

# ECAC SWIMMING

2503 SEACREST BLVD. DELRAY BEACH, FL 33444

ECACSWIM.COM

[561] 236 - 7733

SWIMECAC@GMAIL.COM

 **BOUGIE CENTER**  
for Chiropractic &  
Alternative Medicine  
Dr. David J Bougie Jr

**WE TREAT OUR PATIENTS LIKE FAMILY**

9033 Glades Road, Suite C  
Boca Raton, Fl. 33434  
Office: 561.826.3664  
Cell: 561.376.3699  
Fax: 561.826.3663  
Email: [AlignYourSpine@aol.com](mailto:AlignYourSpine@aol.com)



**WEALIGNYOURSPINE.COM**

# WHO WE ARE

East Coast Aquatic Club is located in Delray Beach, FL. The team was established in July 2013 by Head Coach and club owner John Kjaerulff. ECAC started out as a small group of ambitious swimmers with goals and aspirations to become better swimmers within the Florida Gold Coast LLC and nationally.

Each year, ECAC continues to produce swimmers who qualify for the LSC Championship series, as well as swimmers who represent the LSC at the All-Star Duel meet and Southern Zone meets. Swimmers across all age groups qualify for a multitude of qualifying meets including: The Futures Championship, TYR International Elite Showcases, Speedo Sectionals, USA Swimming Junior Nationals, USA Swimming Open, and USA Swimming Nationals.

In April 2019, John Kjaerulff stepped down as owner and Head Coach, naming Coach Alison Templin as his successor. Alison continues to preserve the philosophy that John instilled in the team. ECAC strives to be a team that provides excellent stroke technique and the tools for swimmers to be competitive and reach their fullest potential, with a centered focus on creating an environment that teaches swimmers camaraderie, time management, sportsmanship, discipline, and most importantly, teamwork.

# OUR MISSION

Our goal at East Coast Aquatic Club is to develop and promote the ideals of hard work, sportsmanship, and fellowship within a safe and positive environment. The individual growth of our children is enhanced through the spirit of competition, discipline & fair play. These goals will be accomplished by providing structured programs designed to educate both participants and parents in all aspects of the sport. ECAC is committed to providing a youth program that will maintain the highest standards and guarantees a fun, positive experience for everyone involved.

# CONTACT INFORMATION

HEAD COACH + OWNER : ALISON TEMPLIN

[561] 236-7733 • SWIMECAC@GMAIL.COM

FACILITY ADDRESS:

2503 SEACREST BLVD. DELRAY BCH, FL 33444

TEAM REGISTRAR : CARA HERMAN

[419] 367-0696 • ECACMEETENTRIES@GMAIL.COM

## HOW TO JOIN

In order to join ECAC, you have to tryout! The purpose of a tryout is to determine which training group the swimmer will be placed in. This placement is based on age and ability level.

### EQUIPMENT NEEDED :

- Swimsuit
- Towel
- Cap + Googles [recommended]

Tryouts are held by appointment only,  
please

email: [SWIMECAC@GMAIL.COM](mailto:SWIMECAC@GMAIL.COM)

or call [561] 236-7733

to schedule your child's tryout!

## TEAM PHILOSOPHY

The East Coast Aquatic Club is a competitive program designed to give children the opportunity to progress from novice level swimming to championship level swimming at the National level. ECAC strives to be a team that provides excellent stroke technique and the tools for swimmers to be competitive and reach their fullest potential, with a centered focus on creating an environment that teaches swimmers camaraderie, time management, sportsmanship, discipline, and most importantly, teamwork.

## SPONSORSHIPS

If you or your business consider sponsoring our club, anything is possible! It's a fantastic opportunity for your business to support a club that promotes: sportsmanship, self-development and enjoyment through the sport of swimming. Sponsoring ECAC is an excellent opportunity to promote your business to hundreds of families in Palm Beach County and surrounding areas.

Please contact Alison Templin (561)236-7733 for more info.

