



VASHON STINGRAYS

SWIM TEAM REGISTRATION

Sr. Team/Jr. Team/Stroke School



DATE _____ TUITION _____ USA Reg _____ VSST _____ MEET\$ _____

Parents	Phone	Emails	Addresses
	()		
	()		
	()		

Swimmer (1)	Age	Birthdate
Swimmer (2)	Age	Birthdate
Swimmer (3)	Age	Birthdate

Season/Session	Season/Session
Non-Member	Member

Days	Tuition	Tuition
1	\$224	\$156
2	\$270	\$260
3	\$360	\$353
4	\$480	\$470

Pymt	Date	Ck/c/cc	Emp	VSST Fee	Date Paid	Pmt Form
For Office Use Only				1 st swimmer \$68		
\$				2 nd swimmer \$34		
\$				Stroke School \$34		
\$				USA Swim Link		
\$				Lystedt		
\$				M.A.A.P.P.		

*Meet Fee amount (opt) \$ _____ Date Pd _____

Swimmer	Team(Sr/Jr or Stroke School)	Days to swim	Time
		M T W TH	3:30 / 4:30(ss)
		M T W TH	3:30 / 4:30(ss)
		M T W TH	3:30 / 4:30(ss)

- Tuition Payments** Can be paid with Cash, Card or Check payable to VIGCC
- Booster Club Fee** Separate cash or check payable to VSST
- USA Swim Fee** All swimmers will receive a link to register with USA swim annually.
- *Swim Meet Fees** Cannot be paid with Card. Separate cash or check payable to VSST

ANNUAL USA SWIM Swimmers are required to register annually with USA Swim as a Vashon Stingrays member. A link will be given to all swimmers. An annual fee of \$84 will be charged at time of registration for all swimmer over 12. Flex Pass of \$30 is charged for all swimmers 12 and under.

M.A.A.P.P. is the USA Swim required form for Minor Athlete Abuse Prevention Policy. Lystedt form is the universal concussion information. Both are required for all parents/guardians must sign and have on file with Vashon Stingrays Swim Team.

Volunteer Requirements: All parents and swimmers are expected to volunteer and participate fully in our Swim Marathon in the Spring and in a choice of bake sales within each year.

Signature of commitment: _____

Media Release: I give the Vashon Island Golf and Country Club and the Vashon Stingrays Swim Team permission to use images and/or video of my child(ren) and myself in its publications, website, and marketing. This information, images and /or video will be released to news media to acknowledge a swimmer's achievements or receipt of an award or scholarship.

Signature of Permission: _____

VIGCC Swimming and Participation Waiver:

All exercises and use of all facilities shall be undertaken at your own risk. VIGCC and Stingrays Parent Advisory Board and its agents/coaches shall not be liable for any claims, demands, injuries, damages, actions or causes of action whatsoever to person or property arising out of acts of passive negligence on the part of the VIGCC, its servants, agents, or employees.

Signature of Waiver/Release: _____

Date: _____

Season

- Sept 6th through Dec 8th
- Breaks: we will not swim October 31st through Nov 4 -
 - The Dome goes on during this week.
- We will swim on conference days and Nov 21 & 22

Payments:

Tuition is made payable to the Vashon Island Golf and Country Club (VIGCC).

- Please get your registration in asap to Zoe or Dayna.
- Payment can also be collected via credit card over the phone 206-463-9410 ext 1.
- Payment fee is based on the number of practice days selected.

Booster Club Fees are to be made out to VSST. \$68 for the first swimmer and \$34 for additional swimmers. Payable with cash or check and can be dropped off with Zoe - please make sure she knows the payment is for the VSST.

USA Swim has changed the way they collect and register. A link will be given once you register and pay for tuition with Stingrays at the VIGCC office. You then must register with them and pay the USA annual swim fee directly to them. More information will be coming and all swimmers must be registered with USA swim

Lystedt and MAAP: All swimmers/parents must have a signed form on file with VSST. Forms are available at the VIGCC office.

Fall Registration begins Sept 1st

Winter Registration begins November 28th

All Swimmers must complete 2 registrations -

1. Vashon Stingrays Swim Team (at the VIGCC office)
2. USA Swim via online.

PACIFIC NORTHWEST SWIMMING 2021-2022 Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Adapted from the CDC and the 3rd International Conference on Concussion in Sport
2021 Membership Year (8/10/20 document update)

PACIFIC NORTHWEST SWIMMING
2021-2022 Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion must be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and athletes is the key for athlete safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion must be removed from the meet or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one meet or practice than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<https://www.cdc.gov/headsup/youthsports/index.html>

This form must be signed and dated by BOTH athlete and parent or guardian BEFORE the athlete can participate in practice or competition.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sport 2022 Membership Year (8/31/21 document update)