



# GENESIS SWIM TEAM

## 2015 HANDBOOK

# WELCOME!

The Genesis Swim Team is a community of swimmers and families dedicated to creating a fun and supportive team environment, healthy competition, improvement of young swimmers' techniques, and lifelong swimming.

Practice will start Tuesday, May 26<sup>th</sup> for the 2015 season. Triangular swim meets, as part of the Greater Wichita Swim League, take place at Genesis, Crestview, Indian Hills, Reflection Ridge, Rockwood, Rolling Hills, Tallgrass, and Wichita Country Club. A final Championship meet occurs Saturday, July 11<sup>th</sup>. Parent volunteer participation is required!

Contact Abbey Steinbrink (Aquatics Coordinator) at [asteinbrink@genesishealthclubs.com](mailto:asteinbrink@genesishealthclubs.com), or 316.833.6884, for swim team questions, or simply sign up at the Genesis Rock Road front desk. Contact Chris Stephenson for membership availability, pool passes, and pricing at [cstephenson@genesishealthclubs.com](mailto:cstephenson@genesishealthclubs.com), or 316.634.0094.

A swimmer's age on June 1, 2015 determines the age group that he/she competes in during the season. He/she must swim in **two** regular season meets to be eligible for the Championship Meet.

Looking forward to a great season!

Abbey Steinbrink  
Aquatics Coordinator  
Genesis Health Clubs  
316.833.6884

# **GHC SWIM TEAM**

## **CONTACTS**

Aquatics Coordinator	Abbey Steinbrink	316.833.6884	asteinbrink@genesishhealthclubs.com
Coaches	Shelly Green	316.744.7196	shellyrgreen@gmail.com
	Abby Davis	316.641.0935	
Parent Reps	Jenny Wenzel	316.682.9880	wenzelhome@gmail.com
	Shelly Stumpe	316.299.1887	shellystumpe@hotmail.com

## **PRACTICE TIMES**

**First practice is Tuesday, May 26<sup>th</sup>**

9:30 – 10:30 a.m.	Seniors: Aged 11+ (Skill level = Advanced)
10:30 – 11:30 a.m.	Juniors: Aged 6-10 (Skill level = Advanced)
11:30 – 12:30 p.m.	Combined Seniors/Juniors (Sr : 11+ new/intermediate, and Jr : 6-10 intermediate)
12:30 – 1:00 p.m.	Juniors: Aged 4-10 (Skill level = New)

New: Has never done swim team before, and does not know all of the strokes

Intermediate: Has been on swim team before, and/or does not know/perform all of the strokes

Advanced: Has been on swim team before, and/or can perform all of the strokes

**\*\*PLEASE BRING YOUR OWN TOWEL TO EACH PRACTICE!\*\***

**Please call 316.634.0094 regarding practicing in inclement weather 30 minutes prior to your practice time.**

## **COST**

Genesis Members: \$120

Non-Members: \$150

## TEAM PHOTOS

Team photos will be taken Thursday, June 4<sup>th</sup>. Swimmers will bring their meet uniforms that morning!

## MEET SCHEDULE

### Junior Meets

Saturday, June 6<sup>th</sup> (at Genesis)

Saturday, June 13<sup>th</sup> (at Indian Hills)

Saturday, June 20<sup>th</sup> (at Tallgrass)

Saturday, June 27<sup>th</sup> (at Genesis)

### Senior Meets

Wednesday, June 10<sup>th</sup> (at Genesis)

Wednesday, June 17<sup>th</sup> (at Genesis)

Wednesday, June 24<sup>th</sup> (at Indian Hills)

Wednesday, July 1<sup>st</sup> (at WCC)

### Championship Meet

Saturday, July 11<sup>th</sup>

## IMPORTANT!

In order to give our swimmers the best, and most efficient, experience, parent volunteers are a must! On the first day of practice, a sign-up sheet will be available so that parents can sign up for a minimum of **two volunteer slots**, or the child cannot register.

Once completed, this will be available for viewing for the entirety of the season.

**PLEASE** check out our Facebook page for the *most* up-to-date information regarding meet info, dates, volunteers, etc.

<https://www.facebook.com/pages/Genesis-Swim-Team/1809448999279288>

# OVERVIEW

## Objective:

The primary objective of the Genesis Swim Team (GST) is to provide a competitive summer swim program for our participants. The team strives to provide a quality program where swimmers can improve their aquatic skills, and promote teamwork, good sportsmanship, and have lots of FUN! We hope that your children will come away from this experience with improved swimming skills, increased self-esteem, and great memories.

