

EAST BAY SWIM LEAGUE APPLICATION

TEAM: _____ FAMILY LAST NAME: _____ YEAR: _____

Street: _____ Zip: _____

City: _____ Phone: _____

Email: _____

Welcome to the East Bay Swim League (EBSL)! Please list, **in order of birth date**, the following information for each swimmer. **New Swimmers** must attach 1 copy of their birth certificate to the application.

First Name:	Returning <input type="checkbox"/> New <input type="checkbox"/>	Birth Date:	Age as of 6/1:	Sex: <input type="checkbox"/> F <input type="checkbox"/> M
First Name:	Returning <input type="checkbox"/> New <input type="checkbox"/>	Birth Date:	Age as of 6/1:	Sex: <input type="checkbox"/> F <input type="checkbox"/> M
First Name:	Returning <input type="checkbox"/> New <input type="checkbox"/>	Birth Date:	Age as of 6/1:	Sex: <input type="checkbox"/> F <input type="checkbox"/> M
First Name:	Returning <input type="checkbox"/> New <input type="checkbox"/>	Birth Date:	Age as of 6/1:	Sex: <input type="checkbox"/> F <input type="checkbox"/> M

PLEASE ANSWER THE FOLLOWING QUESTIONS

1. Has any swimmer participated in a USS competitive swim program in the past *24 consecutive months, counting back from December 31st*? If your answer is YES, please provide a complete listing of all competitive swim teams you have participated in using the table below. Also, if the answer is YES, please see the team registrar or President.

Check One: **YES** **NO**

2. Has any swimmer participated in ANY competitive swim program (excluding scholastic programs) from 1/1 to 3/31 of this year? If the **answer is YES, stop and read the attached eligibility rules**. YOU ARE INELIGIBLE TO SWIM IN THE EBSL.

Check One: **YES** **NO**

3. Has any swimmer participated in a stroke and turn clinic during the months of January, February, and/or March of this year? If YES, please complete the table below. If the swimmer participated in more than 15 total hours per month, he/she is ineligible to swim in the EBSL.

Check One: **YES** **NO**

Swimmer's Name	Clinic Name	List Total # of Hours and Dates

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4. ONLY NEW swimmers 18 years old need to fill in: If the swimmer is 18 years old, prior EBSL experience MUST be listed. If swimmer does not have any prior EBSL experience, he/she is ineligible to swim in the EBSL.

Swimmer's Name	Team Name	Dates of Participation

Before submitting this application, please read the “Swimmer Eligibility” rules below. By signing this application, you are verifying that all information is true and correct. Please be sure that you understand the penalties of submitting an application with false information.

East Bay Swim League Rules & Regulations

Rule 3 (Team Personnel “Swimmer’s Eligibility”), Section 2 (Revised 12/00)

Article 4: Any swimmer is eligible to apply for participation in the EBSL season provided that the swimmer does not participate in any Organized Swim Program (excluding scholastic programs and those permitted under article 6 of the rule) from January 1 through March 31 of the same year. An EBSL swimmer shall not participate in any other Organized Swim Program (excluding scholastic programs) from April 1 to the end of the EBSL season.

Article 5: A swimmer with 24 consecutive months USS experience immediately prior to January 1 shall not be eligible to swim for the EBSL.

Article 6: Swimmers may swim in instructional/conditioning swim classes (limited to swim lessons and stroke/turn clinics, not part of a competitive swim team) during the months of January, February, and March not to exceed a total of 15 hours per month total water time during this period.

PENALTIES

1. For an individual submitting a false League application affecting eligibility: disqualification for the season.
2. For an individual swimming without a League application on file: disqualification for the meet(s) in which the swimmer has participated.

