



August 13, 2009

Dear Returning SFF Family,

The summer is quickly coming to an end and the school year (and swim season) is just around the corner. Coach Justin and the SFF Board have been working diligently, preparing for another successful short-course season. With our 9<sup>th</sup> place finish at the long-course JO meet still fresh in our minds, we are all excited about the future of the team.

Enclosed with this letter is your registration packet for the 2009/2010 season. We would like to make you aware of a few changes, all of which we believe will make your experience with the team more rewarding and convenient.

First, as Coach Justin communicated last week, the practice groups have been modified slightly to better match the skill level and current age demographics of the team. In the past, there were five practice groups. This year, the names of the top three groups have been changed to more accurately reflect the training programs of each group. We will continue to list the old group names in parenthesis until everyone has had time to adjust to the new names, which are Senior (Gold), Senior Prep (Silver), and Junior (Bronze). In addition, we are introducing a new developmental group for swimmers who are not yet ready for the Yellow program. The "Mini Fish" group will focus entirely on stroke development. It is our hope that the team will be able to accommodate more young swimmers – the future of our team.

Secondly, we have simplified the fee schedule by implementing an "all-inclusive" or bundled approach. This year, the swimmer registration fee will include numerous items which, in the past, were charged separately. We have included the USA Swimming membership, practice facility costs, team T-shirts and a cap, practice group social events, and of course, coaching costs, in the swimmer registration fee. In addition, drink donations for the Val Lyons Meet will no longer be required. We did this to simplify the program. Of course, the swimmer registration fee has been increased by an amount which we believe will cover all of these items. We have evaluated our fee schedule in comparison to other local teams and we believe that we offer a tremendous swimming value.

Thirdly, we are pleased to announce that we have secured additional pool time at Five Seasons for the fall season. Our older groups will be practicing outside in September and part of October. As you may already know, this time of the year has typically presented

us with the most scheduling difficulties at Sycamore High School due to the water polo schedule. We believe that the addition of Five Seasons as a practice venue will provide us with ample pool time for all groups. During October, as the weather becomes more unpredictable and water polo season ends, the older groups will move back to Sycamore High School.

Finally, as you may already know, the Val Lyons Meet has been moved up to October 23-25. We believe that scheduling the meet in October will improve the attendance by other teams and will allow more high school aged swimmers to participate. There is much work to do to prepare for this event, which is our most important fund raising effort of the season. We need everyone to pitch in to make this a success.

We will be holding a parent meeting on Tuesday, September 8. Details will be announced soon. In the meantime, we need you to complete and return all of the attached forms by August 24<sup>th</sup>. Your swimmer will not be permitted to practice until these forms have been submitted. All of the forms should be returned to:

Sycamore Flying Fish  
c/o Sycamore High School  
7400 Cornell Road  
Cincinnati, OH 45242

As a reminder, practices begin as follows for each practice group:

Senior (Gold)	Monday, August 24
Senior Prep (Silver)	Monday, August 24
Junior (Bronze)	Monday, August 31
Green	Tuesday, September 8
Yellow	Wednesday, September 9
Mini-Fish	Wednesday, September 9

Thank you for your continuing support of the Sycamore Flying Fish.

Sincerely,

The SFF Parent Board

**SYCAMORE FLYING FISH**  
**SUMMARY OF FEES AND FINANCIAL POLICIES**  
**2009/2010 SEASON**

*Frequently Asked Questions:*

1. What are my financial obligations as a member of the Sycamore Flying Fish?

As a member of the team, you are required to pay the following fees:

- Swimmer registration fee to cover the cost of USA Swimming membership, coaching, practice facilities, one swim cap, two team t-shirts, championship t-shirts, and practice group social events.
- Prepaid meet fees (these are held in escrow and are refundable)
- Volunteer commitment deposit (refundable)

2. What are the swimmer registration fees for the 2009-2010 season?

The swimmer registration fee is based on practice group assignment, as follows:

Mini-Fish	\$375
Yellow Group	\$700
Green Group	\$1,000
Junior (Bronze) Group	\$1,450
Senior Prep (Silver) Group	\$1,700
Senior (Gold) Group	\$1,950

3. Can I choose to participate only in the winter short-course season?

The swimmer registration fee covers the entire year, including the short-course winter season and the long-course summer season. You may elect not to swim with the Fish in the summer, but there are no refunds for choosing not to swim. The team budget is based on year-round swimming fees. New swimmers are permitted to join the team in the summer, if space is available. Fees for summer only swimmers are determined by the Board in the spring.

