



## SWIM TEAM REGISTRATION 2018

Peachtree Corners Swim Team

<http://www.waverunners.org>

We are excited to announce that it's time to register for Swim Team! We are also pleased to let you know Coach Harrison and Coach Annabelle will be back!

Registration Days are scheduled for **Saturday, March 24<sup>th</sup> from 10am-noon and Sunday, March 25<sup>h</sup> from 2-3 pm** at the Peachtree Corners Swim & Racquet Club (4400 Jones Bridge Circle). We will have an **Easter Egg hunt on Sunday, March 25 at 1:30**, prior to registration. Bring your friends! If you cannot attend Registration Days, please mail or drop off your forms (address is listed on the Registration Form) prior to **April 9** to avoid a late fee. During Registration Days, priority for space on the team is given to members of the PCS&R Club and 2017 swim team members (this includes postmarked registrations by mail). After Registration Days, we will fill spaces as registration forms arrive.

### **In addition to payment, the following items are required for registration:**

- 2018 Registration Form
- Medical Release Form
- Gwinnett County Swim League Waiver
- Concussion Awareness Form
- Volunteer Registration Form
- If you have a **new** swimmer, **you will need to submit a photocopy of his/her birth certificate and show the original copy to a board member.**

**Requirements for New Swimmers:** To be a Waverunner, a child must be no older than 18 on June 1<sup>st</sup>, 2018 and must be able to swim the length of the pool unassisted. All registrants are given until May 24 to meet this swimming requirement. This guideline ensures the safety of the children entrusted to our care and allows us to best utilize our coaching resources. If you are uncertain whether your child will satisfy the swimming requirement, we encourage you to register him/her for the team and then enroll in swim lessons prior to the start of the season. Those swimmers 6 & under who don't meet the swimming requirement will move to our Wavewalker program, all others will receive a refund of their registration fee (late fees or other fees are not refunded.)

**Swimsuits:** Our team swimsuit will be the same as last year, a black Speedo Powerflex Pro or Flyback for the girls and a black Speedo Powerflex Jammer for the boys, both with the Waverunner embroidered on it. Sample black suits will be available for sizing at registration; however, all suits with the embroidered logo will need to be ordered. If you choose not to purchase the team suit, we encourage all swimmers to wear a black racing suit for a uniformed team look.

**Swimsuit Consignment Sale** – Has your swimmer outgrown his/her suit from last year (how does that keep happening?!?)? Bring it to Registration Days, the earlier the better – we'll provide the tags that you fill out, you provide the suit(s) on a hanger, please and the price you want for it. It's a win, win! All proceeds go back to you!

**Volunteers:** We require an army of volunteers to run this swim team, and we appreciate the time that our families contribute. As you prepare to register, please consider how you might serve the team this year. Volunteering is a requirement if you wish to have a child on swim team. Likewise, it is required that an adult accompany children under 12 to all meets.

If you have friends interested in joining the Waverunners please let us know and we will send them registration packets. We look forward to another fantastic season!

The Peachtree Corners Swim Team Board



# SUMMER 2018

## DATES and INFO

### 2018 Meet Schedule

Meets begin at 6:00 pm - Arrival time is approximated 5:00 for home meets, and 5:15 for away meets

	Mock Meet	
Thursday, May 24		
Thursday, May 31	TBD	vs. TBD
Thursday, June 7	TBD	vs. TBD
Thursday, June 14	TBD	vs. TBD
Thursday, June 21	TBD	vs. TBD
Thursday, June 28	TBD	vs. TBD
Monday, July 2	TBD	vs. TBD

### GCSL Championship Meet at Georgia Tech (for qualified swimmers)

Saturday, July 14	Morning—9-10, Afternoon—13-18
Sunday, July 15	Morning—8 U, Afternoon—11-12

### New Parent's Meeting – Tuesday, May 22

We will have an orientation meeting for all new parents at 5:00 pm on Tuesday, May 22. This meeting will provide new families with hints and tips for making the best of a summer swim meet.

### Mock Meet – Thursday, May 24

The mock meet is for 12 and under swimmers and all volunteers. We will take our team picture prior to the mock meet and hope all swimmers will stay for the ice cream party afterwards at approximately 8:00 pm.

Individual Pictures - 4:00 pm to 4:30 pm.

