

January 2010

Dear New and Returning Swim Team Families,

Thank you for your interest in the Sleepy Hollow Swim Team. In this packet you will find the answers to most of your questions regarding applying to and being part of the team. **Please print out this entire packet for your records. It will not remain on the website after the application period is over.**

Information included in packet:

- \* how to apply
- \* important dates
- \* rates and fees.

*Please read.* If you have questions, feel free to e-mail me at:  
[shstmembership2010@gmail.com](mailto:shstmembership2010@gmail.com)

If you are a **NEW** family:

\* Please submit your application *as soon as possible*. Place completed application in the box at the Sleepy Hollow Pool/Club House. The box will be in front of the clubhouse building from **January 30<sup>th</sup> at 8:00a.m.** until February 13<sup>th</sup> at 6p.m., or mail to: Laura Suski, 28 Tappan Road, San Anselmo, CA 94960. (There are a limited number of spots for new applicants.) The application must be **received** by February 13, 2010. Finally, please read "NEW FAMILIES" for more details.

If you are a **RETURNING** family from the 2009 season:

- \* Application must be **RECEIVED** by February 13, 2010 in order to assure a place on the team.
- \* **LATE APPLICANTS WILL BE PLACED ON THE WAITLIST AND WILL LOSE THEIR PRIORITY STATUS.**
- \* **Please allow time for snail mail.**

Sincerely,  
Laura Suski  
Sleepy Hollow Swim Team /Membership Chair

## **SLEEPY HOLLOW SWIM TEAM 2010**

**SWIMMERS take your marks and get set for a Sleepy Hollow Swim Team Season filled with lots of *TEAM SPIRIT* and *FUN!***

The Sleepy Hollow Swim Team is a family-oriented program offering children valuable experience in self-discipline, healthy competition, and sportsmanship. We strive for an atmosphere where all children can maximize their swimming potential. We hope you will join us!

We are excited to have Mark Anderson return as the Head Coach for the 2010 Sleepy Hollow Swim Team season. Mark was an all-star swimmer, who swam for SHST for 10 seasons and was an All American Junior College water polo player at College of Marin. Mark has coached the SHST for 15 of the past 17 years. He has also coached the Boys Varsity Water Polo team at Drake High School for 15 years. Mark is currently director of the Canon Swim and Tennis Club Aquatics programs and runs the Canon Kids Sports camp during the summer. Mark, his wife Julie (who also swam for SHST and coached from '93 – '97) and their four boys, Marcus, Keenan, Logan and Nolan live in San Anselmo.

Sean Hennessy will be joining Mark again this year as Assistant Coach. Sean began swimming competitively at the age of seven, with Coach Mark Anderson where he swam for seven seasons. He attended Drake High and played four years of varsity water polo. During high school, he also swam for Marin Pirates where he was an All-American swimmer. Upon graduation in 2000, he moved to Santa Barbara where he continued his swim career on the UCSB swim team. He graduated in 2005 with a degree in geography. Sean currently resides in Larkspur, works for Dan Young Construction Company and referees high school water polo. He is excited about his 4th season with the Sealions! Congratulations to Sean and his fiancé, Julia Jani. They will be married in August 2010.

Lindsey Smith will be joining SHST again this year. She has been involved with swimming since the age of 5. During high school, she swam for Marin Pirates and began teaching swim lessons for Mark Anderson at age 16. She spent her summers at home from UC Santa Barbara teaching lessons, and then went back in the fall to jump back in the pool and workout with the university's Masters team. After graduating with a degree in Marine Biology, Lindsey moved back to Marin and continued teaching swim lessons, as well as helping coach the Sleepy Hollow Swim Team. She then went on to attend Dominican's teaching credential program and is currently enjoying her 3rd year of teaching fourth grade at Upper Brookside. Lindsey loves seeing her students giving it their all in the pool and is looking forward to another great season, as she enters her 11th summer of teaching future Sealions how to swim! Congratulations to Lindsey and her newly wedded husband Jeff Smith, (Mark's brother in-law).

