



NORWOOD AQUATICS CLUB

www.norwoodstingrays.com

Mission

In service to the Norwood community, we strive to build the self-esteem of every swimmer through individual achievement and a supportive team environment.

Vision

To be a model community program that fosters continued growth, instills a lifelong appreciation for swimming and develops competitive swimmers.

REGISTRATION NIGHT DETAILS

Date	Wednesday, May 14, 2014
Time	4:30 PM - 6:30 PM
Location	The Elks Club, 152 Winslow Ave.
Team Registration Cost	\$125 per swimmer; \$325 Family Max. Swimmers must be registered and paid for prior to beginning workouts.
Can't Make Registration?	No problem! This year you will be able to register online beginning 5/14 , details will be emailed out soon. You WILL need to mail-in or turn in the forms within this packet—they will NOT be part of the online registration process. All forms must be received BEFORE Thursday, June 12: Norwood Aquatics Club, c/o Kimberly Miller, 96 Maple Street, Norwood, MA 02062
Swim Suit Try-on	We will have the SAME team suit this year. An image of the suit can be seen in the team emails or online. K&B Sportswear Inc will be on-hand for all swim suit orders. These must be placed in person on May 14, OR online no later than Friday, May 23 at www.kbswimandsports.com . Coach Kim Miller will have a sizing kit for those who missed the evening event. Please email Kim at norwoodstingrays@gmail.com to arrange a time to stop by and try-on swim suits. Details of how to get to the team home page are located on the team apparel order form. K&B Sportswear will take cash, check or credit card payment. Girl's suit a Finals Reactor Splice in Royal/Gold with one-color imprint is being sold for \$44.00 and the boy's suit is the matching Finals Reactor Splice which is being sold for \$33.00 . Swimmers are required to wear a team swim suit or a royal blue and gold swim suit at ALL dual meets. PLEASE HAVE YOUR CHILD IN THEIR CURRENT SWIM SUIT FOR SIZING SO THAT THEY MAY EASILY TRY-ON SWIM SUITS DURING REGISTRATION.
Team Swim Caps	ALL swimmers, boys and girls, MUST be in a team swim cap during swim meets. NAC will provide each swimmer with one latex swim cap as part of their registration. Additional latex or silicon caps can be purchased for an additional fee at registration while supplies last. Personalized LATEX caps may be purchased through the NAC in pairs for \$15 per two caps.
Team Apparel	We have a limited amount of apparel on-hand and it will be available at the registration night, the first couple weeks of workout and at the snack bar during home meets.
Other Training Needs	We ask that all swimmers have a pair of fins for training throughout the season. K&B Sportswear will have swim fins, goggles, training swim suits and swim caps for sale on Wednesday, May 14 . These items will also be available online through K&B if you are unable to join us on May 14.
Meet the Head Coach	Kimberly Miller will be available during registration to answer questions and visit.

For more information contact Kimberly Miller at norwoodstingrays@gmail.com



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SEASON OVERVIEW

Swim Team Try-outs	Friday, May 16 6:00—7:30PM Westwood High School Pool—240 Nahatan Street, Westwood All NEW swimmers to Norwood Aquatics Club (winter or summer) MUST try-out.
Training Groups	We will confirm your group placement prior to the first workout.
Practice Begins	Thursday, June 26
Season Dates	Thursday, June 26 - Saturday, August 9, 2014
Age Groups	5 years –18 years
Workout Location	Hawes Pool
Workout Days	Monday - Thursday - All Groups Morning Workout Schedule Below ** <i>Except first week—workout both Thur., 6/26 and Fri., 6/27 in the morning at Hawes</i> Fridays- All 7AM Groups Only at Father Macs from 12 - 1PM* *Beginning Friday, July 11
Workout Times for Summer Season	7AM-8:00AM Seniors, Juniors and Gold II 8AM—9AM Gold 8AM-8:45AM Little Ray and Blue 12PM –1PM Friday at Father Mac’s - Gold II, Junior, and Senior Groups Only** **Fridays, July 11, July 18, August 1 and August 8.
Swim Meets	Eleven dual meets, Region A and B Meets, and Mile Swim take place throughout the six and a half week season. Swimmers are not required to swim in the meets, but encouraged to do so. In order to be eligible for any region swim meet, swimmers must swim in at least five dual meets . We need parents/swimmers to commit to meets now as best you can, this will be done online this year. Meet commitments allow us to come up with our line-ups prior to the meets. You will be able to make changes as needed, but the more we know going into the season, the better.
Awards Picnic	Date and Time TBD.
Summer Highlights	*Four day a week training schedule for all groups. *Friday afternoon workouts at Father Macs for groups that train at 7AM M-Th. Strongly recommended for swimmers who will compete in the mile lake swim at the end of July.
Our Philosophy	Our goal is to develop swimmers with a good foundation of competitive swimming skills in a fun and supportive environment. Competitive swimming is a great individual sport that builds confidence, fitness, and lifelong friendships! Our focus throughout the season is stroke technique of all four competitive strokes, starts, and turns. We strive to provide the athletes with a strong foundation of competitive swimming fundamentals so they can be successful at the USS , High School, and Collegiate Levels if they choose that path.