Team Picture - 4:30.

Warmup - 5:30

Mock meet start - 6:00 pm.

Ice cream party - approximately 8:00 pm.

**Fun Days** - 10-11am on the Friday after a regular meet is Fun Day with donuts, ribbons and time to play in the pool. Only team members, Wavewalkers and Wavecrawlers are allowed in the pool. There will be a "Terrific Tuesday" after the Monday meet. We ask Wavewalker and Wavecrawler parents to watch their children during Fun Friday, as there are no lifeguards on duty.

### Parties

#### Kickoff Pizza Party – Wednesday, TBD

Team members will eat for free, family members are asked to donate \$3/pp. 6:00pm – 8:00pm

**Post-Meet Ice Cream Party** – TBD, after the Senior Night Meet (i.e. last home meet) at approximately 10 pm.

**Pre-County Meet Pasta Potluck Party** -- Thurs. July 12, 6 to 8 pm for all County Meet participants and their families.

**End-of-Season Party & Awards** – Saturday, August 4 (tentative) 6-9 pm at PCS&R.

**Spirit Nights** at local restaurants the Wednesday before each away meet. Final dates and places TBD.

### Swim Team Communication

#### E-mail and Calling Post:

The majority of our communication will be via email and the CallingPost phone system. Please make sure we have your correct email address(es) and phone number(s).

#### Mail Folders:

Each swim team family, coach and board member have a mail folder at the pool. Please check these regularly for team communications and ribbons.

### Practice Times

#### After School Schedule

May 14 - 18	6 & Unders at YMCA	4:30-5:30 pm
	7-10s at PCS&R	6:00-6:45pm
	11 and up at PCS&R	6:45-7:30 pm

May 21 - 23	Outdoor Practice at PCS&R for all ages	
	High School	3:45-4:45 pm
	6 & Under	4:45-5:15 pm
	7 & 8s	5:15-5:45 pm
	9 & 10s	5:45-6:30 pm
	Middle School*	6:30-7:30 pm
	*(Rising & current MS students)	

#### Summer Morning Practice Schedule

May 24 – July 2	7 & 8s	8:15-9:00 am
	6 & Under	9:00-9:30 am
	9 & 10s	9:30-10:30 am
	11 & Up	10:30-11:30 am

*Note: No practice on May 28 (Memorial Day)  
Wavecrawler practice will begin June 4*

#### Evening Practices

*Monday, Tuesday & Wednesdays from May 29 to June 27  
Open to all swimmers who cannot come to a morning practice.  
Advanced sign-ups are required for adequate staffing.*

10 & Under	6:00-6:45 pm
11 & Up	6:45-7:45 pm

*Note: On party nights, practice will be 5:15 to 6:00 pm for all evening swimmers.*

#### County Meet Team Practice – beginning June 28

*(for swimmers who qualify for the GCSL Championship Meet)*

July 5 – July 13 9:30 -11:00 am (tentative)

*Note: No practice on July 4*

### Stroke Clinics

Saturday Mornings Starting May 19 (tentative)  
Look for sign-up sheets on the Swim Team bulletin board

### Contact Information:

#### Head Coach:

Harrison M.

#### Sr. Assistant Coach:

Annabelle B.

#### Swim Team Board Members:

Darcy A., Co-Chair  
Cayman J., Co-Chair  
Katharine S., Treasurer  
Jessica S., Registrar  
Amy B., Volunteers  
Jennifer S., Volunteers

#### Swim Team Email:

[pcwaverunners@gmail.com](mailto:pcwaverunners@gmail.com)

#### Pool Phone:

770-441-1463

#### Address:

4400 Jones Bridge Circle, Norcross, 30092

#### Team Website:

<http://www.waverunners.org>

#### GCSL Website:

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



## 6 and Under Waverunners – 2018

Our team serves swimmers ages 3 and up. The 6 & under age group is broken into the following groups:

**Waverunners** – This includes all swimmers 6 & under who swam on the regular team last year, and any new confident swimmers who will have no problems swimming backstroke and freestyle at their first meet.