## ECAC IS PROUDLY SPONSORED BY:

The Bougie Center for Chiropractic +  
Alternative Medicine

The Bougie Center has extended this  
voucher to all ECAC families.

**ECAC SWIMMING**

**boc**  
**BOUGIE CENTER**  
for Chiropractic &  
Alternative Medicine  
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9033 Glades Road, Suite C. Boca Raton Raton Fl. 33434  
**OFFICE: 561.826.3664      CELL: 561.376.3699**

**WEALIGNYOURSPINE.COM**

**Bring this Voucher to Receive 20% off Your First Visit**

**20% OFF**

**CHIROPRACTIC - MASSAGE - PHYSICAL THERAPY - ACUPUNCTURE - DIAGNOSTICS REFERRALS - CBD PRODUCTS**

# ECAC GROUPS + PRACTICE INFORMATION

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## GUPPIES >> COACH ALISON

3 days per week

Tuesday through Thursday • 3:15–3:45 p.m.

The Guppies group is designed for children 7 years of age and younger. These swimmers are at the beginning stages of swimming. Swimmers in this group are water safe and are able to swim 25 yards without stopping. However, they lack technical skills to complete all 4 strokes. This group has the smallest roster number on the team with a maximum of 8 swimmers and will require the coach to teach from within the water most practices.

## DOLPHINS >> COACH BROOKE

4 days per week

Tuesday through Friday • 3:15–4:00 p.m.

**ATTENDANCE - SWIMMERS SHOULD ATTEND AT LEAST 2- 3 PRACTICES PER WEEK.**

The Dolphin Group is the next step after completing the requirements for move-up from the Guppies group. Swimmers in this group can swim Backstroke and Freestyle (with lateral breathing) for 25 yards without stopping. Breaststroke and Butterfly are introduced in this group, as well as competitive race starts and flip turns.

## BRONZE >> COACH BROOKE

5 days per week

Monday through Friday • 4:00–5:00 p.m.

**ATTENDANCE - SWIMMERS SHOULD ATTEND 3-5 PRACTICES PER WEEK.**

The Bronze group is designed for swimmers 7-9 years of age who are able to swim all 4 strokes, as well as, perform a race start and a flip turn. Swimmers will focus on stroke technique and develop their enthusiasm for swimming while learning the skills they will need to transition to the next group. The goal will not only be on the swimming portion but also learning skills necessary to compete in the sport of swimming such as working with teammates, following directions, listening to coaches, more advanced drills and learning to read the pace clock.

# ECAC GROUPS + PRACTICE INFORMATION

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## SILVER >> COACH STEVEN

5 days per week

Monday through Friday • 4:00–5:15 p.m.

**ATTENDANCE - SWIMMERS MUST ATTEND A MINIMUM OF 4 PRACTICES PER WEEK**

The Silver Group is designed for ambitious 9-10 year old swimmers who have a minimum of B times with a goal to achieve Junior Olympic qualifying times. This is our most competitive group for swimmers under 10 years of age. The focus in Silver Group is to continue to improve stroke technique in all 4 strokes while developing an aerobic base and speed work. Dry land is introduced in this group twice per week for approximately 20 minutes focusing on core exercises.

## WHITE >> COACH JANET

5 days per week

Monday through Friday • 5:00-6:30 p.m.

**ATTENDANCE - SWIMMERS SHOULD ATTEND 3-4 PRACTICES PER WEEK IF POSSIBLE.**

The White group is designed for swimmers 12 - 15 years of age who are still considered novice swimmers. These swimmers may or may not choose to compete. Stroke technique is the main focus, with introduction to speed work and aerobic training. Dryland exercises will be included in White group.

## GOLD >> COACH STEVEN

6 days per week

Monday through Saturday • 5:15–7:15pm // 8:00-10:00am

**ATTENDANCE - SWIMMERS MUST ATTEND A MINIMUM OF 5 PRACTICES PER WEEK + 3 SATURDAYS PER MONTH. 100% COMMITMENT IS THE GOAL.**

This is our most competitive and ambitious 12 & under group. 100% commitment is required to be part of this group. Swimmers in this group aim for JO cut times, as well as motivational A-AAAA cut times. Swimmers practice 6 days a week for two hours a day with additional hours during the summer. Speed work and aerobic capacity becomes more important in this group while still continue stroke work with more advanced drills. Dryland exercises is included 3 times per week in this group.