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SUMMER 2014 SWIM MEET SCHEDULE

Tuesday, July 1 at Needham —5:30PM Start

(pool in a pond—50 meters for older swimmers, 25 meters for younger)

Rosemary Pool, Rosemary Street, Needham, MA 02492

Tuesday, July 8 at Norwood V Sherborn—6PM Start

Thursday, July 10 at Walpole—6PM Start

(Walpole Center Pool 33-yard 6-lane pool)

135 School St, Walpole, MA 02081-2837

Tuesday, July 15 at Natick—5:30PM Start

(Dug Pond 25-yard 6-lane course within a pond)

West Street (next to 75 West Street), Natick, MA 01760

Thursday, July 17 at Norwood V Millis—6PM Start

Tuesday, July 22 at Norwood V Westwood—6PM Start

Thursday, July 24 at Dedham-6:00PM Start

(25-yard 6-lane indoor pool)

1 Recreation Road, Dedham, MA 02036 (sits next to tennis courts behind Dedham High)

Friday, July 25 Mile Swim *(Must have swum in four dual meets)*

(Dug Pond 25-yard 6-lane course within a pond)

West Street (next to 75 West Street), Natick, MA 01760

Warm-up begins around noon with event beginning at 1PM

** Swimmers must be 11 years old a strong swimmer, final line-up will be selected by coaches by Tuesday, July 8.*

Tuesday, July 29 at Norwood V Canton—6PM Start

Thursday, July 31 at Medfield —6PM Start

Hinkley Swim Pond 6 lanes, 25 yards

51 Green Street Medfield, MA 02052

Saturday, August 2 B Regionals Meet in Newton *(Must have swum in five dual meets)*

Meet will begin in the morning

Gath Pool, 256 Albemarle Road, Newton, MA 02460

Tuesday, August 5 at Norwood V Framingham—6PM Start

Thursday, August 7 at Norwood V Newton—6PM Start

Saturday, August 9 A Regionals Meet in Newton

(Must have swum in five dual meets AND have qualifying times.)

Meet will begin in the morning.

Gath Pool, 256 Albemarle Road, Newton, MA 02460



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REGISTRATION PACKET CHECKLIST

The team is transitioning into an online registration and management environment. Much of what needs to be done is online, but there will still be paperwork that needs to be turned in. Listed below are two lists of tasks that need to be completed, one list addresses online tasks and the dates in which they need to be completed; and one list are tasks that need to be turned in and the dates paperwork needs to be received.

Hard Copy Forms To Turn-in

ITEM	DUE DATE
<input type="checkbox"/> Latex Camp Order Form	Fri., May 23, 2014
<input type="checkbox"/> Coaches Assistant Program Registration Forms	Friday, June 6, 2014
<input type="checkbox"/> Residency Form with copy of Utility Bill or Driver's License	Thurs., June 12, 2014

Tasks to do ONLINE

ITEM	DUE DATE
<input type="checkbox"/> Team Suit Order Deadline (<i>through K&B Sportwear</i>)	Fri., May 23, 2014
<input type="checkbox"/> Swimmer Registration Forms	Thurs., June 12, 2014
<input type="checkbox"/> Volunteer Registration Form	Thurs., June 12, 2014
<input type="checkbox"/> NAC Code of Conduct	Thurs., June 12, 2014
<input type="checkbox"/> NAC Photo & Name Release	Thurs., June 12, 2014
<input type="checkbox"/> Swim Meet Commitment Form	Wed., June 25, 2014

SWIM TEAM TRY-OUTS

Friday, May 16 6:00—7:30PM

Westwood High School Pool—240 Nahatan Street, Westwood

All NEW swimmers to Norwood Aquatics Club (winter or summer) **MUST** try-out.

COACHES ASSISTANTS MEETING

Swimmers who are going into 7th grade are eligible to be involved with this part of the program. Swimmers who want to be a "Coaches Assistant" this summer **MUST** turn in their registration form, but also attend a pre-season meeting at Coach Kim Miller's House on Saturday, June 21 from 1—2:30PM—a late lunch will be served! All new coaches assistants will work with Coach Kim Miller and the Little Ray group.



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Summer League Residency Form

Residency forms must be filled out on ALL swimmers whether they are swimming in meets or not and whether they are a town resident or not.

Swimmer Name: _____

Parent/Guardian Name: _____

Address: _____

Contact Number: _____

The league rules state that Non-residents may participate in dual meets as 'exhibition' entries, meaning that they may not score points. Therefore all non-resident swimmers are not eligible for the Regional Swim Meets.

Acceptable documentation includes: (Only one is required)

- Valid Driver's License (License number may be blackened out)
- Utility bill clearly stating both name and address

Additionally, if swimmer's last name differs from parent's last name a birth certificate is necessary for the swim league.