**Wavewalkers** – Wavewalkers is for any 6 and under swimmer who isn't quite able to swim across the whole pool at the time of the Mock Meet. Wavewalker practice will start on Monday, May 14, 2018 and be at the same time as the regular 6 and under practice. Often, the practices before the first meet are enough to get a borderline swimmer across the pool. Please refer to the Waverunner Info sheet for 6 and under practice times. Typically, we hold practice at the Y for the youngest swimmers during the first week of practice. The goal of the Wavewalkers is that by the end of the season, the swimmer is able to swim across the pool in a regular meet. All 5 and 6-year olds who register for the team will be considered Wavewalkers, unless they have already moved up to the regular team. All 5 and 6-year-old swimmers will start practice on the second Monday of May, along with the regular team. Any 4-year-old who can swim ½ the length of the pool at the beginning of the season may be enrolled as Wavewalkers if the parent thinks they are ready.

**Wavecrawlers** – For swimmers aged 3 and 4 who probably will not be able to swim across the pool unassisted by the end of the summer. This is a program for swimmers who will unlikely be able to swim in a meet by the end of the summer. This program is not intended for children who are fearful of water. Participants must be comfortable in the water and be independent of their parents.

### Practice Schedule for Waverunners and Wavewalkers

- All 6 and under Waverunners and Wavewalkers will practice at the same time and will have the same practice schedule. Swimmers will be divided per their ability. Depending on enrollment, Wavecrawlers may practice in the shallow end during the 9-10 practice.
- The 6 and unders will have a dedicated coach that is in charge of their age group.
- Upon arriving at practice, all 6 & under swimmers should check in with their Coach.
- The 6 and Under Coach will gather the 6 & under swimmers to start practice and do some simple dryland exercises (jumping jacks, toe touches, etc.) while the pool clears, and the other coaches get ready for the in-water instruction.
- All Wavewalkers and Waverunners will participate in the Mock Meet. If necessary, a coach will be in the water with the Wavewalkers. Wavecrawlers will not participate in the mock meet.
- Wavewalkers are promoted to Waverunners when their coach marks them as 'meet ready'. Meet ready means that they can swim a lap unassisted during a regular dual-meet and are not too intimidated by the crowd. We want to give them time to be comfortable with not only the mechanics of swimming but also to gain the confidence to perform in front of a crowd.
- Another option for Wavewalkers to acclimate to the meet atmosphere is an exhibition swim. The Gwinnett County Swim League (GCSL) allows one heat of 6&under or special needs exhibition swimmers at the start of a regular dual meet. During this heat, the coaches are allowed in the water to assist the swimmers. These heats do not count for points or time and the number of participants is limited by the number of lanes. An exhibition swim is indicated by an 'X' next to the swimmer's name on the meet heat sheet.
- At the time of promotion, a Wavewalker receives a Waverunner team cap.
- Once a 6 & under swimmer is promoted to Waverunner status, the swimmer will be seeded into regular meets.

### **Practice Schedule for Wavecrawlers**

Assistant Coaches will teach the participants beginning stroke techniques, starting with freestyle and moving to backstroke, with the goal that each swimmer will be able to swim a lap of freestyle in our Wavecrawler mini-meet at the end of the program. Meet participants will earn ribbons and all Wavewalkers and Wavecrawlers who did not become Waverunners will receive a participation award at this time.

Wavewalkers and Wavecrawlers may join the Swim Team during Fun Friday activities, and your child's attendance at Fun Friday is your acknowledgement that you know they must stay in the shallow end/stair area of the pool and be within arm's reach of the parent/guardian as there are no lifeguards on duty at this time.

#### Session Dates/Times:

- 4 weeks: June 4 - Jun 7; June 11 - June 14; June 18 - June 21; June 25 – June 28
- Monday through Thursday, 9:00-9:30 (a second session may be added from 9:30 to 10:00 depending on registration numbers)
- The Wavecrawler Swim Meet will take place on Friday, June 29 at 10:00am

Cost: \$115 per swimmer. This fee includes: Coaching, League Insurance, Ribbons and a Participation award. There is an additional \$50 fee per swimmer for non-members of Peachtree Corners Swim & Racquet Club.

#### **How to Register for the Waverunner, Wavewalker and Wavecrawler Program:**

Fill out swim team registration and medical release forms and provide a copy of the swimmer's birth certificate. An original birth certificate must be shown to a board member for verification. Team swimsuits are optional. Please bring completed paperwork to Registration Days (see registration sheet) at the Peachtree Corners Swim & Racquet Club (4400 Jones Bridge Circle), or e-mail it to [pcwaverunners@gmail.com](mailto:pcwaverunners@gmail.com) .