## Eligibility:

Swimmers are eligible for GST if they are 18 years of age, and under, by June 1<sup>st</sup>, 2015. To join the team, **a swimmer must be able to swim one length of a 25-yard pool**, without holding on to the lane ropes, or touching the bottom of the pool. New swimmers must be able to demonstrate this ability by the end of the first week of practice.

## How long do meets last?

Regular GWSL swim meets held on Saturdays, and arrival time is by 8:15 a.m. When swimmers are tardy, or when we swim against a very large team, meets may last until as late as 2:00 p.m.

Wednesday evening meets start at 5:00 p.m., and generally run until 8:30 p.m.

## Parent Participation:

Because there are so many jobs to be done, parent participation is required for a child to be registered for swim team. It takes many parents to run a home meet, and we provide assistance to our away meets as well. The more volunteers we have, the less amount of time a parent has to work at a particular meet – and, all training is included!

A sign-up sheet will be provided at the first practice (May 26<sup>th</sup>), and each a parent from each family is required to sign up for a minimum of **two** volunteer slots.

## Meet-And-Greet:

The preseason meet-and-greet will be held on May 26<sup>th</sup>, before practice begins. While our swimmers have practice, parents will sign up for swim team, volunteer dates, etc.

## Post Championship Party:

The GST social event of the year is the end-of-year party. This event also serves as our annual general membership meeting to elect new parent representatives for the upcoming year. You will want to be sure to attend this event (held at the pool and in the Grand Slam Room), exclusively for GST members and family. Our swimmers love this event, and it has been a great success in past years!

## Practice Schedule and Rules:

Swimmers will benefit the most from regular attendance at practice sessions. At practice, they will receive instruction on proper swim stroke techniques, and will build physical endurance. To join the team for the first

time, a swimmer aged 10, and under, must be able to swim one length of a 25-yard pool. Children aged 11, and higher, must be able to swim two lengths of a 25-yard pool. All age groups must be able to swim the designated pool length without holding on to the lane ropes, or touching the bottom of the pool. The regular practice schedule begins Tuesday, May 26<sup>th</sup>, then will be Monday through Friday going forward.

Friday practices are not mandatory. This practice is a make-up for swimmers that have missed during the week, although swimmers are encouraged to attend all practices.

### **Practice Rules:**

1. Arrive on time for your assigned practice session. Starting practice late, or in the middle of a session, is distracting to other swimmers, and to the coaches.
2. Do not leave the gated pool area until your ride home arrives.
3. **No other children, besides swimmers practicing with the practice session, are allowed in the pool (even in the shallow end!).**
4. **There will be a guard on all pools at 12:30 pm sharp.**
5. Absolutely no horseplay – this includes running, diving, or pushing people in the pool area.
6. Absolutely no use of profanity, or other vulgar expressions.
7. Absolutely no fighting or hitting.
8. Listen to, and obey, all instructions of coaches.
9. Perform the practice workout routine (sets) instructed by coaches.
10. Coaches will remove any disruptive swimmer from the pool.

### **Discipline:**

At GHC, we strive to instill good sportsmanship, commitment, and respect for others. To that end, GHC has developed the following discipline policy:

If a swimmer is acting inappropriately, he/she will be warned. If the behavior continues, the swimmer will be asked to sit out for a period of time. If necessary, the swimmer will be asked to sit out for the remainder of practice. Parents will be notified of severe and/or chronic discipline situations.

### **What to do if you want to speak to a coach or instructor:**

The coaches and instructors are responsible for a large number of swimmers during practice sessions. They must provide training development, swimming evaluation, and supervision for all swimmers. For these reasons, **please do not hold conferences with the coach or instructor during practice sessions.** If you need to speak with the coach, or an instructor, please try to do so during the last ten minutes of each practice session. Coaches are willing to schedule longer discussions at a more convenient time.

### **What to do if you have concerns about a coach or instructor:**

Any concerns about the coaches or instructors may also be addressed by contacting the Aquatics Coordinator, Abbey Steinbrink, at 316.833.6884 or [asteinbrink@genesishhealthclubs.com](mailto:asteinbrink@genesishhealthclubs.com).

**Required Personal Equipment:**

GST swimmers must follow swimsuit requirements. Girls wear a black suit; Boys wear black jammers. We will have bright yellow swim caps so our swimmers are easily picked out at meets.

**HELPFUL INFO FOR SWIM MEETS**

- Swim meets last at least two hours, and can run as long as four hours.
- Arrive 45 minutes before the start of the meet.
- Warm-ups begin 30 minutes prior to the meet.
- Wear team swimsuit, goggles, swim cap, and team t-shirt.
- Heat Sheets are available for purchase (\$1) at each meet.
- GHC Swim Team members will sit together in a designated “bull pin” area.
- Swimmers should not leave the meet until parents have checked with the coach to see if the swimmer is finished. An entire relay team can be disqualified if your swimmer was on it, and left early.

**WHAT TO BRING TO A SWIM MEET**

- Bring two towels (it’s nice to have one to sit on)
- Book, electronic game, or other activity to do while waiting
- A lawn chair
- Sunscreen
- Water bottle and light snacks (however, snacks and drinks are usually available for purchase)
- Label ALL items with first and last names, as well as a phone number

**Please fill out all forms, and return to Genesis  
Rock Road – ATTN: Abbey Steinbrink**

Greater Wichita Swim League

## Parent & Swimmer Contract

**Sportsmanship:** The Greater Wichita Swim League (GWSL) strives to foster good sportsmanship and fellowship among swimmers and parents. We ask that each swimmer and parent to commit to exemplary sportsmanship while participating in the GWSL.

**Participation:** The GWSL operates strictly through volunteerism. We ask each parent to commit to assisting in the following areas:

- Team organization
- Meet operation
- GWSL League Administration Board member

**Commitment:** The GWSL requests that each parent and swimmer review the meet schedule and make a commitment to the team coach(es) to attend all meets possible. Should the situation arise that the swimmer will not be able to compete in a meet, a written notice must be submitted to the team coach three (3) days prior to a preliminary meet and seven (7) days prior to the Championship meet.

**Respect:** The GWSL requests that during a swim meet a parent direct all questions, suggestions, and complaints to:

- GWSL officer
- Team Representative
- Team Coach

The team representative or coach should see the meet director for the best resolution. Do not interrupt a meet official (starter, stroke judge, timer, place judge, announcer, or computer operator) during competition.

### RESOLUTION

As participants in the Greater Wichita Swim League, the League Administration Committee requests your agreement to abide by this contract. The GWSL reserves the right to relinquish or limit participation of a swimmer or parent if a violation of this contract occurs.

\_\_\_\_\_  
*Swimmer Signature Date*

\_\_\_\_\_  
*Swimmer Signature Date*

\_\_\_\_\_  
*Swimmer Signature Date*

\_\_\_\_\_  
*Swimmer Signature Date*

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



## Behavior Standards for GWSL Swim Meets

All persons are asked to use common sense and behave responsibly while attending GWSL swim events. Enjoying the competition and enthusiastically cheering for a team is welcomed and encouraged.

**Actively cheering against any team is not welcomed.**

**Inappropriate language or action that is disruptive to a sportsman-like atmosphere, or interferes with a swimmer, coach or official's participation is unacceptable.**

Examples of unacceptable behavior are but not limited to:

- ☐ Harassing participants: i.e. distracting, interrupting, booing, jeering or yelling at participants. *Participants include all players, coaches and officials.*
- ☐ Celebrating the errors or misfortune of participants.
- ☐ Obscene words or gestures
- ☐ Racial, ethnic or sexually oriented comments

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The GWSL asks all fans, parents and coaches to encourage good sportsmanship. It is strongly recommended that teams informally monitor and correct their own fan behavior. **Teams, represented by their coach and parent representative, will be held responsible for any incidence of disruptive behavior.**

When the Meet Director becomes aware of disruptive behavior the following procedure will be used to resolve the situation.

### 1st Incident

The Meet Director will communicate to the appropriate coach/parent representative that there is disruptive behavior, which needs to cease immediately. This will be considered the team's official warning.

### 2nd Incident

The Meet Director will strongly encourage the coach/parent representative to have their disruptive person(s) leave the area to avoid further incident. A penalty of -5 points will be assessed to the offending team.

### 3rd Incident

The swim meet will stop immediately upon completion of the race in progress. The Meet Director will require that the disruptive person(s) leave the area before the meet may continue. The police will be called if necessary. An additional penalty of -5 points will be assessed to the offending team at the Championship Meet.

If the appropriate coach/parent representative cannot be located or identified, the Meet Director will communicate to the disruptive person(s).

*The Meet Director must report any incidences of disruptive behavior to the GWSL President, in writing, within 48 hours.*

Greater Wichita Swim League  
**2015 Swim Team Eligibility For**

**Genesis Health Clubs**

Name of Swimmer(s)	Age(s) as of June 1 of Current Year:	Date(s) of Birth:	Tshirt Size
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

As parent/guardian of the above named swimmer(s), I agree to abide by the rules as set out by the Greater Wichita Swim League.