## DEVELOPMENTAL SENIOR >> COACH BROOKE

6 days per week

Monday through Saturday • 5:00–7:00pm // 7:30-9:30am

**ATTENDANCE = SWIMMERS SHOULD ATTEND ALL PRACTICES OFFERED IF POSSIBLE.**

Senior I group is designed for swimmers in high school who may or may not have goals to be highly competitive. Focus will be on aerobic training and continuous stroke technique, speed work with dryland exercises.

# ECAC GROUPS + PRACTICE INFORMATION

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## PRE-NATIONAL GROUP >> COACH DAVID

6 days per week // 1 AM practice per week

Monday through Saturday • 5:00–7:00 p.m // 5:15-6:40 am // 7:30-9:30am

**ATTENDANCE - SWIMMERS SHOULD ATTEND 90% OF PRACTICES + 100% COMMITMENT**

This group is for the most competitive and ambitious 11-12 year-olds and highly competitive 13-14 year-olds with full commitment to the sport. Swimmers in this group must have achieved JO cut times, with the aim for AA-AAAA times, Senior Champ cut times, and Sectional cut times. Swimmers are expected to have all proper equipment, exhibit leadership skills, be self-governing, and eager to compete. These swimmers aim to move up to the National Group. Every aspect of swimming is coached at this level, including drill work, speed work interval training, goal setting, race strategy, etc. Practices are offered 6 times a week for 2 hours, with Dry land 3 times per week for 45-60 minutes there are additional hours during the summer. 100% commitment is required. Training consists of more intense work outs, with a high volume of aerobic training, as well as anaerobic focused sets.

## NATIONAL GROUP >> COACH ALISON

6 days per week // 2 AM practices per week

Monday through Saturday • 4:00–6:30 p.m // 5:15-6:40am // 7:00-9:30am

**ATTENDANCE - 100% COMMITMENT IS REQUIRED FOR THIS GROUP**

National Group is designed for the top swimmers on our team. Swimmers in this group spend 18-20 hours per week practicing with additional hours during the summer. Practices in this group are very demanding and will include all aspects of swimming. Dry land is done at least 3 times per week and consists of core exercises, weight training, stretch cords, and cardio. Swimmers in this group will compete at the highest level of local and National meets and may travel to away meets and training camps. On certain days, this group will be divided in to smaller groups to work on specific strokes based on individual needs.

# GEAR + SWIM MEETS

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## EQUIPMENT

Each swimmer is responsible for bringing their equipment with them for every practice they attend. The following is a list of equipment required for each group. We suggest that each swimmer carries this equipment in a mesh bag and that you label the bag and all of its contents with a permanent marker.

- **GUPPIES** : Goggles, Fins, + Kickboard
- **DOLPHINS** : Goggles, Fins, + Kickboard
- **BRONZE** : Fins, Kickboard, Pull Buoy + Water Bottle
- **SILVER** : Fins, Kickboard, Pull Buoy, Paddles, Snorkel + Water Bottle
- **GOLD** : Fins, Kickboard, Pull Bouy, Paddles, Sculling Paddles, Snorkel, Drag Suit + Water Bottle
- **WHITE** : Fins, Kickboard, Paddles, Pull Buoy & Water Bottle
- **PRE-NATIONAL** : Long+ Short Fins, Kickboard, Pull Buoy, Paddles, Sculling Paddles, Snorkel, Drag Suit + Water Bottle
- **DEVELOPMENTAL SENIOR** : Fins, Kickboard, Pull Buoy, Paddles, Snorkel, Drag Suit, + Water Bottle
- **NATIONAL** : Long+ Short Fins, Kickboard, Pull Buoy, Paddles, Sculling Paddles, Snorkel, Drag Suit, Power Bags + Water Bottle

## SWIM MEETS

Swim meets are the fun part of the sport. This is where all of the athlete's hard work pays off! We encourage all ECAC swimmers to compete in meets. Swimmer's are expected to **ONLY** wear their ECAC uniform to meets: ECAC suit + cap, Gray shirt on Friday, Blue on Saturday + White on Sunday.