## **IMPORTANT DATES TO KNOW:**

February 13, 2010	Application Final Due Date
February 22	New Member Notification of Team Status
February 23, 24, 25	Mandatory Swim Clinic/New 8&Under Swimmers
March 1	Start of Regular Swim Practice
March 12 - Friday	Sealion Kick-Off

## **THE SEALIONS SEASON KICK-OFF PARTY!!!!**

**Friday evening, March 12th at the Sleepy Hollow Clubhouse.**

This is a great night for new families to meet other swim team families, the coaches, and Board members. It will be a potluck dinner, and time to meet your "swim family"! The 2009 Season Sealion Movie will close evening. Details to follow via email.

### **2010 Practice Schedule/Monday-Friday**

Swim practice will begin on **Monday, March 1, 2010**. BE SURE TO COME READY TO SWIM (Rain or Shine!)

<b>New 8 &amp;U</b>	<b>3:45-4:15</b>
<b>Returning 8 &amp;U/ New 9 /10</b>	<b>4:15-5:00</b>
<b>9 /10 years &amp; New 11 &amp;U</b>	<b>5:00-5:50</b>
<b>11 to 18</b>	<b>5:50-7:00</b>

\*\* The coaches may move your child up or down a practice group based on their skill level.

### **SUMMER SWIM**

The above practice hours will be in effect until school is out in June. The change to summer hours will be announced. Summer swim practices are generally held weekday mornings between 7:00 -10:30am. Typically, older swimmers swim at the early times, with the younger swimmers scheduled later in the morning. (i.e. 8&U swimmers typically swim at ~ 9:45 am. during the summer). Specific summer practice times for each group are TBA. Please consider your child's availability and ability to get them to practice during the summer before enrolling on the team.

### **APPLYING FOR THE TEAM:**

From both new and returning families, the following must be completed, signed and returned to Laura Suski by **February 13, 2010**. The application to be considered complete with the following criteria met:

- a) **Application - completed**
- b) **Hold Harmless Release - signed**
- c) **Parent Work Form. - Completed**
- d) **Full payment to SHST (including Non-SH Resident Fees/Non-Work Fees)**

Please see special sections below pertaining to Returning and New Families.

## **MEMBERSHIP PRIORITY**

**Applications are filed with the following priority:**All application that are submitted by February 13, 2010:

- 1 - Returning swimmers from the 2009 season and their siblings –
- 2 - New applicants residing in Sleepy Hollow - first come, first served basis
- 3 - Pups from the 2009 season that are swim team ready - first come, first served basis
- 4 - New applicants that reside outside of Sleepy Hollow - first come, first served basis

If the coaches feel that your child is not ready for the Sleepy Hollow Swim Team, they may recommend starting in the Pups Program. More information on Pups can be found at [www.maaquatics.com](http://www.maaquatics.com). Mark will discuss this with you at try-outs if he feels your child would benefit from the Pups program.

## **RETURNING FAMILIES FROM 2009:**

Swimmers returning from the 2009 season and their qualified siblings have **first** priority on SHST, *if* applications are returned by the deadline of **February 13, 2010**. Applications returned after February 13th, will not guaranteed a membership on the team. Late applicants will be put on the wait-list AND will lose your priority status.

All swimmers and **new siblings** must meet the General Swim Requirements below. **After the February 13th due date, returning swimmers lose their "priority status"**. Late applicants will be notified if there is no room on the team. If you do NOT receive a call, assume there is room on the team and come to practice as scheduled. We understand that high school swimmers will be joining the team later, **however, their applications and forms must be returned, with the \$75 payment, by the February deadline.**

**There is no LATE FEE this year – returning swimmers and siblings will LOSE their priority to be on the team, if the application is late.**

**Applications must be RECEIVED by February 13<sup>th</sup> at 6p.m..**

\* Please allow time for snail mail.