4. Can I offset a portion of the swimmer registration fee by participating in team fundraising?

Yes, the fee listed above is the entire amount due, including fundraising. You may elect to participate in the fundraising program in order to reduce the amount of your cash payment. Fundraising limits are established by the team in accordance with IRS regulations and apply as follows:

Yellow Group	\$210
Green Group	\$300
Junior (Bronze) Group	\$435
Senior Prep (Silver) Group	\$510
Senior (Gold) Group	\$585

5. What fundraising opportunities are available?

The two most popular fund raising programs are Scrips and Krogers. The Scrips program allows you to purchase gift cards from various retailers. Each retailer rebates a percentage of the face value of the gift card to the team, and this amount is credited directly to your fundraising component of the swimmer registration fee. The percentage offered by each retailer varies. Similarly, Kroger offers a rebate of 4% when you “load” your SFF-issued Kroger card. The team may also offer other fundraising opportunities, such as Yankee Candles, Larosa’s Buddy Cards, etc.

6. When are swimmer registration fees due?

Fees are due according to the payment schedule listed on the Fee Schedule. A portion is due with the registration, and additional payments are due on the dates indicated. Fundraising earned through May 1 will be applied to 2009-2010 registration fees, if you elect to participate in the fundraising program.

7. What happens to my commitment fee?

If you paid the \$100 commitment fee to reserve your returning spot on the team, it will be credited to your initial payment.

8. What if I elect to participate in fundraising, and I am not able to fully cover the fundraising obligation?

If your fundraising does not cover the amount due by the scheduled dates, you will be invoiced for the shortage.

9. What happens if I elect to participate in fundraising, and I am able to earn more than the designated fundraising amount?

Excess fundraising earned during this year can be carried forward and applied to next year's fees if your swimmer remains on the team. No cash refunds are permitted for excess fund raising, so excess amounts remain with the team if you leave the team.

Excess fundraising is applied to the first payment due for the next year. If you leave the team, excess fundraising is retained by the team.

10. What if I elect to pay the full swimmer registration fee up front? Is there a discount available?

Yes. If you choose to pay the full registration fee up front and choose not to participate in fundraising or the monthly installment option, you may discount the fee by 3%.

11. If my swimmer trains with his/her high school team on a full-time basis during the school season, is there a discount?

Yes. If your swimmer participates in their high school program and trains 100% of the time with the high school team, there is a 30% discount. Your swimmer will not be permitted to train with SFF at any time during the high school season.

12. Is there a discount for multiple swimmers from one family?

Yes. The team offers a discount of 5% of the registration fee for the second swimmer from a family and 10% for the third swimmer from a family.

13. What is the USA Swimming registration fee?

SFF is a member of USA Swimming. All members of the team are required to be registered with USA Swimming. This cost is included in your registration fee. USA Swimming provides insurance to the team and our swimmers, and each member receives a subscription to Splash Magazine.

14. What are meet fees?

When a swimmer participates in a meet, the host swim club charges a fee for each event/swim. The fee is typically \$4.00-\$6.00 per race, depending on the meet, and a proportionate share of relay costs that are expensed to each swimmer. The host may also charge a base rate for each swimmer, and there is also a \$2 Ohio Swimming surcharge per meet for each swimmer.

15. How are meet fees collected?

When swimmers join the team, we establish a Prepaid Meet Fee, or escrow, account that you pre-fund with \$150 (\$100 for Yellow Group). As your swimmer registers for meets, the meet fees are deducted from the escrow account. When the escrow falls below \$100, the difference is billed on your next invoice. Unused prepaid meet fees are refundable if you leave the team.

16. Does anything else get charged to my Prepaid Meet Fee account?

No. This year there will be no travel fee charged to families who attend travel meets. In the past, the team assessed a travel fee to each family that attended travel meets to help cover the costs of our coaches' travel. The cost of team T-shirts and championship meet T-shirts is also included in your registration fee.

17. How do I know what the meet fees are for each meet?

The meet fee schedule is included in the meet packet which is posted to the team website. After the completion of each meet, a detailed, itemized listing of meet fees will be posted on the website and/or emailed to each family. Once entries have been submitted, there are no refunds available.

18. What is the volunteer commitment deposit?

It is critical to the successful operation of the team that parents volunteer for various jobs during the season. In order to ensure that all families meet their volunteer obligations, the team requires that each family pay a deposit at the start of the season. If the volunteer commitment is fulfilled, the deposit is carried over to the next season or refunded if the family leaves the team.

If you do not fulfill your volunteer commitment, you will lose your commitment deposit and will be required to post another deposit before your swimmer is eligible for the next season.

19. When will I receive an invoice for my installments (if applicable) and meet fees?

You will receive an invoice from the Treasurer approximately once each month. The invoice details the balance in each of your accounts (dues, meet fees, and volunteer deposit) as well as any transaction activity. All fees must be current in order to participate in championship meets at the end of each season. Past due invoices will be assessed a late fee of \$25.

20. What other costs should I anticipate?

You are responsible for purchasing a team suit. Depending on group placement, other equipment may be required, such as flippers, fins, etc. Spirit wear is available, but is completely optional. Team banquets and championships Psych Nights require a fee to cover food costs. Special social events such as bowling or canoeing may require a participation fee.

21. Are any refunds or fee reimbursements permitted?

Refunds are permitted in rare instances based on medical reasons or other extreme circumstances and are granted at the discretion of the SFF Parent Board. Refunds are not granted for vacations, missed practices, or a swimmer's decision to leave the team voluntarily.

August 12, 2009



## YEAR-ROUND FEE SCHEDULE

### Registration Fees

<u>Group</u>	<u>Registration Fee</u>	
MINI-FISH	\$375.00	<ul style="list-style-type: none"> <li>• Includes USA Swimming membership, practice facility costs, team t-shirts and a cap, practice group social events, and coaching costs.</li> <li>• A 30% discount applies to swimmers who practice exclusively with a high school team during the high school season. Swimmers choosing this option are not eligible to practice with the Fish during the season beginning on the "First Day of Coaching" as determined by the Ohio High School Athletic Association. They may return to Fish practice once their individual high school season ends.</li> </ul>
YELLOW	\$700.00	
GREEN	\$1,000.00	
JUNIOR (BRONZE)	\$1,450.00	
SENIOR PREP (SILVER)	\$1,700.00	
SENIOR (GOLD)	\$1,950.00	

### Prepaid Meet Fees

<u>Group</u>	<u>Prepaid Meet Fees</u>	
MINI-FISH	\$0.00	<ul style="list-style-type: none"> <li>• When your prepaid meet fee balance falls below \$100, the difference is billed on your monthly invoice. This is an escrow account, and unused amounts are fully refundable.</li> </ul>
YELLOW	\$100.00	
GREEN	\$150.00	
JUNIOR (BRONZE)	\$150.00	
SENIOR PREP (SILVER)	\$150.00	
SENIOR (GOLD)	\$150.00	

### Volunteer Commitment Deposit

NEW MEMBERS	\$100.00	<ul style="list-style-type: none"> <li>• Members who fail to meet their volunteer commitment forfeit their deposit and are subject to the "Previously Forfeited" amount in the future.</li> </ul>
PREVIOUSLY FORFEITED	\$150.00	

### Multiple Swimmer Discount

- Multiple swimmers in the same family are eligible for a discount. A 5% discount applies to the second highest registration fee and 10% discount to the third highest registration fee. Additional swimmers are eligible for a 10% discount.

### Full Payment Option Discount

- If you elect to pay all fees in total at the beginning of the season, you may take a 3% discount on the total registration fees for all swimmers in your family.