All swim meets will have a cost. The rule of thumb is the faster the meet the more expensive the fees. The cost breakdown is as follows :

- Facility charge - \$3.00 to \$20.00 per meet
- Event fee - \$3.00 to \$10.00 per event
- Relay fee - This fee is split among the relay members.
- Team surcharge - \$10.00 to \$100.00 per meet depending on the location.

The team pays for all meet fees with one check at the meet. Meet entries are submitted to the host team by the event deadline and fees will be charged through Team Unify upon the submission of entries

# FOLLOW US!

## WEBSITE :

[www.ecacswim.com](http://www.ecacswim.com)

## FACEBOOK :

[www.facebook.com/eastcoastaquaticclub](http://www.facebook.com/eastcoastaquaticclub)

## INSTAGRAM :

[www.instagram.com/eastcoastaquaticclub](http://www.instagram.com/eastcoastaquaticclub)

## PARENT'S PAGE :

This page is run by the parents as a way to share + communicate. Please search ECAC Parent Club on Facebook.

## COACHES E-MAIL ADDRESSES

ALISON TEMPLIN - [atemplin215@gmail.com](mailto:atemplin215@gmail.com)  
DAVID GELATT - [degelatt@gmail.com](mailto:degelatt@gmail.com)  
STEVEN STANKOVIC - [dragan.steven96@gmail.com](mailto:dragan.steven96@gmail.com)  
BROOKE TOMSULA - [brooketomsula@gmail.com](mailto:brooketomsula@gmail.com)  
JANET SINISCALCHI - [jsiniscalchi@hotmail.com](mailto:jsiniscalchi@hotmail.com)

## FINANCIAL OBLIGATIONS

Monthly payments will consist of two different fees: the Coaches Fee and an ECAC Administrative Fee. Both payments are due on the 1st of every month. Late fees will apply for late payment; a \$10.00 fee for Coaches fees not paid by the 5th, and a \$5.00 fee for late Administrative fee payments.

If any dues are not paid by the 15th of the month, an additional late fee totaling \$10.00 will be applied, and the swimmer will not be allowed to participate in their group's practice until the dues + late fees are paid.

If a swimmer does not participate in practice for one month or longer, a Reinstatement Fee [equal to one month of coaching fees] must be paid in addition to the dues for the month the swimmer returns to the program.

### COACHES FEE

Coaches fees need to be paid by the 5th of the month. Late fees will be charged on the 6th of the month. If remittance is not yet received, additional late fees will be charged. Post-dated checks will not be accepted. Please do not include multiple monthly fees on one check. Any checks that are written incorrectly will be returned.

## PROCEDURES FOR COACHES FEE PAYMENTS

- Checks can either be given to Coach Alison, Cara Herman, or to the front cashier. All checks must include your drivers license number, child(s) name, practice group and month paying.
- Checks sent directly from your bank may be sent to: Aqua Crest Pool, 2501 Seacrest Blvd, Delray Beach, FL. 33444
- Any cash payments can be delivered to Coach Alison, Cara Herman, or to the front cashier. Please place cash payments in an envelope that includes the team name (ECAC), your child's name, practice group, month paying for and the amount enclosed.
- You may set up direct deposits! The steps are as follows :
  - You will have to visit the cashier booth during operating hours and request to sign up for auto-bill payments.
  - The cashier will upload your credit card to the system for payments.
  - You will be billed on the 1st of the month.

For those families with multiple swimmers, a coaches fee discount will apply.

