



GHA Swim Team Registration Form 2022

Registration : Circle one Cash or Check : # _____ Amount: Circle one \$40 \$50 \$60

\$50.00 Work Bond Check # _____
 \$20 CASH Snack Stand donation _____

Last Name	First Name	Date of Birth	Age on June 1st	M/F	T-Shirt Size

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Parents/Guardians:

Address:

Cell Phone 1.	Cell Phone 2.
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Email 1.	Email 2. (if needed)
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Allergies/Medical Conditions:

Hospital Preference:

Photo Release: I, _____ hereby give my consent for GHA to use my and/or my child(ren) listed above, photographs in our swim team slideshow, the GHA website, and/or social media platforms. Signature: _____ Date: _____



Meet Attendance

A lot of time is put into making meet sheets. In respect to our coaches, please let us know ahead of time what meets you can and cannot attend. It is very difficult to change everything around the day of a swim meet.

LAST NAME: _____

MEET	Attending	Declining	Comments
Saturday, June 18th Red & Black meet (home) <ul style="list-style-type: none"> Everyone should attend so the coaches can get times for all swimmers 			
Saturday 6/25 8:00am @ Pleasant Valley			
Wednesday 6/29 5:00pm vs. Stardust			
Wednesday 7/6 5:00pm @ Lake Hiawatha			
Saturday 7/9 8:00am vs. Bernardsville			
Wednesday 7/13 5:00pm vs. Cromwell			
Saturday 7/16 8:00am @ Chester			
Wednesday 7/20 5:00pm vs. Morris Plains			
Saturday 7/23 8:00am @ Hackettstown			
Saturday 7/30 12/U MOC @ TBD			
Sunday 7/31 13+ MOC @ TBD			



NIGHT PRACTICE SIGN UP



TUESDAY & THURSDAY

6:15- 7:00 OR 7:00-7:45

Age groups will be determined once we have a list of who's attending and times are subject to change based on attendance

Night practice is **ONLY** for swimmers who will be attending camp during the day and cannot attend morning swim practice. It is **NOT** a substitute for sleeping late or choosing to not go in the AM. Only families who sign up ahead of time will be able to attend night practice. Please fill in the form if you will be attending night practice otherwise we will expect to see you in the morning session.

WEEK	Swimmer Name	Swimmer Name	Swimmer Name	Swimmer Name
6/28 & 6/30				
7/5 & 7/7				
7/12 & 7/14				
7/19 & 7/21				
7/26 & 7/28				

We would like to welcome all new swimmers and returning families back for another great summer of swimming!

The GHA Swim Team is a summer team that is part of the Morris County Summer Swim League. Our swimmers range in age from 6 -18 and **MUST** be able to swim one complete lap unassisted in order to attend practices and compete. Our swim team will teach basic competitive swimming skills, build self-esteem, and improve strokes. The goals of our swim team are for the children to learn, swim, individual improvement, be on a team and engage in friendly competition. It is a great way to meet new friends, stay active and have lots of fun!

Registration:

We will have open, in person registration as well as a dining to donate fundraiser at

Panera Rt 10 Denville

Tuesday May 24th 5pm - 7:30pm.

If you cannot attend in person, registration forms can be dropped off at

Alicia Sabatini's house: 26 Pondview Rd

Fee: (not included with the work bond) \$40 for 1 kid, \$50 for 2 kids, \$60 for 3+ kids

Team bathing suits:

Please visit California Beach Hut in Denville on Main St. Mention Glacier Hills swim team and they will get you the correct suit. *** Although we do not require a team suit it is greatly suggested. However if you do not purchase the team suit ONLY red or black suits must be worn at meets. If any other color is worn you will be asked to change or not swim. As per the league rules on swim caps: current team caps and generic only - HS or club caps cannot be worn at meets.

Swim Meets

- We will have dual meets on **Wednesdays at 6:00pm and Saturdays at 9:00am**. Each meet will be against another team in the Morris County Swim League. The league sets the schedule. Again, we appreciate your understanding and flexibility as the schedule/location may change after the season begins.
- Please **arrive 1 hour before** the meet is scheduled to begin. Please make every effort to attend the meets – your team and coach depend on you! While at the meets, it is essential that all swimmers stay in the location designated by the coaches (**NOT ON THE PLAYGROUND**)- This is important for the people marshaling the swimmers. **Please do not leave a meet early**. Even though your swimmer may be finished with his/her

races, there is a chance we will need the swimmer to fill in for someone who may not be feeling well at the last minute. We are a team, and we want to cheer for **all** the children when they swim. If you need to leave early, please make sure the coaches know.

- **After a meet** – please clean up after yourself.

Weather

In the event that a practice or meet is canceled due to weather, you will receive an email as soon as we know.

Snack Stand donation

In order to make some money for our team, we sell food at every HOME swim meet. We ask each family to donate food for every home meet OR a one-time **\$20 CASH** donation. Our snack stand will ONLY consist of pre-packaged foods- nothing homemade.

Each family will need to pay a \$50 work bond check dated 8/1/2022

The success of our swim team requires many hours of volunteer time. It takes about 22 volunteers to run a swim meet. In order to pull this off we are asking all families to support the team by volunteering. This not only makes our swim meets possible but you will have more fun by participating in the event.

We have a shortage of officials, please consider training for one of these positions.

The league runs a few Official training sessions. If anyone is interested please contact :

Alicia Sabatini ANavoy@comcast.net

Volunteer Descriptions:

() = how many volunteers needed per meet

Officials: (2) Run the meet, interpret the rules, and monitor swimmer's stroke and turn execution. **Officials need to be certified through a clinic.**

Timers/Backup Timer: (7) Timers are responsible for timing each race using a stopwatch provided by the team. There is a timer from each team working each lane, but the home team timer writes both times down on the card and then gives it to the runner. The backup timer starts the watch at the beginning of the race and helps any timer whose stopwatch didn't start correctly.

Finish Judge/Across the board: (1) Stands at the finishing end of the pool and marks who finishes in what place. Place is usually determined by the swimmer's time, but if two swimmers tie according to the stopwatches, the place judge results may be used to overrule the time.

Runner: (1-2) Collects the timers and finish judges' slips and delivers them to the scorer's table at home meets.

Marshaller:(1-2) Make sure the kids get to the correct lane and behind the block in time for their races

Concession Stand: (2) Sells concessions at the home meets. Collects parent donations and checks family names off for each donation.

50/50 Raffle Sales: (2) Sells 50/50 Raffle tickets.

Set up / break down: (3-5) Setting up the pool for the swim meet. Removing ladders and diving boards, setting up starting blocks, flags, lane lines, and tables. After the meet, we need to undo everything we just did.

League Website:

<https://morriscountysummerswimleague.swimtopia.com>

Practice Schedule

Starting **June 13th:**

Monday & Wednesday 11+ 6:00-7:00pm

Tuesday & Thursday 10 & under 6:00 - 7:00pm

Starting **Friday June 24th:**

Morning Practice Monday- Friday

- Ages 10 and under: 9:00am - 10:00am
- Ages 11and up: 10:00 - 11:00am

Evening Practice with sign up ONLY Tuesday & Thursday : 6:30-7:15 OR 7:15-8:00