### Monthly Installment Option

	Due Aug 24	Due Oct. 1	Due Nov. 1	Due Dec. 1	Fundraising Due Feb. 1	Fundraising Due Mar. 1	Fundraising Due May 1
MINI-FISH	\$100.00	\$100.00	\$100.00	\$75.00			
YELLOW	\$140.00	\$140.00	\$105.00	\$105.00	\$70.00	\$70.00	\$70.00
GREEN	\$200.00	\$200.00	\$150.00	\$150.00	\$100.00	\$100.00	\$100.00
JUNIOR	\$290.00	\$290.00	\$220.00	\$215.00	\$145.00	\$145.00	\$145.00
SENIOR PREP	\$340.00	\$340.00	\$255.00	\$255.00	\$170.00	\$170.00	\$170.00
SENIOR	\$390.00	\$390.00	\$295.00	\$290.00	\$195.00	\$195.00	\$195.00

### Late Payments

- A \$25 late fee will be imposed each time payments are not received by the due date stated on your invoice.
- Unpaid fees may result in swimmer(s) being removed from practices and future swim meets.

**SYCAMORE FLYING FISH  
2009/2010 REGISTRATION PACKET  
FORMS CHECKLIST**

Please use this checklist to ensure that you have completed all of the necessary forms to register your swimmer(s) for the 2009/2010 season.

- |   |                          |
|---|--------------------------|
| 2009-2010 CONTRACT                            | <input type="checkbox"/> |
| FEE CALCULATION FORM                          | <input type="checkbox"/> |
| USA SWIMMING RELEASE FORM                     | <input type="checkbox"/> |
| MEDICAL RELEASE FORM                          | <input type="checkbox"/> |
| CHECK MADE PAYABLE TO<br>SYCAMORE FLYING FISH | <input type="checkbox"/> |

Mail all of the above items to:

Sycamore Flying Fish  
c/o Sycamore High School  
7400 Cornell Rd.  
Cincinnati, OH 45242

DEADLINE: AUGUST 24, 2009



## 2009-2010 CONTRACT

Please Read All Accompanying Forms Before Completing This Application

Family Name: \_\_\_\_\_  
(Last) (Mother) (Father)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Nos: \_\_\_\_\_  
(Home) (Mother Cell) (Father Cell)

Email: \_\_\_\_\_  
(Primary) (Secondary)

Emergency Contact: \_\_\_\_\_ Phone No \_\_\_\_\_

### Swimmer #1

Name: \_\_\_\_\_  
(Last) (Legal First Name) (Middle Initial – need for USA registration)

Group: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Swimmers School \_\_\_\_\_ Grade \_\_\_\_\_

### Swimmer #2 (5% discount)

Name: \_\_\_\_\_  
(Last) (Legal First Name) (Middle Initial – need for USA registration)

Group: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Swimmers School \_\_\_\_\_ Grade \_\_\_\_\_

### Swimmer #3 (10% discount)

Name: \_\_\_\_\_  
(Last) (Legal First Name) (Middle Initial – need for USA registration)

Group: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Swimmers School \_\_\_\_\_ Grade \_\_\_\_\_

**By signing this contract, I agree to pay all relevant fees and dues. I am responsible to the Sycamore Flying Fish team for payment on the assigned dates or risk my swimmer(s) being removed from practices and future swim meets.**

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



### FEE CALCULATION

1. Indicate which payment option you are selecting: Full or monthly.
2. List swimmers in order starting with your highest fee swimmer, after the 30% discount for a swimmer practicing with the school team during the H.S. season if applicable.
3. Middle initials are required for USA Swimming registration purposes.
4. Indicate whether any swimmer is practicing exclusively with their school during the high school season. Subtract 30% from that swimmer's registration fee.
5. Using the Fee Schedule, enter the applicable fees. **For the full payment option, use amounts in that section. Otherwise, use amounts in the monthly option section.**
5. Add together the registration fees for all swimmers. Enter the registration fee total.
6. **NEW MEMBERS ONLY.** Enter prepaid meet fees as follows: \$100-families with Yellow swimmers only; \$150-all others.
7. Enter the applicable volunteer commitment fee.
8. Add the registration fee, prepaid meet fee and volunteer commitment fee totals.
9. Subtract \$100 per swimmer if you paid the reservation deposit.
10. Please return this sheet with your registration form and check made payable to "Sycamore Flying Fish."