## **NEW FAMILIES:**

### **General Swim Team Requirements:**

- ❖ All team members must be at least five years of age by May 1, 2010.
- ❖ Swimmers must be able to swim the length of the pool and demonstrate “readiness” (ability to follow directions, pay attention to coaches, water safety etc.).

- ❖ No swimmer may practice with any other swim team after March 1, 2010 (with the exception of high school related activities).

We welcome your interest in joining the Sleepy Hollow Swim Team! Applications will first be accepted from returning swimmers from the 2009 season and their siblings. Any remaining openings on the team will be available on a first come, first served basis to new applicants residing in Sleepy Hollow. Should there still be openings, swimmers who participated in Mark Anderson's Pup Program will have the next priority. Finally those who reside outside of Sleepy Hollow will be considered, also on a first come, first served basis. Please return your application ***as soon as possible***. All applicants are date stamped and processed in *this* order: returning swimmers, siblings, Sleepy Hollow residents, Pups swimmers, all others. Payment in full must accompany all applications and will be returned if there is not a space available for your child the week of March 1, 2010. **The coaches will be assessing capability and readiness of all children and will notify you within the first two weeks of regular practice if your child is not ready to join the team. First time 8 and younger swimmers must participate in the clinic scheduled for February 23--25. These children will be notified by February 26, 2010, if they are not ready for the team.**

## REFUNDS

For all families, refunds are available if the swimmer drops off the team and **written notice** is given to Laura Suski no later than **March 20, 2010**. **There will be no refunds under any circumstances after March 20, 2010.**

## Mandatory Swim Clinic for New 8 and Under Swimmers:

Mandatory clinics for new 8 and unders (siblings and new swimmers) who are joining the team for the first time has been scheduled. The clinic will be held at the Sleepy Hollow Pool, starting **Tuesday, February 23rd through Thursday, February 25th**. Attendance on all 3 days is important. The coaches will work with the new children to assess their readiness for the swim team and give them a week of special attention to help prepare them for the team. At the end of the week, the Head Coach will let the children and parents know whether or not they can move onto the team. This assessment is solely at the Coach's discretion. If your child is not ready for swim team, they may enjoy Mark Anderson's Pup program. Mark will discuss this with you at try-outs if he feels your child would benefit from the Pups program. More information on Pups can be found at [www.maaquatics.com](http://www.maaquatics.com)

**THERE ARE TO BE NO RETURNING SWIMMERS IN THE POOL DURING THIS CLINIC**

### **Clinic Times:**

<b>4:00-4:30</b>	<b>Children with last names beginning A-L</b>
<b>4:45-5:15</b>	<b>Children with last names beginning M-Z</b>

## SUITS AND SWEATS:

Suits and sweats for Sleepy Hollow Swim team will be available for purchase in late March. Look for details to follow at a later date in an email to the team!

## **PARENT PARTICIPATION:**

Sleepy Hollow Swim Team and all MSL teams depend on **PARENT PARTICIPATION**. Parents staff and run all swim meets--home and away. Each family is expected to work five to six meets during the season. Please complete the attached **Parent Work Form** and **RETURN IT WITH THE APPLICATION**.

**YOUR APPLICATION IS NOT COMPLETE WITHOUT THIS FORM.**

Review the attached *Parent Job Descriptions* for a job that appeals to you. The Board attempts to assign parents to jobs they have chosen but you may be given your second choice! Because all swim meets are run by parents, being there and being on time is crucial. If your schedule is erratic--PLEASE consider paying the Non-Work Fee (see below). Missing work assignments and even being late for swim meets seriously and negatively impacts the team. **A strict "LATE ARRIVAL/NO-SHOW" penalty will be assessed. Failure to meet Parent Work Obligations may result in your child being prohibited to swim along with a \$100 fine.**

## **NON-WORKING FEE:**

For those parents who will be unable to fulfill the "work" requirement, a non-working fee of **\$350.00 is charged**. Please include the **Non-Work Fee** with your application.