Residency form due no later than Thursday, June 12, 2014.



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CHAPTER 6, § 172H CORI REQUEST FORM

Norwood Aquatics club is requesting all the available criminal offender record information (CORI) on the following individual from the Criminal History Systems Board pursuant to Chapter 6 172H which mandates organizations primarily engaged in providing activities or programs to children 18 years of age or less that accepts volunteers, to obtain all CORI regarding employees, volunteers, vendors or contractors.

VOLUNTEER INFORMATION (PLEASE TYPE)

LAST NAME

FIRST NAME

MIDDLE NAME

MAIDEN NAME OR ALIAS (IF APPLICABLE)

PLACE OF BIRTH

DATE OF BIRTH

_____-_____-_____
SOCIAL SECURITY NUMBER
(Requested but not required)

*ID Theft Index PIN
(if applicable)

MOTHER'S MAIDEN NAME

CURRENT AND FORMER ADDRESSES:

SEX: _____ HEIGHT: _____ft. _____in. WEIGHT: _____ EYE COLOR: _____

STATE DRIVER'S LICENSE NUMBER: _____
(include state of issue)

***THE INFORMATION WAS VERIFIED WITH THE FOLLOWING FORM OF
GOVERNMENT ISSUED PHOTOGRAPHIC IDENTIFICATION:

REQUESTED BY: _____
SIGNATURE OF CORI AUTHORIZED EMPLOYEE

*If an applicant has provided an Identity Theft PIN number on this form, please ONLY mail or fax forms with Identity Theft PIN numbers to DCJIS. All other CORI requests must be processed electronically through Web-CORI. Do not mail or fax other forms to DCJIS.



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Youth Volunteer Form - Due Friday, June 6, 2014

Youth Volunteers must be at least entering 7th Grade Fall 2014.

LAST NAME: _____

Swimmer's First and Name	Age (as of July. 1)	Gender	Date of Birth

Parent's Name: _____

Last

Father

Mother

Mailing Address: _____

Street

City

Zip

Phone Contacts: _____

Home

Cell

Email Address: _____

The Norwood Aquatics Club not only needs the help of our parents, but also that of our older swimmers (**entering 7th Grade**). There could be a need at swim meets for some help based on the number of parent volunteers we have signed up but also during practices. Helpers will be **required** to commit to one training session prior to the summer season beginning. This training session will be announced at a later date. Hours our athletes volunteer will go toward their community volunteer hours that they are required to have for school.

"Coaches Assistants"

Our team will need a minimum of 10 - 12 "Coach Assistants".

To participate in this program you must agree to participate in summer training session prior to the season. Additionally, "Coaches Assistants" will need to agree to attend the practices following their workout AND help at the swim meets, taking a leadership role with the younger swimmers. Some "Coaches Assistants" roles will be on deck (Blue and Gold Groups) some will be in the water (Little Rays) It is expected that all "Coaches Assistants" will INTERACT and ENGAGE with our young swimmers. More detailed information and training will take place.

This is a great opportunity for our older swimmers to learn how to work with our younger athletes, and gain leadership and teaching skills.

PLEASE MARK DAYS AND TIMES OF THE WEEK YOU ARE WILLING TO VOLUNTEER.

**IT IS PREFERRED THAT HELPERS BE AVAILABLE FOR ALL DAYS IF POSSIBLE.*

____ 8AM - 9AM
____ 8AM - 8:45AM

____ Monday
____ Tuesday
____ Wednesday
____ Thursday

____ **Yes, I want to become a Coach Assistant!**

Other Youth Volunteer Areas

Our older athletes can also help out during the season or at swim meets. These hours also count toward community hours.

"Coaches Assistants" will be expected to be involved with helping to run a smooth meet, but our other older swimmers who might not be "Coaches Assistants" will also have the opportunity to get involved. Listed below are areas swimmers can help. Duties will be assigned prior to the meet and will vary from meet to meet. Again, this is a great opportunity to get involved, and learn leadership skills.

VOLUNTEER AREAS

- Swimmer Bullpen/Line-up of 10 & under swimmers
- Lane supervisor and cheerleader
- Rope Holder during Home Meets for 10 & Under Events
- Heat Winner Ribbon Distribution
- Relay Flag Holder during Home Meets for 10& Under Relays

____ **Yes, I want to volunteer at the meets!**



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Personalized Latex Cap Orders

Must be in multiples of TWO (2)

Orders due by Friday, May 23, 2014

Number of caps _____

(Must be in multiples of two)

Personalization *(must be SAME for EACH set of two)*

PLEASE PRINT CLEARLY

Email address:

Phone #

(PLEASE PRINT CLEARLY)

_____ X \$15.00 per set of TWO (2) Caps = \$ _____

Checks made payable to: **Norwood Aquatics Club**

Orders due by Friday, May 23, 2014

Mail to: Norwood Aquatics Club

c/o Kimberly Miller

96 Maple Street

Norwood, MA 02062