**Payment Option:**    Full payment                       Monthly payment

	Group	Last Name	First Name	M.I.	Date of Birth	H.S. Practice	Reg Fee*
1)	_____	_____	_____	__	__/__/____	Y N	\$ _____

	Group	Last Name	First Name	M.I.	Date of Birth		Reg Fee*	Subtract 5% Discount	Reg Fee After Discount
2)	_____	_____	_____	__	__/__/____	Y N	\$ _____	\$ _____	\$ _____

	Group	Last Name	First Name	M.I.	Date of Birth		Reg Fee*	Subtract 10% Discount	Reg Fee After Discount
3)	_____	_____	_____	__	__/__/____	Y N	\$ _____	\$ _____	\$ _____

**Registration Fee Subtotal** \$ \_\_\_\_\_

**3% Discount (if applicable)** \$ \_\_\_\_\_

**Registration Fee Total** \$ \_\_\_\_\_

**Prepaid Meet Fees (new members only)** \$ \_\_\_\_\_

**Volunteer Commitment Fee (see Fee Schedule)** \$ \_\_\_\_\_

Swimmer #1	Swimmer #2	Swimmer #3	<b>Total Fees</b>	\$ _____
------------	------------	------------	-------------------	----------

\$ _____	\$ _____	\$ _____	<b>Reservation Deposit Total</b>	(\$ _____)
----------	----------	----------	----------------------------------	------------

**Total Due with Registration** \$ \_\_\_\_\_

\*If you chose the monthly payment option, enter the amount due on August 24. For the full payment option, enter the entire registration fee.



**LIABILITY RELEASE AND INDEMNIFICATION FORM**

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities." sponsored by **Sycamore Flying Fish Swim Club**, USA Swimming and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

**Release – Minor's Rights:**

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless **Sycamore Flying Fish Swim Club**, USA Swimming and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_  
(Print name of minor)

\_\_\_\_\_  
(Signature of minor)

\_\_\_\_\_  
(Date)

**Release – Parents'/Guardians' Rights:**

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

\_\_\_\_\_  
(Print name of Parent/Guardian)

\_\_\_\_\_  
(Signature of parent)

\_\_\_\_\_  
(Date)

**Indemnification by Parent/Guardian:**

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

\_\_\_\_\_  
(Print name of Parent/Guardian)

\_\_\_\_\_  
(Signature of parent)

\_\_\_\_\_  
(Date)



EMERGENCY MEDICAL AUTHORIZATION

Purpose: To enable parents and guardians to authorize the provision of emergency treatment for children who become ill or injured while participating in swim team activities when parent or guardians cannot be reached.

Swimmer Name: Birth Date: Gender: M F

Facts concerning the child's medical history including allergies, medications, or physical impairments:

Swimmer Name: Birth Date: Gender: M F

Facts concerning the child's medical history including allergies, medications, or physical impairments:

Swimmer Name: Birth Date: Gender: M F

Facts concerning the child's medical history including allergies, medications, or physical impairments:

Please use another form for more children or if the information below varies within the family.

Address: Street City State Zip Home Phone No.

Physician: Dentist: Phone No. Phone No.

Mother's Name: Cell Phone No. Work Phone No.

Address: (if different) Street City State Zip Home Phone No.

Father's Name: Cell Phone No. Work Phone No.

Address: (if different) Street City State Zip Home Phone No.

Person(s) who may be notified and to whom your child may be released if you cannot be reached:

Name: Home Phone No. Cell Phone No. Work Phone No.

Name: Home Phone No. Cell Phone No. Work Phone No.

Name: Home Phone No. Cell Phone No. Work Phone No.

TO GRANT CONSENT

In the event reasonable attempts to contact me have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by above named doctor or in the event the designated preferred practitioner is not available by another licensed physician or dentist; and the transfer of the child to any hospital reasonably accessible. This authorization does not cover major surgery unless the medical opinion of two other licensed physicians or dentists concurring in the necessity for such surgery are obtained prior to the performance of such surgery.

Parent Signature Date

TO REFUSE CONSENT

I DO NOT give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish the team authorities to take NO ACTION or to:

Blank lines for refusal details

Parent Signature Date