LAST NAME: \_\_\_\_\_

## PEACHTREE CORNERS WAVERUNNER 2018 SWIM TEAM & WAVECRAWLER REGISTRATION

Please return completed forms at Registration Days on March 24 and 25, or e-mail to [pcwaverunners@gmail.com](mailto:pcwaverunners@gmail.com)  
If this is your child's first year swimming in the Gwinnett County Swim League (GCSL) or your swimmer "skipped" last year, you must:

- include a copy of his/her birth certificate AND
- show the original birth certificate to a Board Member (preferably at Registration Days).

Swimmer's First Name	Preferred Name (if different)	Middle Name	Birthday	Sex	T-shirt size*	Fees	Total
Each 14 and under swimmer who registers before <b>April 9</b> will receive a free Waverunner T-shirt! Please indicate size as YS, YM, YL, AS, AM, or AL in size column.							
1.			/ /	M / F		\$115	
2.			/ /	M / F		\$85	
3.			/ /	M / F		\$80	
4.			/ /	M / F		\$75	
<b>Swimmers 15 and older as of 6/1/18:</b> (T-shirts are not included for 15 and up swimmers)							
1.			/ /	M / F	N/A	\$15	
2.			/ /	M / F	N/A	\$15	
<b>Wavecrawler Registration (ages 3 and 4 ONLY)</b>							
1.			/ /	M / F		\$115	
2.			/ /	M / F		\$115	
<b>My 13 and older swimmer(s) chooses to receive an end-of-season participation medal:</b>							<b>Yes / No</b>
Non-Member Fee - for families who are not Peachtree Corners Swim & Racquet members. <i>(The non-member fee is waived for any swimmers who are 15 or older.)</i>						\$50/child \$100 max	
Late Fee – for registration forms received after April 9, 2018						\$10	
<b>TOTAL DUE</b> (Please make checks payable to <b>Peachtree Corners Swim Team</b> ):							

Mother's Information	*	Father's Information (if different)	*
Name:			
Address:			
E-mail:			
Home Phone #			
Cell Phone #	Text? Y N		Text? Y N
<b>Note: Please place a X by all e-mail address(es) and phone #(s) you want us to use for swim team communications.</b>			

**Parent Agreement to Volunteer, Photo Release, and Permission to Publish:**

- By registering my child(ren) for swim team I understand and agree that one adult from our family may be required to work as a volunteer for up to half of each swim meet. Yes / No
- I allow my child(ren) to be photographed and for the swim team to place these pictures on the team website (without last names) and use them in other swim team materials. Yes / No
- I give permission for our contact information to be published in the Swim Team Directory. Yes / No

<u>ADMINISTRATION ONLY</u> Method of Payment: _____ Check #: _____ Amount: _____
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\_\_\_\_\_  
Parent/Guardian Signature

Swimmer Last Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

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

## Peachtree Corners Waverunners - 2018 Volunteer Registration

Swimmer(s) Age(s): \_\_\_\_\_

**Parents: Participation of at least ONE parent is required during meets.** Please see volunteer descriptions on the next page. Select up to three areas and indicate your order of preference. **If you do not sign up, you will be assigned a job.**

In addition to working in a volunteer area, each family will be assigned to assist with cleanup at one home meet.

**Parent 1 Name:**  
(Required)

**Parent 2 Name:**  
(List only if 2<sup>nd</sup> parent would also like to volunteer)

Volunteer Areas for Meets <small>(Descriptions on following page)</small>	Parent 1		Parent 2	
	Preference (1st, 2nd, 3rd)	Shift (Early/Late)	Preference (1st, 2nd, 3rd)	Shift (Early/Late)
Bullpen				
Concessions (Please choose set-up, middle or late shift)				
Ribbons		Late Only		Late Only
Runners				
Computer				
Scoring				
Setup		Must arrive at 4:00		Must arrive at 4:00
Staging				
Starter (training provided by League)				
Stroke & Turn Official (training provided by League)				
Timer (training provided by team)				
Garbage person		Whole meet		Whole meet

**I understand that one adult from my family is required to work as a volunteer for up to half of each swim meet in which my child is swimming.**

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

## 2018 VOLUNTEER DESCRIPTIONS

Thank you in advance for your assistance with the swim team. Each meet requires approximately 80 volunteers, so without parent volunteers we would not be able to run our meets.