**I understand that my child is not eligible to participate in the GWSL if they participate in any way with another swim organization during the GWSL season.**

I understand the age division in which my child/children will compete shall be determined by the age of said child/children on June 1 of the current year.

Furthermore, I understand that any swimmer establishing an "A" time in a USS sanctioned meet will not be eligible to swim the stroke in which the "A" time was accomplished, including relays.

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

*Signature*

**This age eligibility form must be returned to the club swim coach  
PRIOR to the first scheduled swim meet.**

# Parent/Guardian Release & Indemnification Agreement

Name of Swimmer(s)

Age(s):

Male/Female:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Club Affiliation: **Genesis Health Clubs**

The undersigned \_\_\_\_\_ and \_\_\_\_\_ individually and as Parents/Guardians of the above listed minors, for the sole consideration of the privilege of using the swimming facilities located on the property of **Genesis Health Clubs** DO HEREBY RELEASE AND FOREVER DISCHARGE THE GREATER WICHITA SWIM LEAGUE AND **Genesis Health Clubs**, it's officers, directors, employees, and agents from any and all actions, claims and demands which the undersigned or said minor may now have, or may hereafter have on account of injuries to the person or property of said minor arising out of any use of said swimming facilities or adjacent premises, at any time before or after the date hereof, including any consequences which may develop, whether or not such consequences are known or anticipated.

### THE UNDERSIGNED FURTHER ACKNOWLEDGES AND AGREES THAT:

1. No additional promise or agreement has been made as consideration for this Release & Indemnification Agreement and that the signing thereof has not been induced by any representation of the Greater Wichita Swim League or **Genesis Health Clubs** or by anyone in its behalf, concerning the condition or safety of the swimming facilities operated by **Genesis Health Clubs** or any other matter.
2. As an essential part of the consideration for the use of said facilities, each of the undersigned agree to INDEMNIFY, PROTECT AND SAVE HARMLESS the Greater Wichita Swim League and **Reflection Ridge**, it's officers, directors, employees, and agents from all judgments, costs and expenses whatsoever arising on account of any action, claim or demand by said minor, or by any person acting for or on behalf of said minor in respect of any claim for injuries or damages.
3. As a condition of continued membership in the Greater Wichita Swim League and/or the use of the swimming facilities operated by **Genesis Health Clubs**, the undersigned hereby release and further agree that in the event of an injury to said minor, the undersigned do hereby release and agree to hold harmless the Greater Wichita Swim League and **Genesis Health Clubs**, it's officers, directors, employees, and agents from any and all claims, demands, judgments, or costs made by or on behalf of said minor or the undersigned, to the extent the same may exceed the limits of all insurance coverage available to **Genesis Health Clubs**.

IN WITNESS WHEREOF, the undersigned, individually, and as Parent/Guardian of said minor(s) has hereunto set his/her hand this \_\_\_\_\_ day of \_\_\_\_\_, 2015.

\_\_\_\_\_  
Father Signature

\_\_\_\_\_  
Mother Signature

(Only one signature needed)

# **GWSL Address List**

**Crestview Country Club • 733-2061**

1000 N. 127th East  
Wichita, KS 67206

**Genesis Health Club • 634-0094**

1551 N. Rock Rd.  
Wichita, KS 67206

**Indian Hills • 943-4391**

1158 N. Meridian  
Wichita, KS 67203

**Reflection Ridge Country Club • 721-9438**

7700 Reflection Road  
Wichita, KS 67205

**Rockwood Swim Club • 685-3231**

7547 Rockwood Rd.  
Wichita, KS 67206

**Rolling Hills Country Club • 722-8969**

223 S. Westlink  
Wichita, KS 67209

**Tallgrass Country Club • 683-5401**

2400 N. Tallgrass  
Wichita, KS 67226

**Wichita Country Club • 634-2692**

8501 E. 13th  
Wichita, KS 67206

## Please list only one child on this Enrollment Form

Child's Name \_\_\_\_\_ (M/F)

Date of Birth \_\_\_\_\_ Age as of June 1, 2015 \_\_\_\_\_

Mother's Name \_\_\_\_\_ Phone \_\_\_\_\_

Father's Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Membership Number \_\_\_\_\_

### Swim Team Consent for Emergency Treatment

In case of emergency, I authorize the Pool Staff to arrange for transportation for

(Child's name) \_\_\_\_\_ to the nearest Emergency Room for treatment as deemed necessary.

Physician \_\_\_\_\_ Phone \_\_\_\_\_

Hospital Preference \_\_\_\_\_

Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

Known allergies or special Conditions \_\_\_\_\_

Parents Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

In case of emergency and I can not be reached, contact:

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

Relationship to child \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent or legal guardian)