The **Championship** and **All Star** Meets are **NOT** included in the "Non-Work Fee Agreement" as they are league events. Parents of swimmers in these meets must agree to work as needed.

## **BIRTHDAYS DURING THE SEASON:**

If, during the swim season, a swimmer has a birthday that will move him or her up to the next age group, the child must move up to that age group at the next swim meet. For example, if your child is ten years old at the start of the season and has a birthday in June, then your child will move up to the 11 - 12 age group for the swim meet following their birthday and for the remainder of the season.

## **FUN AND SOCIAL EVENTS:**

The Fun Committee has been hard at work planning some exciting events for the team! A family picnic, games and family relays will follow our practice meet on Saturday, May 1, 2010. A Parent Social will be held on Saturday evening, May 8th (for parents only please) to get to know other adults on the team. More fun events being planned are: Poker night for 11 and up, (3/19), movie night for 10 and under (3/26), Slic stores, Meet n' Greet with the Harlem Globe Trotters!! (4/24), Giants day game (5/31) Stinson Beach (6/27) day, and more!!! Details and dates are still tentative and a full calendar will follow soon.

## SLEEPY HOLLOW SWIM TEAM APPLICATION \* 2010 SEASON

SWIMMER'S NAME	Male	Female	AGE and BIRTHDATE

Please Check if NEW ADDRESS \_\_\_\_\_

PARENT'S NAMES:

LAST \_\_\_\_\_ MOTHER'S FIRST \_\_\_\_\_ FATHER'S FIRST \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

Zip Code \_\_\_\_\_ Telephone \_\_\_\_\_ Main Email \_\_\_\_\_

Secondary Email \_\_\_\_\_

Sleepy Hollow RESIDENT \_\_\_\_\_ (**CURRENT SHHA MEMBERSHIP REQUIRED**)

NON RESIDENT \_\_\_\_\_ (PLEASE INCLUDE NON-RESIDENT FEE OF \$82.50)

MEMBERSHIP FEES:

\_\_\_\_\_ \$350.00 One-Swimmer Families  
 \_\_\_\_\_ \$650.00 Two Swimmer Families  
 \_\_\_\_\_ \$895.00 Three Swimmer (and up) Families  
 \_\_\_\_\_ \$ 75.00 High School Swimmer (after

NCS)\*

\_\_\_\_\_ \$FREE High School Seniors (after NCS)

\_\_\_\_\_ Sub-Total Basic Dues

**ADD** (IF YOU LIVE OUTSIDE SLEEPY HOLLOW) \_\_\_\_\_ \$ 82.50 NON -RESIDENT FEE PER FAMILY

**ADD** (IF YOU CAN'T WORK MEETS) \_\_\_\_\_ \$350.00 NON-WORKING FEE

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_ (Checks payable to "SHST")

All fees are refundable if the swimmer drops off the team by **MARCH 20, 2010** (MUST GIVE WRITTEN NOTICE TO Laura Suski at [shstmembership2010@gmail.com](mailto:shstmembership2010@gmail.com).) **THERE WILL BE NO REFUNDS UNDER ANY CIRCUMSTANCES AFTER MARCH 20, 2010.**

**Return Application, Release Form, Check and Parent Work Form by FEBRUARY 13, 2010 to:**

Laura Suski  
 28 Tappan Road  
 San Anselmo, CA 94960

**A box will be placed by the Sleepy Hollow Club House, if you are delivering by hand.**

## LIABILITY RELEASE AGREEMENT AND WAIVER

The undersigned, as parent, guardian, or participant is familiar with competitive swimming and the **Sleepy Hollow Swim Team (SHST)** swim program and its various clinics, lessons, fundraisers, and outside recreational activities (collectively, the **SHST Program**), and in consideration of being permitted to participate in the SHST Program and as a condition to the acceptance of my application for participation in the SHST Program, agree with the Sleepy Hollow Swim team, and the Marin Swim League (including each its teams and their respective clubs and/or host organizations and facilities, the **"MSL"**), and as follows:

I hereby waive, release and discharge on behalf of myself, my spouse, my child(ren) and/or my ward(s) (the **"Releasors"**), any and all claims, demands, causes of action for damages, person injury, death or damage or loss to property which Releasors may have as a result of the participation of any of Releasors in the SHST Program. This Liability Release Agreement and Waiver shall inure to the benefit of SHST, the SHST, the MSL, and each of their coaches, participants, employees, agents, officers, volunteers, and directors (the **"Releasees"**). ***This liability release and waiver is intended to and shall discharge in advance the Releasees from any and all liability to Releasors, and any and all third persons arising out of or in any way connected with participation in the SHST Program, whether or not any liability may arise out of passive or active negligence, carelessness or omission on the part of the Releasees. It is agreed that participating in the SHST Program and in the Marin Swim League involves an element of risk. I understand that incidents, including events of a serious and life-threatening nature, occur during swimming events, around swimming pools and during the use of swimming pools due to, not by way of limitation, slips, falls, collisions, drowning, and other water-related hazards. Knowing the risks involved in the sport of swimming, Releasors hereby expressly assume all such risks.*** Releasors also assume all risks associated with other aspects of the SHST Program, including without limitation recreational activities, fundraisers, and other events sponsored by or affiliated with the SHST Program or its coaches, parents, or volunteers. Releasors further agree to hold the Releasees harmless and shall defend and indemnify them from any loss, liability, damage, cost or expense which they may incur (notwithstanding their own active or passive negligence or carelessness) as a result of any injury or death to person or damage to property which may be sustained by the Releasors while participating in the SHST Program. This Liability Release Agreement and Waiver shall be binding on my heirs, successors and assigns. Releasors agree to accept and abide by the rules and regulations of SHST and the MSL.

If any of the participants listed below or in the application to participate in the SHST Program is under the age of 18 years, I further represent that I have the authority to execute this document on behalf of the participant(s); said participant(s) is/are physically able to participate in the SHST Program and all of the terms of this Liability Release Agreement and Waiver shall apply in the event of death or injury or property damage which said participant(s) may sustain while participating in the SHST Program.

**Print names of minor children for whom you are completing this form:**

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Photos: SHST reserves the right to photograph participants in the Sleepy Hollow Swim Program for potential future use. All photos will remain the property of SHST and may be used on promotional materials, including the SHST website, or other purposes determined by the Board of Directors of Sleepy Hollow Swim Team.

Medical Release: The undersigned hereby authorizes SHST, the MSL, or their authorized representatives to consent to any emergency medical care, which may be deemed necessary for the above named participants while under the supervision of SHST or the Marin Swim League. I understand that reasonable attempts will be made to contact me and/or the authorized contact person(s) listed on the application before using this consent.

**I HAVE CAREFULLY READ THIS LIABILITY RELEASE AGREEMENT AND WAIVER, AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY, INCLUDING FUTURE LIABILITY, AND A CONTRACT BETWEEN MYSELF AND SHST, AND I EXECUTE IT OF MY OWN FREE WILL.**