- One parent **must** be available to volunteer at each meet in which their child is swimming.
- In addition to regular volunteer duties, each family must assist with clean-up at one home meet.
- Please indicate on your form which shift and position you prefer. Note that you may be asked to fill a position indicated as your 2nd or 3rd choice in order to provide adequate staffing. You may not be assigned your first-choice position, as all positions need to be filled for each meet.

### Volunteer Areas:

**Bullpen** - This area is where swimmers wait before they swim their events. Organize and line up swimmers for their events and take them to Staging. Home and away meets.

**Cleanup - Each Family will be assigned to 1 Meet** - Take down the flags, set up chairs/tables, put signs away, pick up trash, and return pool to normal set-up at the end of the meet. Divided by alphabet. Home meets only.

**Computer** - This area enters the times into the computer. Works home meets only. Anyone assigned to this area is expected to attend and help at all the home meets.

**Concessions** - Set up the food, sell, and clean up concessions at home meets. Assist with set-up, serving and clean-up at team parties and Fun Days. It is expected that everyone assigned to this area will assist at all home meets. At away meets you will be asked to fill in as needed in other roles.

**Fun Friday Coordinator** - Orders and picks up the donuts and juice for each "Fun Friday", and help serve them.

**Ribbons** - Put labels on ribbons and file them in swimmer folders during a meet and in the morning at Fun Day. Volunteers will work at least 3 meets and must be available for at least 4 meets and some Fun Days to allow for scheduling. Ribbon labels are printed in batches throughout the meet beginning at about 8:30pm. This position requires you to be available to work 15-60 minutes after meet ends. A volunteer who can attend ALL Fun Days (10-11am) to do ribbons also may be considered. Home and Away Meets.

**Runners** - Pick up completed time sheets from timers after each event and take them to the scoring table. Home meets only. At away meets you will be asked to fill in as needed in other roles.

**Scoring Table/Computer** - Organizes the timing sheets and assists in verifying times. Home and away meets.

**Setup** - Approximately 2 hours before home meets, prepare the pool & deck area for a swim meet. Put up flags, lane ropes and pop-up shelters, move chairs, put up all signage, etc. Deliver and set up shelters for away meets. These volunteers will be expected to be at all home meets.

**Staging** - The area near the starting blocks where swimmers are lined up in their lane order 6 events prior to the event they are swimming. Line up swimmers & move them forward as the events progress. Home and away meets.

**Starters** - Starts each event and watches for false starts. Home meets only, but may be asked to assist at away meets. League training is provided (typically consists of one morning or afternoon training session in May).

**Stroke/Turn Judges** - Responsible for watching for improper execution of strokes and turns. This job is divided into two shifts. League training is provided. Training sessions are in May.

**Timers** - Times the swimmers for each event and writes that time down. Team training is provided. Home and Away meets.

**Garbage person** - Check and deposit garbage from bathrooms and garbage cans around pool deck into dumpster at events 20, 40 and 60 at home meets only. Check that the bathrooms are fully stocked with paper towels and toilet paper, and restock as necessary. One person.

LAST NAME OF SWIMMER(S): \_\_\_\_\_

**PEACHTREE CORNERS WAVERUNNERS SWIM TEAM  
2018 MEDICAL RELEASE FORM**

Please fill out this form completely and return it with the registration packet.  
Your child(ren) will be unable to swim unless this form is on file.

**Swimmer's Name(s):**

**Allergies/Medications/Other Info:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Emergency Contact Information		
<b>Parent's Names</b>	<b>Home #</b>	<b>Cell #</b>
<b>Mother:</b>		
<b>Father:</b>		
<b>Emergency Contacts/Relationship:</b>		
1.		
2.		
Doctor & Insurance Information		
<b>Doctor:</b>	<b>Phone #:</b>	
<b>Insurance Company Name:</b>		
<b>Insurance Phone Number:</b>		
<b>Name of Policy Holder:</b>		
<b>Policy #:</b>	<b>Group #:</b>	

**MEDICAL WAIVER:**

I, the undersigned, hereby certify that I am the parent or legal guardian of the above named swimmer(s). I hereby give my permission for any supervisor associated with the Peachtree Corners Waverunners Swim Team to seek and give appropriate medical attention for our child(ren) in the event of accident, injury and/or treatment.