First Child : Full Fee

Second Child : Discount of \$5.00

Third Child : Discount of \$10.00

Fourth Child : Discount of \$10.00

## ADMINISTRATIVE FEE

The Administrative Fee is separate from the monthly coaches fee and can only be paid through the ECAC website. This fee will be charged monthly to your Team Unify account beginning May 1st. Late fees will be charged on the 6th of the month. If remittance is not yet received, additional late fees will be charged.

## PROCEDURES FOR COACHES FEE PAYMENTS

The fee will be included in your Team Unify invoice, and payment will be made through that website. Please make sure that your credit card or bank account information is up-to-date.

For families with multiple swimmers, an administrative fee discount will apply.

First Child : Full Fee

Second Child : Discount of \$5.00

Third Child : Discount of \$5.00

Fourth Child : Discount of \$5.00

# ECAC FINANCIAL OBLIGATIONS

## COACHING FEE POLICY

The monthly coaching fees are due before the 5th of each month. New swimmers who register after the 15th of the month will have their coaching fees prorated at \$55.00 for the first month only. Families with more than one child registered with ECAC will receive a discount of \$5.00-\$10.00 dollars (see above) for each additional child. The fees are as follows :

**Guppies: \$85 • Dolphins: \$85 • Bronze: \$90 • Silver: \$100 • Gold \$100 • White \$95  
Developmental Senior: \$100 • Pre-National: \$115 • National \$125**

If dues are not paid by the 5th of each month, an additional late fee of \$10.00 will be added to the account. Late fees are non- refundable. If the dues are not paid by the 15th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, due to other activities, holidays, vacations, or for any other reason, a Reinstatement Fee (equal to one month of coaching fees) must be paid in addition to the coaching fees for the month in which the swimmer returns to the program.

**Refunds:** We do not offer credits, refunds, or make-ups for missed practices.

## ADMINISTRATIVE FEE POLICY

The monthly Administrative fees are due before the 5th of each month. New swimmers who register after the 15th of the month will have their Administrative Fees prorated at \$55.00 for the first month only. Families with more than one child registered with ECAC will receive a discount of \$5.00 dollars for each additional child.

If dues are not paid by the 5th of each month, an additional late fee of \$5.00 will be added to the account. Late fees are non - refundable. If the dues are not paid by the 15th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid.

## MEET FEE POLICY

Any athlete must be committed by the event deadline in order to participate in any meet. No late commitments will be accepted. Swimmers who enter in a meet but choose not to attend must pay the required meet fees. Meet fees include:

Facility Charge : \$3.00 - \$20.00 per meet

Event Fee : \$3.00 - \$10.00 per event

Relay Fee : split among relay swimmers

Team Surcharge : \$10.00 - \$100 per meet. (the faster the meet the more expensive)

Meet entries are submitted to the host team by the event deadline and fees will be charged through Team Unify upon the submission of entries.

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Signature

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Date

# EAST COAST AQUATIC CLUB REGISTRATION FORM

## REGISTRATION + USA SWIMMING FORM

### FEES INCLUDE :

-\$70.00 PER YEAR - USA SWIMMING  
REGISTRATION, INSURANCE + SPLASH  
MAGAZINE SUBSCRIPTION

-\$100.00 - ANNUAL ECAC MEMBERSHIP +  
ECAC CAP

**PLEASE MAKE CHECKS PAYABLE TO:  
ECAC IN THE AMOUNT OF \$170.00**

**ECAC PHOTO/VIDEO RELEASE :** I hereby give  
permission for images of my child to be  
captures at practices, meets or other ECAC  
events through video, photo and digital camera,  
to be used solely for the purposes of ECAC as  
promotional + educational material, and waive  
any rights of compensation or ownership.

SIGNATURE : \_\_\_\_\_

DATE : \_\_\_\_\_

Swimmer's Name : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Parent's Name : \_\_\_\_\_

Home Phone Number : \_\_\_\_\_

Cell Phone Number : \_\_\_\_\_

Parent's Email : \_\_\_\_\_

Address : \_\_\_\_\_

Parent's Signature : \_\_\_\_\_

Date : \_\_\_\_\_

A credit card is required to keep on file for any swim  
meet or other fees that occur.