Swimmer Signature: _____ Date: _____
(If you are 18 or your team requires a swimmer signature)

Parent Signature: _____ Date: _____

Verification of New Swimmer’s Birth Certificate

 Team President Signature

 Date

NEW SWIMMERS MUST ATTACH 1 COPY OF THEIR BIRTH CERTIFICATE TO THE EBSL APPLICATION



Emergency Medical Form

Swim Season

Team

Please print legibly

Swimmer Information

Last Name		First Name		Middle Name	
Street Address			City	State	Zip
Home Phone	Date of Birth	Age	Male	Female	

Parent Information (Guardian)

Last Name (Father)		First Name		Middle Name	
Last Name (Mother)		First Name		Middle Name	
Street Address (if different)			City	State	Zip
Home Phone	Work # (Father)	Work # (Mother)	Other Phone #'s		

Does the swimmer have any special medical condition (allergies, sensitivities to medications or any special conditions) that you feel we should know about?

Is the swimmer taking any medication? Please list.

Medical Insurance Carrier	Policy #	Group #
Physician	Address	Phone
Dentist	Address	Phone
Preferred Hospital		

Contacts (in the event parents cannot be reached)

(you must list a minimum of two local contacts)

Contact	Address	Home Phone	Work Phone
Contact	Address	Home Phone	Work Phone
Contact	Address	Home Phone	Work Phone

As parent or guardian of the designated swimmer, I hereby give my permission for my son/daughter to participate with the East Bay Swim League for the _____ swim season.

In case of injury, I give the Swim Team permission to obtain necessary medical treatment. I understand any costs associated with necessary medical treatment are my responsibilities.

The swimmer and parents agree to abide by the East Bay Swim League Rules and your individual team rules and bylaws.

Please sign below if you understand and agree with all of the above, then return this form to the designated team secretary.

Signature of Parent/Guardian _____ Date _____

Signature of Parent/Guardian _____ Date _____

Signature of Swimmer _____ Date _____

Southgate Penguins Family Contract - Parent's Agreement

1. I acknowledge that I or another adult member of my family must work one (1) shift at each swim meet including championships.
2. I agree to drop off my child no more than ten (10) minutes prior to the start of his/her scheduled practice and to pick up my child promptly at the end of his/her practice time. In the event I am staying for swim practices, I agree to supervise my other children.
3. I agree to be present at all swim meets, including championships, in which my child will be present.
4. If my child will not be able to attend a swim meet, I agree to notify the coaches **NO LATER than the Monday BEFORE the scheduled swim meet. If my child will not be attending Championships I will notify the coaches by July 1st.**
5. I acknowledge that our Swim–A–Thon is a mandatory team fundraiser requiring a minimum pledge of \$25.00 per swimmer, even if my child is unable to participate.
6. As the team uniform is the specified team suit, my child will wear the designated team suit at all swim meets and picture day. To guarantee delivery before our first meet the **team suit must be ordered by May 1st.**
7. I understand that the coaches are not to be disturbed during swim practices and/or swim meets.
8. I have read and agree with the Champ/Dual Meet 100 Policy.
9. I agree to submit a deposit of \$150.00 in the form of a check as security for this agreement. I further agree that I will forfeit \$25.00 of my deposit for each violation of the above rules. I understand this is a permanent deposit check which will be cashed and will remain in effect from year to year as long as my family remains with the team. When my family retires from the team or we decide to leave for whatever reason, the deposit will be returned, less any money subtracted for rules violations. *Note: All families must have a balance of \$150 in their permanent deposit at the beginning of each season. If money was subtracted from your deposit for infractions you will be required to pay this amount before the beginning of the next season in order to register for the team. A family with more than four (4) violations of this agreement in one year will not be allowed to return to the team.*

Please Print Family Name: _____

E-mail Address: _____

Parent Signature: _____ Date: _____

Phone: _____

Penguin Families,

This year our team roster will once again exceed 100 members. Since league rules changed a few years ago allowing ALL swimmers on a team's roster to score points in dual meets, having a large team means being able to fill out our relay events thereby increasing our point scoring potential. However, EBSL rules state that only 100 swimmers from each team will be allowed to swim at Championships (the big meet at the end of the season where all EBSL teams compete). Unfortunately, this means that some of our swimmers must be excluded from participating at Championships.

The Executive Board and coaches have conferred on how best to deal with the issue of choosing the swimmers for championships and have created a policy for selecting these 100 swimmers, or "Champ 100," which gives due consideration to each swimmer based on a variety of important factors of team membership.

Southgate Swim Team Policy for Selecting the "CHAMP 100"

The Southgate Champ 100 are those 100 swimmers selected to participate in the EBSL Championship Meet at the end of the season.

Coaches' Guidelines:

The Champ 100 swimmers will be selected by the team coaches according to the following guidelines. Listed in order of importance, they are:

1. Ability to score points.
2. Age group balance.
3. Dedication, number of meets and practices attended.
4. Number of years with the team and senior/graduating status.
5. Team spirit and overall attitude.

Notes:

- In order to be eligible for championships, swimmers must participate in at least 4 dual meets during the season.
- The Champ 100 roster will be posted at the club prior to being submitted to the league.
- In cases where there is disagreement with the coaches' selection, swimmers/parents must contact the coaches for an explanation. Should this not lead to a satisfactory outcome, cases can be brought before the Executive Board for resolution. The decision of the Executive Board will be final.

Southgate Swim Team Policy for Selecting Swimmers for Dual Meets When Restricted to 100 Swimmers

League rules state that the home team may restrict the visiting team to 100 swimmers when necessary, for purposes of conforming to the rules of the home team's pool regarding time constraints, parking, club capacity, noise, etc. When we are the visiting team under these conditions, the coaches will use the guidelines above for selecting the 100 swimmers who will participate in the dual meet.



2008 SOUTHGATE MEET SCHEDULE



DATE	PLACE	THEME
May 31st	SG @ Warm Springs	Pajamas
June 7th	SG @ Chabot	Halloween
June 14th	SG @ San Leandro	Disney
June 21st	Columbia @ SG	Crazy Hats
June 28th	Manor @ SG	Fiesta
July 5 th	BYE MEET	~~~~~
July 12 th	Treeview @ SG	Hawaiian
July 19th	Newark @ SG	Mardi Gras
July 26 th	CHAMPS @Chabot College	Penguin Pride



2008 SOUTHGATE ACTIVITIES



DATE	EVENT	TIME
Sat. April 19th	Sign-Ups	Noon - 2:00 p.m.
Mon. April 7th	Practice Begins	SEE PRACTICE SCHEDULE
Sat. May 17 th	Practice Meet	8:30 a.m. - Noon
Sat. May 17th	Hello BBQ	Noon - 4:00 p.m.
Thurs. June 19th	Picture Day	4:30 p.m.
Wed. June 25 th	Raging Waters	10:00 a.m. - 6:00 p.m.
Wed. July 9 th	Swim-a-thon	During practice
Sat. July 12 th	Sleepover	6:00 p.m.
Sat. July 19th	Alumni Meet	During Swim Meet
Thurs. July 24 th	Pasta Push/Raffle	6:00 p.m.-9:00 p.m.
Fri. July 25 th	Spirit Day	TBA
Sat. July 26th	Post Champs Dinner	6 p.m.
Sat. Sept. 6 th	Awards Dinner	6:00 p.m. - 10:00 p.m.

SPRING PRACTICE SCHEDULE

Beginning Monday April 7th

Monday - Friday

8 & Under	4:45 – 5:30 p.m.
9 - 10	5:30 - 6:15 p.m.
11 – 12	6:15 – 7:15 p.m.
13 & Up	7:15 – 9:00 p.m.



SUMMER MORNING PRACTICE

Beginning Monday June 16th

Monday – Friday

13 & Up	7:30 – 9:00 a.m.
11 – 12	9:00 – 10:00 a.m.
9 – 10	10:00 – 10:45 a.m.
8 & Under	10:45 – 11:30 a.m.



SUMMER NIGHT PRACTICE

Beginning Monday June 16th

Monday – Thursday

10 & Under	7:00 – 8:00 p.m.
11 & Up	8:00 – 9:30 p.m.



2008 EBSL DUAL MEET SCHEDULE

AS OF 10-31-07

SATURDAY MAY 31		
GLENMOOR	@	CHABOT
HIGHLANDS	@	COLUMBIA
MISSION VALLEY	@	SAN LEANDRO
SOUTHGATE	@	WARM SPRINGS
KENNEDY	@	TREEVIEW
WASHINGTON MANOR	@	NEWARK

SATURDAY JUNE 28		
CHABOT	@	COLUMBIA
TREEVIEW	@	SAN LEANDRO
WASHINGTON MANOR	@	SOUTHGATE
MISSION VALLEY	@	GLENMOOR
NEWARK	@	HIGHLANDS
KENNEDY	@	WARM SPRINGS

SATURDAY JUNE 7		
SOUTHGATE	@	CHABOT
COLUMBIA	@	SAN LEANDRO
WASHINGTON MANOR	@	TREEVIEW
NEWARK	@	GLENMOOR
KENNEDY	@	HIGHLANDS
WARM SPRINGS	@	MISSION VALLEY

SATURDAY JULY 5		
<h2 style="margin: 0;">NO MEETS</h2>		

SATURDAY JUNE 14		
CHABOT	@	WASHINGTON MANOR
TREEVIEW	@	COLUMBIA
SOUTHGATE	@	SAN LEANDRO
GLENMOOR	@	KENNEDY
WARM SPRINGS	@	HIGHLANDS
MISSION VALLEY	@	NEWARK

SATURDAY JULY 12		
SAN LEANDRO	@	CHABOT
COLUMBIA	@	WASHINGTON MANOR
TREEVIEW	@	SOUTHGATE
GLENMOOR	@	WARM SPRINGS
HIGHLANDS	@	MISSION VALLEY
NEWARK	@	KENNEDY

SATURDAY JUNE 21		
CHABOT	@	TREEVIEW
COLUMBIA	@	SOUTHGATE
SAN LEANDRO	@	WASHINGTON MANOR
HIGHLANDS	@	GLENMOOR
KENNEDY	@	MISSION VALLEY
WARM SPRINGS	@	NEWARK

SATURDAY JULY 19		
CHABOT	@	MISSION VALLEY
COLUMBIA	@	KENNEDY
SAN LEANDRO	@	GLENMOOR
NEWARK	@	SOUTHGATE
TREEVIEW	@	HIGHLANDS
WARM SPRINGS	@	WASHINGTON MANOR

<h2 style="margin: 0;">CHAMPIONSHIPS - SATURDAY JULY 26, 2008</h2>
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NORTH VS. SOUTH DIVISION MEETS		
CHABOT	VS.	MISSION VALLEY / GLENMOOR
COLUMBIA	VS.	KENNEDY / HIGHLANDS
SAN LEANDRO	VS.	MISSION VALLEY / GLENMOOR
SOUTHGATE	VS.	WARM SPRINGS / NEWARK
TREEVIEW	VS.	KENNEDY / HIGHLANDS
WASHINGTON MANOR	VS.	WARM SPRINGS / NEWARK

SOUTH VS. NORTH DIVISION MEETS		
GLENMOOR	VS.	CHABOT / SAN LEANDRO
HIGHLANDS	VS.	COLUMBIA / TREEVIEW
KENNEDY	VS.	COLUMBIA / TREEVIEW
MISSION VALLEY	VS.	CHABOT / SAN LEANDRO
NEWARK	VS.	WASHINGTON MANOR / SOUTHGATE
WARM SPRINGS	VS.	WASHINGTON MANOR / SOUTHGATE