above) EXCEPT for the following reasons:

\_\_\_\_\_  
Signature or Parent/Guardian Signature

\_\_\_\_\_  
Date