**Credit Cards Accepted : Visa, MasterCard + Discover**

Name on card : \_\_\_\_\_

Credit Card Type : \_\_\_\_\_ Exp. Date : \_\_\_\_\_

Card # : \_\_\_\_\_ CVC : \_\_\_\_\_

Driver's License # : \_\_\_\_\_



**USA SWIMMING**

### 2019 ATHLETE - PREMIUM REGISTRATION APPLICATION FLORIDA GOLD COAST SWIMMING

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME	LEGAL FIRST NAME	MIDDLE NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>

PREFERRED NAME	DATE OF BIRTH (MO/DAY/YR)	SEX (M/F)	AGE	CLUB CODE	NAME OF CLUB YOU REPRESENT
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

(Bill, Beth, Scooter, Liz, Bobby)

GUARDIAN #1 LAST NAME	GUARDIAN #1 FIRST NAME	GUARDIAN #2 LAST NAME	GUARDIAN #2 FIRST NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

If not affiliated with a club, enter "Unattached"

MAILING ADDRESS

CITY	STATE	ZIP CODE
<input type="text"/>	<input type="text"/>	<input type="text"/>

U.S. CITIZEN:  YES  NO

AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS
<input type="text"/>	<input type="text"/>	<input type="text"/>

ARE YOU A MEMBER OF ANOTHER FINA  
FEDERATION?  YES  NO

IF YES, WHICH FEDERATION:  
\_\_\_\_\_

<p><b>DISABILITY:</b></p> <p><input type="checkbox"/> A. Legally Blind or Visually Impaired</p> <p><input type="checkbox"/> B. Deaf or Hard of Hearing</p> <p><input type="checkbox"/> C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment</p> <p><input type="checkbox"/> D. Cognitive Disability such as severe learning disorder, autism</p>	<p><b>OPTIONAL RACE AND ETHNICITY (You may check up to two choices):</b></p> <p><input type="checkbox"/> Q. Black or African American</p> <p><input type="checkbox"/> R. Asian</p> <p><input type="checkbox"/> S. White</p> <p><input type="checkbox"/> T. Hispanic or Latino</p> <p><input type="checkbox"/> U. American Indian &amp; Alaska Native</p> <p><input type="checkbox"/> V. Some Other Race</p> <p><input type="checkbox"/> W. Native Hawaiian &amp; Other Pacific Islander</p>
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**MAKE CHECK PAYABLE TO:**

**Florida Gold Coast Swimming**

**(ONLY Swim Club Check or Money Order)**

**MAIL APPLICATION & PAYMENT TO:**

**Richard Cavanah**  
**951 US Hwy #1**  
**North Palm Beach, FL 33408**

HAVE YOU REPRESENTED THAT  
FEDERATION AT INTERNATIONAL  
COMPETITION?  YES  NO

<b>2019 REGISTRATION FEE</b>	
Sept. 1, 2018 through Dec. 31, 2019	
USA Swimming Fee	\$60.00
LSC Fee	\$10.00
<b>TOTAL DUE</b>	<b>\$70.00</b>

YEAR LAST REGISTERED: \_\_\_\_\_ IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2018, ENTER THAT  
CLUB CODE: \_\_\_\_\_ LSC CODE: \_\_\_\_\_ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: \_\_\_\_\_

SIGN  
HERE x \_\_\_\_\_

SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

DATE

REG. DATE/LSC USE ONLY \_\_\_\_\_

- Check if you would like to learn more about the USA  
Swimming Foundation's initiatives
- Check if you would like to receive the electronic USA  
Swimming Newsletter (must be 13 years of age or older)

# MEDICAL + LIABILITY RELEASE FORM

Swimmer Name : \_\_\_\_\_ Date of Birth : \_\_\_\_\_

Address : \_\_\_\_\_

Parent/Guardian Names : \_\_\_\_\_

Home Phone : \_\_\_\_\_ Cell : \_\_\_\_\_

Email Address : \_\_\_\_\_

**EMERGENCY CONTACT**

Name : \_\_\_\_\_ Phone : \_\_\_\_\_

Relationship to Swimmer : \_\_\_\_\_

Swimmer Name:		
	YES	NO
Does swimmer have any know allergies?		
<b>SPECIFY: Has the swimmer had (in past year) or does the</b>		
Asthma?		
Chest Pain or Difficulty Breathing?		
Heart Trouble?		
High Blood Pressure?		
Fainting/Dizziness?		
Convulsions/Epilepsy?		
Head or Neck Injury?		
Spinal Injury?		
Injury to Bone?		
Injury to Joint?		
Wears contacts while swimming?		
Has the swimmer had all shots and inoculations required by your local school?		
Does the swimmer have any medical condition or impairment that would interfere with his/her participation on a swim team?		
<b>PLEASE LIST:</b>		
Other Pertinent Information:		

# MEDICAL + LIABILITY RELEASE FORM

## 1.0 POLICY

The policy of the East Coast Aquatic Club on any trip, at practice, or at a meet will be to call the parent or guardian, or their designee before taking a swimmer to the doctor or hospital in the event of an injury. However, in the case of an emergency or when neither parent, guardian, nor designee can be reached, the following permission form will allow treatment to be secured.

I, \_\_\_\_\_, being the legally empowered to do so as a parent and or guardian of \_\_\_\_\_, hereby grant to the coach of ECAC the right and power in my behalf to consent and give permission to any doctor or hospital to make such examinations, give such anesthesia, render such treatment, or perform such surgery on my child, as they deem necessary and advisable. Consent is hereby granted until withdrawn in writing while my child is with and an emergency exists and I, the parent/guardian am unavailable to act on behalf of my child.

## 2.0 RELEASE OF LIABILITY

I, \_\_\_\_\_, and my swimmer \_\_\_\_\_ understand that there are certain hazards and certain dangerous activities inherent in the operation of a swimming pool and swim team. These include, but are not limited to, slick surfaces, diving into shallow water, collision between swimmers, running on the deck and physical exhaustion. I have warned my child of these hazards, the importance of being careful around a pool, the importance of following all pool and swim team rules, and the importance of listening to and following the instructions of his/her coaches. I understand that even with the exercise of reasonable care, these dangers cannot be entirely eliminated. Accordingly, I agree on behalf of myself, the child named herein, and our heirs, successors, and assigns to hold harmless and release from any and all liability from East Coast Aquatic Club, its coaches, volunteers, agents, and/or Representatives from any and all claims arising from or inconnection with my child's participation in the East Coast Aquatics Club & the operation of the swimming pool, and/or the conditions of the other facilities.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

# ECAC SWIMMER CODE OF CONDUCT

## 1.0 PURPOSE

The purpose of the Code of Conduct is to encourage individual and team behavior that reflects the club's goals. ECAC strives to create an atmosphere of team unity, promote character development and encourage swimmers to reach their highest potential. Reaching these goals can only be accomplished if every swimmer and parent demonstrate the following:

## 2.0 CONTRACT

I \_\_\_\_\_, a member of East Coast Aquatic Club [ ECAC ], am proud to be a part of a team that focuses on hard work, sportsmanship, and fellowship. By signing this Code of Conduct, I agree to comply with the rules and regulations of the team, as well as for Aqua Crest Pool.

I agree to exemplify respect and courtesy at all times to coaches, team members, competitors, parents, officials, and facility staff members during practices, competitions and team activities. I also agree to respect all premises and properties in regards to practices, competitions, and team activities.

I will refrain from foul language, violence, and behavior that is deemed dishonest, discourteous, disrespectful or offensive to others.

As a proud member of ECAC I know that my behavior is a direct reflection of my team, and I promise to conduct myself in a manner that is moral, ethical, and appropriate both on, and off the pool deck.

## 3.0 GENERAL CONDUCT

All members of the East Coast Aquatic Team agrees to abide by the guidelines outlined below :

- Follow directions of the coaching staff during practice, meets and team activities.

### 3.0 GENERAL CONDUCT CONT.

- Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.
- Not remove or take any article that does not belong to them, such as clothing, jewelry, money or personal equipment.
- Respect the property of the Aqua Crest Pool or any other facility the team may visit or use. No swimmer shall tamper with or cause damage to any such facility.
- Display proper respect and sportsmanship toward team members, coaches, officials, administrators, fellow competitors, parent, volunteers and the public.
- Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially and intelligently with all fellow team members.
- Be 100% financially responsible for any damage to any part of their room or hotel when out of town meets require staying at a hotel.
- Always obey the directions of the coaches & chaperones at travel meets and specifically remember that male and female swimmers may not be in the same hotel room at any time during a travel meet unless it is a fully chaperoned meeting held by the coach or chaperone in charge.
- The following are strictly prohibited by swim team members at club functions: [Practices, banquets, meets, travel trips and any other club sponsored activities]
  - Cursing, swearing, racial remarks or any other form of verbal abuse.
  - Fighting, or any other form of physical abuse.
  - Use or possession of any non-prescribed controlled substance or intoxicants.
  - Use or possession of any weapons.
  - Use of tobacco products.

### 4.0 CODE VIOLATION

Upon violation of the East Coast Aquatic Club Code of Conduct, the coaches have the power to impose the following penalties. The following penalties include, but are not limited to:

## 4.0 CODE VIOLATION CONT.

- The swimmer will be given a verbal warning.
- The swimmer will be sent home with a written warning, and the coach will contact the parent(s).
- The swimmer will have to be accompanied by a parent on deck for 4 consecutive days.
- The swimmer will be prohibited from participating in some or all team activities for a period of time.
- The swimmer will immediately be sent home at their own expense from a travel meet.
- The swimmer will be temporarily or permanently dismissed from the team.

The coach in charge, as well as the Head Coach, will make the final decision in matters of discipline or dismissal based on the degree of the violation of the above code.

I agree that upon violation of the above rules, I will be subject to disciplinary action determined by the coaching staff.

I, hereby agree to abide by the East Coast Aquatic Club Code of Conduct as set forth above and acknowledge that should I violate any provision of the ECAC governing documents, I will be subject to disciplinary action, per the applicable document. I understand that any and all decisions made by the ECAC coaching staff are final and absolute. I have read and acknowledged this document. I have reviewed it with my parent(s)/guardians before signing.

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Swimmer's Name [Print]

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Swimmer's Signature

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Parent's Signature

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Date

# ECAC PARENT CODE OF ETHICS

## 1.0 PURPOSE

The purpose of the Code of Conduct is to encourage individual and team behavior that reflects the club's goals. ECAC strives to create an atmosphere of team unity, promote character development and encourage swimmers to reach their highest potential. Reaching these goals can only be accomplished if every swimmer and parent demonstrate the following :

## 2.0 CONTRACT

I hereby pledge to provide positive support, care & encouragement for my child participating in meets / practices by following this Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials at every meet, practice or other event.
- I will be aware that to host a swim meet involves the work of many volunteers and I will volunteer as often as I can, in order to set a good example and to enrich my child's swimming experience.
- I will place the emotional and physical wellbeing of my child ahead of my personal desire to win.
- I will insist that my child swim in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a swim coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive & enjoyable experience for all.
- I will demand a swim environment for my child that is free from drugs, tobacco and alcohol.
- I will do my very best to make swimming fun for my child.
- I will ask my child to treat other swimmers, coaches, fans, volunteers and officials politely and with respect, regardless of race, sex, creed or ability. I will do the same. (Taunting, harassing or other impolite behavior will result in discipline.)
- I will expect my child to follow the rules set by the coaches and chaperones on any travel trip & I will provide transportation home from any trip where my child's behavior is in violation of those rules.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan.

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Parent's Signature

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Date