**Print Name:** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

# SLEEPY HOLLOW SWIM TEAM – 2010

## PARENTS JOB DESCRIPTIONS

<b>ANNOUNCER:</b>	Announces over a loud speaker each heat and swimmer. Home meets only.
<b>AWARDS:</b>	Check the printed times and file ribbons.
<b>CLEAN UP: During Meet</b>	This position involves picking up litter around the pool deck, grassy area and snack bar area during the meet as well as emptying the trash cans and keeping the bathrooms supplied with toilet paper. Home meets only.
<b>CLEAN UP: After Meet</b>	This position involves picking up litter everywhere and emptying the garbage cans again. It also requires helping the Set-up/Take Down crew put things away after the meet. Home Meets only.
<b>CLERK OF THE COURSE:</b>	Assist 8 and under swimmers to line up for their events. If you have an 8 and under, this is a job for you.
<b>FUN COMMITTEE:</b>	Coordinate social activities and events for swimmers and their families. Assist in planning and executing the “fun” parts of the season.
<b>RUNNER:</b>	Take the lane sheets from the timers to the desk.
<b>SET UP/TAKE DOWN:</b>	Set up and take down the lane ropes, starting blocks, PA system, benches, tables, chairs and desk before and after the meets. Home meets only.
<b>SNACK BAR:</b>	Friday food prep at the pool from 3:00-5:00p.m. and take home prep (good if you have a 10 & under). Saturday, Home meets: barbecuing, and food sales.
<b>STARTER</b>	Starts each heat using an electronic system. Training required. Home meets only.
<b>STARTER’S ASSISTANT</b>	See above. Home Meets only.

<b>STROKE &amp; TURN JUDGE</b>	Judges whether each swimmer is performing strokes, kicks and turns legally. Past swimming experience helpful. Training required!
<b>TECHNOLOGY COMMITTEE:</b>	A variety of positions are available that include running the timing system, scoring the meet, verifying swimmer times etc. Training provided.
<b>HEAD TIMER:</b>	Uses a stopwatch or button to time the swimmers and serves as an alternate timer. Home meets only.
<b>TIMER:</b>	Uses a stopwatch or a button to time the swimmers in his/her lane from start to finish.
<b>4<sup>TH</sup> OF JULY ACTIVITIES VOLUNTEER</b>	Coordinates 4 <sup>th</sup> of July Swim Team float and other swim team related activities for the 4 <sup>th</sup> of July celebration.
<b>HAT &amp; T-SHIRT SALES</b>	Responsibilities include keeping track of inventory, and selling hats, t-shirts, caps/goggles at all home meets.
<b>SPECIAL SKILLS</b>	Please indicate if you have any special skills or occupation which may help the team! I.e.: video making, food connections to help out snack bar, past competitive swimming experience, etc.

PLEASE NOTE: NON-WORK FEE DOES NOT INCLUDE ALL STARS OR CHAMPS – YOU ARE EXPECTED TO WORK AT THESE MEETS, IF YOUR CHILD IS SWIMMING!

**2010 PARENT WORK FORM**  
**PLEASE RETURN WITH APPLICATION**

**Parent's Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **E-mail** \_\_\_\_\_

Child(ren) Name(s & Age(s)) \_\_\_\_\_

INDICATE AND RANK CHOICE	NAME OF PERSON TO WORK	SHIFT PREFERENCE: 1 <sup>st</sup> :Free/Bacstroke 2 <sup>nd</sup> :Breaststroke/Fly/IM
Announcer		
Awards		
Clerk of the Course		
Clean up During Meet After Meet		
Fun Committee		
Head timer		
Runner		
Set Up/Take Down		
Snack Bar Friday Prep or Saturday		
Stroke & Turn Judge		
Starter		
Starter's Assistant		
Technology Committee		
Timer		
4 <sup>th</sup> of July Activities Coordinator		
Hat/T-Shirt Sales		

Special Skills \_\_\_\_\_

WE WILL BE AWAY ON THE FOLLOWING DATES:

---

Each family will need to work at five or six meets – this does not include All-Stars or Champs. We will try very hard to accommodate your choices, however, this may not always be possible. Prior to the season, you will receive a work schedule. If you are unable to work as assigned,

**PLEASE NOTIFY Bob Jarrett, MEET CHAIRPERSON at rdjarr@yahoo.com. There will Be a \$100.00 fine each time one does not fulfill the responsibility**