



## 2023 Montclair Marlins Swim Team Registration Packet

We would like to welcome all new and returning swimmers for the 2023 season! Our goal is to provide a positive experience for ALL who participate. All levels of swimmers are welcome; previous swim team experience is not required. **All swimmers must have a family membership at Montclair Swim Club prior to joining the swim team.** Information about club memberships can be found at [www.montclaireswimclub.com](http://www.montclaireswimclub.com).

### Fees:

The swim team fees for the 2023 season are as follows:

Red Group: \$95  
Black Group: \$95  
Rookies: \$50

Multi-athlete Discounts (\*Rookies excluded):  
2 swimmers-\$40 discount  
3 swimmers-\$90 discount  
4 swimmers-\$185 discount  
5 swimmers-\$280 discount

The first week of practice may act as a trial period for children of members who do not have their minds completely made up. Fees will be refunded for any child choosing not to continue swimming at the end of the first week.

### Online Registration:

To register for swim team, please go to [www.montclairemarlins.com](http://www.montclairemarlins.com). Click on the Team Registration button. Log in with your current account or create a new account and follow the steps. Please note that payment for swim team fees **MUST** be submitted through this online registration-**This is new this year**. Additionally, the Release, Indemnification, and Hold Harmless must be agreed to during online registration. A copy is available at the end of this packet.

### Practice Times

Practice will begin on **Tuesday, May 30**. Practice will be held Monday through Friday each week. Practice Times are listed below but **may be subject to some changes after the team has been formed**. Any changes will be posted on the bulletin board and communicated on our website and through email.

Black Group	9:15-10:45 am	M-F
Red Group	10:45-11:45 am	M-F
Rookies	10:45-11:45 am	M, W, F

**Black Group** – This group is for anyone 9 and up with any competitive experience, 11 and up with no competitive experience, and 7–8-year-olds with over 1 full year of competitive experience. Coaching staff will provide a variety of training methods, including kicking, stroke technique work, and aerobic conditioning. Another focus will be learning to race and have fun while racing. Coaches will also teach how to approach the various races in a swim meet.

**Red Group** – This group is for 10 and under with no competitive experience. Coaches will focus mainly on teaching foundational skills of competitive swimming. Coaches will teach the basics of all four competitive strokes, starts/dives, turns, and the rules of competitive swimming.

**Rookies** – This group is for 8 and under with limited swimming ability. Coaches will focus on teaching the foundational skills of competitive swimming, including the four strokes and how to perform a racing dive. Swimmers must be able to swim across the pool and back with no assistance.

Group placement is always at the coach's discretion. If you are not sure if your swimmer is ready for Rookies or what level your swimmer should be in, one of the coaches can evaluate him/her at practice.

Note: For those swimmers who do not meet the above criteria, Montclair Swim Club offers private lessons. Please contact [swimlessons@montclaireswimclub.com](mailto:swimlessons@montclaireswimclub.com) or go to [www.montclaireswimclub.com](http://www.montclaireswimclub.com) to learn more information or to sign up.

## **MEETS**

The tentative meet schedule is posted on the Marlins website. Once you are registered, you will receive log-in information for our Team Unify website if you are new. Please follow the instructions to set up a password to be able to log-in to your account. You must declare whether you will be attending or not attending each meet through our Team Unify website. You will receive an email when each meet is open for declaration and the deadline for declaration. If you do not plan on attending a meet, you must declare NO on the TU website. **If you do not declare yes or no by the deadline, you will be automatically declared NO.**

## **PARENT & ATHLETE HANDBOOK**

The Marlins Parent & Athlete Handbook is an excellent resource for new swim families and a refresher for returning families. It includes important meet information including how to sign up for meets, what to bring, and what to expect and much more information about what to expect from being part of the team. The handbook is available on the Marlins Team Unify website and during online registration, you must acknowledge that you have access to it. If you need a hard copy, please email [montclaireswimclub@yahoo.com](mailto:montclaireswimclub@yahoo.com).

## **VOLUNTEERS**

To ensure our host meets run smoothly, ALL families are needed to volunteer to work one shift each meet their swimmer/swimmers attend. Job sign-ups will be posted on the Team Unify website. However, if all positions are not filled before the deadline, to ensure we have enough volunteers to run each meet, we will assign any open positions. The best way to ensure you receive your preferred position is to sign up ASAP on the website. More detail about volunteers is available in the Handbook.

## **CONCESSIONS**

Our home meets will utilize the Montclair Pool Swim Club staff to sell concessions. Each family is asked to supply 1 case of bottled water per each home meet, to be provided to volunteers and swimmers. Please bring to the pool prior to our first home meet. The water can be dropped off anytime at the pool office or during practice.

## **TEAM SUITS**

Team suits will be available for purchase through B&B.

## SWISA CONFERENCE

Our club is a member of the Southwestern Illinois Swimming Association (SWISA). We will compete in four dual meets and other SWISA events throughout the summer. SWISA events may include the Novice Meet, Relay Meet, JV Championship meet and the SWISA Championship meet. Your child will need to participate in two meets in order to be eligible for the SWISA Championship meet. Please note: We are the host for the Novice Meet, two of the dual meets, and JV SWISA this year.

### 2023 MONTCLAIRE SWIM TEAM BOARD

Pease feel free to contact anyone on the board if you have any questions or concerns.

President	Marc Popelar	618-514-9953	mpopelar@gmail.com
Vice President	April Grinter	618-920-7563	aprilgrinter@sbcglobal.net
Treasurer/Webmaster	Trish Grant	618-570-6117	grantnna@yahoo.com
Secretary/Event Coordinator	Kristine Calvin	618-667-4743	Yck0100@gmail.com
SWISA Representative/SWISA President	Bob Rettle	618-407-7665	metsswim@gmail.com
Volunteer Coordinator	Brooke Osborn	618-972-3885	brookelowery@yahoo.com

If you are interested in assisting the team this year, please contact Brooke Osborn.

Montclair Swim Club/Montclair Marlins Swim Team

RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating on the Montclair Swim Club and Montclair Marlins Swim Team, related events and activities and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence Montclair Swim Club and its owners, directors, officers employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

- I acknowledge that swimming and related swim team events and activities involve known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include but are not limited to medical conditions resulting from physical activity, and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
I expressly accept and assume all the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition.
In the event that I file a lawsuit, I agree to do so solely in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. I have read and understood this document and I agree to be bound by its terms.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Date \_\_\_\_\_

PARENT OR GUARDIAN ADDITIONAL AGREEMENT
(Must be completed for participants under the age of 18)

In consideration of \_\_\_\_\_ (PRINT minor's names) being permitted to participate in this activity, I further agree to indemnify and hold harmless Releasees from any claims alleging negligence which are brought by or on behalf of minor or are in any way connected with such participation by minor.

Parent or Guardian \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_