I, the undersigned, hereby waive, release and forever discharge the Peachtree Corners Waverunners Swim Team and associated supervisors from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in swim team activities, whether or not damages or loss is due to negligence. I hereby acknowledge that the swimmer(s) named above is/are physically fit and mentally capable of participating in all Swim Team activities.

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**



**Gwinnett County Swim League (GCSL)  
2018 Liability Waiver & Release Form**

GCSL Member Team : Peachtree Corners Waverunners (PCNM)

Name of Participant \_\_\_\_\_

Age \_\_\_\_\_ Address \_\_\_\_\_  
(as of 6/1/2018)

I desire to participate in the 2018 Gwinnett County Swim League, which includes but is not limited to my Member Team's activities such as practices, dual meets and the GCSL Championship Meet and related activities.

In consideration of my participation, I certify that I am in good health and have no physical or other impediment which would endanger me while participating in these activities and that I have been released and authorized by my doctor to participate in the activities of the swim league. I acknowledge and agree these activities have inherent risks. I have full knowledge of the nature and extent of all the risks associated with these activities that include serious injury and death. Swimming can result in serious injury and death from diving incidents, diving off of starting blocks, drowning, incidents with other swimmers, falls on deck etc.... These incidents can lead to serious injury, head injuries, paralysis and death. I knowingly and freely assume all such risks.

In consideration of my participation in these activities, I hereby (on behalf of myself, my legal representatives, parents, heirs, executors, administrators, and assigns) release and forever discharge the Gwinnett County Swim League, Inc. including its officers, directors, volunteers, employees, agents etc...and the Member Teams (and their respective officers, directors, agents, employees and volunteers) from and relinquish and forever waive, any and all claims and causes of action arising out of my participation in the league for negligence, gross negligence, and such other actionable conduct resulting in personal or bodily injury, property damage or death.

Participant Signature/Parent's signature if a minor:

\_\_\_\_\_

Printed name: \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_\_

**Please submit a copy of this waiver for EACH swimmer.**

# 2018 Athlete/Parent Concussion Awareness Form

**Each swimmer (Wavewalkers and Wavecrawlers included) is required to have a form on file. Please read, complete, and sign (including your swimmer's signature!) a separate form for each swimmer.**

## **DANGERS OF CONCUSSION**

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Athlete and parental education in this area is crucial—that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each swimmer who wishes to participate in GCSL activities. One copy needs to be returned to your team's Primary Council, and one retained at home.

## COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

The following is a link to Heads Up, the online concussion awareness and safety recognition program offered by the Centers for Disease Control and Prevention. Please visit the site and explore the program.

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

**I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT. I HAVE REVIEWED THIS INFORMATION WITH MY CHILD.**

**SIGNED:** \_\_\_\_\_  
(Parent or Guardian)

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

**ATHLETE'S NAME:** \_\_\_\_\_

**Please submit a copy of this waiver for EACH swimmer.**

## 2018 Heat Sheet Advertising

*Peachtree Corners Waverunners*

We encourage each swim team family to purchase an advertisement in our heat sheets, as the funds raised from these ads help to support many of our team activities. Heat sheet ads may be used to promote your business, or you may create an ad to cheer for your swimmers. **The cost of a 4" x 2" ad is \$45.** If you are interested in a larger ad, please send a message to at [waverunnersponsor@gmail.com](mailto:waverunnersponsor@gmail.com). If you are not computer savvy, we can help you crop your photo and add a nice font for your wordings.

Examples of ads (reduced in size):

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### HEAT SHEET AD ORDER FORM

Deadline: **May 16, 2018**

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

Phone #: \_\_\_\_\_

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

Please include a check in the amount of \$45 for each 4" x 2" advertisement.

You may create your ad in the box below (it will be typed up into an electronic version) or e-mail your electronic ad (no larger than 4" x 2" in *jpg* format) to [waverunnersponsor@gmail.com](mailto:waverunnersponsor@gmail.com). Order forms and check payable to "*Peachtree Corners Swim Team*" can be turned into the *Sponsorship* mail folder at the pool .

Please draft your ad inside this space: