

Welcome to West Austin Aquatics!!

Head Coach Janet Risser 263-4282

West Austin Aquatics welcomes young swimmers age 8 & older (younger with permission from head coach). The team competes in two seasons; short course which goes from September – April and long course which goes from May-mid August. To be a part of WFLY, swimmers must know the four competitive strokes and be able to easily swim multiple lengths. All training groups work on improved strokes, endurance, and speed.

West Austin Aquatics is a year-round program. Middle school and high school swimmers are expected to train and compete in both seasons. Swimmers who participate in school sports work with Coach Janet to determine a schedule. Elementary swimmers are encouraged to commit to a complete season. For young swimmers looking for a shorter commitment please check into WFLY's companion program, WAAC Rec Swim Team which has five seasons per year.

Because WFLY is a competitive team, all participants are expected to go to swim meets (about one a month) including season championship meets.

Team fees are collected three times a year. Training fees are set for a season and billed monthly. During the short course season, the fee is divided into eight equal payments although some months may have more training days. Training fees are billed for the next month. Meet entry fees are due at the time the swimmer enters a meet. Please help keep accounting issues to a minimum by paying bills on time (billing goes out the 22nd of each month and is due by the 10th). Families who elect to pay quarterly or annually will receive a discount.

Coach Janet places swimmers in groups. All questions about practice groups should be directed to her.

If for any reason a swimmer desires to go on a leave of absence, they must first contact Coach Janet in writing with the date of leave and the date of return. The leave of absence form is at www.wfly.com. The rejoin fee is one month training fee + \$50. Coach Janet will also place the swimmer for reentry in the appropriate group, as the time of the season of the return and what that swimmer has missed will determine their new group placement.

Swimming requires commitment from the swimmers, coaches, and parents. There are many opportunities for parents to be involved with the team. The more parents that help, the more opportunities the swimmers will have.

WFLY practices at two facilities:
WAAC – West Austin Athletic Club
City of Lakeway Pool

Both of these pools are member facilities. Please be respectful of all rules. Facilities at each are for members and programs. Family memberships at WAAC are available for \$425 per quarter (three months) or \$960 per year (\$80 per month).

Practice Groups at WAAC: Description, Training Time, Monthly Training Fee, Team Fee
Bronze Elementary age swimmers Practice 3 times/week Team Fee (due Sept., Jan., May) \$25
Bronze 1 M-F 3:45-4:45 pm
Bronze 2 M-F 5-6:15 pm (must have permission from Coach Janet for this group)
Bronze 3 M-F 3:45-5 pm
Silver Middle School age swimmers Practice 3-4 times/week Team Fee (due Sept., Jan., May) \$40
Silver M-F 4:45-6:15 pm
Pre-National Middle School/High School age swimmers Practice 4-5 times/week Team Fee (due Sept., Jan., May) \$50
Pre-National MTWTh then MTThF 4:45-6:30 Sat TBA
National High School age swimmers Practice 5-6 times/week Team Fee (due Sept., Jan., May) \$60
National MTWTh then MTThF 4:45-6:45 Sat TBA

Equipment: All swimmers should have an equipment bag with a kickboard, pull buoy, and fins.
Silver, Pre-National, and National swimmers should also have hand paddles.

Team apparel:

All swimmers should wear a team suit and cap to meets unless a "fast suit" is allowed and suggested by Coach Janet. Swimmers all receive a team t-shirt. Other apparel is available including warm-ups, parkas, hoodies, etc.

Who to ask:

Team questions: Janet Risser
Billing questions: Diane Welch (billing@wfly.com)
Apparel questions: Becky Shepard becky@wfly.com

WAAC Phone: 263-4282
FAX: 263-0131

Email: becky@wfly.com
Web site: www.wfly.com

**WEST AUSTIN AQUATICS USA Swim Team Short Course 2010-2011
REGISTRATION FORM-HEALTH INFORMATION AND MEDICAL RELEASE FORM**

Note: Returning Swimmers only fill out changed info. Parents must sign three places. ALL Swimmers must fill out a 2011 USA Registration form. NEW WFLY swimmers must bring a copy of their birth certificate, passport, OR a copy of a USA Swim Card.

Swimmer's Name: _____ Birth date: _____ Gender: _____

Swimmer's email: _____ Parents' email: _____

Parents' or Guardians' Name(s): _____

Address: _____ Zip: _____

Contact Numbers: Daytime: _____ Evening: _____ Cell: _____

West Austin Athletic Club Member? Yes/No Member # _____

Family memberships are available for 3 months (\$425) or 12 months (\$960)

Previous Swimming Experience: _____

My swimmer is enrolling in (Please Circle): (Individual swimmer placement is at coach's discretion)

Bronze 1 Bronze 2 Bronze 3 Silver Pre-National National

MEDICAL INFORMATION Doctor's Name: _____

Doctor's Telephone: _____ Doctor's Emergency Number: _____ Medical

Insurance: _____ Policy Number: _____

Height: _____ Weight _____ Date of last physical exam: _____

Does the swimmer wear glasses or contact lenses? Yes/No

Allergic to any medications or substances? Yes/No List: _____

History of shoulder, back, head, or knee injury? Yes/No (circle all that apply)

History of ear infections? Yes/No

History of seizures? Yes/No

Does the swimmer use an inhaler? Yes/No

Currently taking medicine? Yes/No List: _____

Is the swimmer current on all required immunizations? Yes/No

Are there any other medical problems or condition the coach should know about Yes/No (Please Detail on a separate sheet)

I certify that the above named swimmer is medically and physically able to participate in West Austin Aquatics.

Parent's Signature: _____ Date: _____

Statement of Conduct: During practice, competitions, and other team events, West Austin Aquatics swimmers and parents must always show good sportsmanship, be respectful to coaches, teammates, WAAC staff, and all others at WAAC. At WAAC events, all WAAC Club rules must be followed including NO GUM chewing, NO PROFANITY or rude behavior, and NO glass containers. Swimmers are expected to follow all WAAC rules and take care of WAAC property. Failure to follow WAAC rules will lead to dismissal from practice and reoccurring problems will result in dismissal from team. My swimmer and I understand WAAC rules must be followed at all WFLY practices, competitions, and team functions.

Parent's Signature: _____ Date: _____

Team Release of Liability Form

The above named child is covered by our family insurance. It is understood that West Austin Athletic Club does not provide medical insurance covering injuries of any nature incurred in the West Austin Athletic Club Swim Program but requires that the above named participant must be covered by medical insurance in order to be eligible to join West Austin Athletic Club's Swim Program.

The undersigned hereby releases West Austin Athletic Club, its successor, assigns, officers, agents and employees from any and all claims, demands and causes of action whatsoever in any way growing out of or resulting from the participation of the above named participant in the West Austin Athletic Club Swim Program, West Austin Aquatics.

The above named child has my permission and consent to travel with the West Austin Athletic Club's Swim team as necessary to participate in sanctioned swimming meets and training sessions. In the event of illness or injury to said child while traveling to and from, or while participating in meet or training sessions, any official chaperone, manager, or West Austin Athletic Club's Swim coach is hereby authorized to contract for and to authorize treatment by a medical doctor for said child as fully as I could do if I were present. In consideration of said child being permitted to travel with the swimming team, and the further consideration of the coaches and/or other official chaperone accompanying the team, we do hereby release and hold blameless the Swim Program and West Austin Athletic Club, the coaches and official chaperones from any and all claims, liability, costs and expenses arising out of or resulting from said child participating in any meets or training sessions from procurement of medical treatment for said child as foresaid.

Parent's Signature: _____ Date: _____

West Austin Aquatics General Check List - Please Read and Initial

As a parent of a WFLY swimmer, I understand the following:

Sportsmanship and Positive Attitude: WFLY prides itself with having a team spirit that supports all swimmers. We will abide by rules, support the team, and volunteer as needed. _____

Registration: USA Swimming requires proper registration which will be completed within two weeks of swimmer's first training day. New swimmers must provide a copy of birth certificate or passport.

Training fees and meet entries: WFLY has dedicated coaches and utilizes pool space for which team training fees pay. I will send in training fees in a timely manner, by the tenth of each month. I will attach payment for entries when I enter a meet. (Checks are made out to WAAC. Credit card payments can be made at www.wfly.com) _____

Meets: South Texas requires team entries be submitted together. I will watch for meet entry information and get my entries in on time. I understand meets are important to young swimmers and will endeavor to attend meets. The meet schedule will be determined by mid-October. I will check the bulletin board and web site for meet information. _____

Championship Meets: WFLY competes as a team at end of season meets. I will make every effort for my swimmer to attend their championship meet and be part of the WFLY championship team. (High school swimmers during short course season attend a combination of UIL/SPC/TAPS and USA meets.) _____

Uniforms & Equipment: During USA Swimming competitions my swimmer will wear a team cap, suit, and t-shirt. I understand other equipment may be requested for my child's training. _____

Leave of Absences: I understand all leaves of absence must be given to Head Coach Janet Risser through the on-line form at www.wfly.com. Upon return, swimmers will owe a month of training fees+ \$50. I also understand that my swimmer may not return to the same training group after an extended leave, but will be assigned to the appropriate group by Coach Janet. _____

Information: Information about WFLY is provided on the bulletin boards, on the WAAC website www.wfly.com, and in a weekly email newsletter. I will provide a current email address to becky@wfly.com and stay current on team activities and deadlines. _____

Team Questions/Concerns: I will ask any and all questions, and voice all concerns. Coach Janet Risser is happy to talk to parents when not coaching. In the office, Becky Shepard and Susan Walsh can also help. Phone: 263-4282 Email: becky@wfly.com _____

Life Circumstances: Many situations affect young athletes. I will let Coach Janet know if my athlete is sick, injured, or has anything going on the coaches need to know to help make their season successful and help them balance swimming with their other commitments. _____

Team Fee: covers team t-shirt, team activities, and team equipment

How to calculate what you owe at registration:

- (1) USA 2011 Registration \$67
- (2) Fall Team Fee \$25 Bronze, \$40 Silver, \$50 Pre-National, \$60 National
- (3) Pick a training fee from the table below (monthly, quarterly, seasonal)
- (4) If you pay seasonally, you can also opt to pre-pay spring team fee

Three Ways to pay WFLY Short Course Training Fees!!

(1) Monthly (8 equal payments), (2) Quarterly (3 equal payments), OR (3) Seasonal (1 payment)

Monthly- first due at registration, subsequent payments due by the 10th October-April

Quarterly –includes a 5% discount off monthly training fees, due August 30, November 10, February 10

Seasonal –includes a 10% discount off monthly training fees, due when register

Please note: There are NO refunds on training fees.

Group	Monthly Fee WAAC members	Quarterly Fee WAAC Members	Seasonal Fee WAAC members	Monthly Fee Non-members	Quarterly Fee Non-members	Seasonal Fee Non-members
Bronze 1	\$70	\$178	\$504	\$85	\$216	\$612
Bronze 2	\$75	\$190	\$540	\$90	\$228	\$648
Bronze 3	\$80	\$203	\$576	\$95	\$241	\$684
Silver	\$85	\$216	\$612	\$110	\$279	\$792
Pre-National	\$90	\$228	\$648	\$125	\$317	\$900
National	\$95	\$241	\$684	\$135	\$342	\$972