

# Gallatin Civic Center 2018 Summer Swim Team



**Informational Meeting For NEW Swimmers:**

**Saturday, April 7<sup>th</sup> @ 1:00 pm!!!**

**Last Day To Register:**

**Monday, April 30<sup>th</sup> by 8:00pm!!!**

Thank you for your interest in the Gallatin Civic Center Summer Swim Team! We are very excited about our upcoming season.

## **General Guidelines:**

The Gallatin Civic Center swim team is a Single A Division (small) swim team of approximately 50-60 swimmers who swims anywhere between 4-5 swim meets in a summer with the final meet being the Nashville Swim League City Meet which is held mid-July at the Centennial Sportsplex in Nashville, TN.

Practice information and meet schedule can be found below but practices are held throughout the week during the mornings with meets usually being on Tuesdays. Swimmers are responsible for their own transportation to and from practices and meets. Swimmers under the age of 15 are **REQUIRED** to be accompanied by an adult (parent/guardian/other swim team parent/adult) during swim meets, whether home or away.

## **Practices:**

Trial practices are nights in which you and your child(ren) are able to come and see what the summer swim team is all about and understand the expectations and minimum requirements to be on the GCC swim team. Trial nights also allow swimmers and parents to meet the coaches, ask questions, and swim some laps in the pool. This is also a great time to complete your registration and turn it in (registration & payment turned into main entrance circulation desk)!

<b>Night Trial Practices</b>	
April 18 <sup>th</sup>	7:00 – 7:45pm
April 19 <sup>th</sup>	7:00 – 7:45pm
April 25 <sup>th</sup>	7:00 – 7:45pm
April 26 <sup>th</sup>	7:00 – 7:45pm
<b>April 30<sup>th</sup> is the Registration Deadline!!!</b>	

\*\* Swim suit fittings will be held on these trial dates as well for ALL SWIMMERS registering!!!

**\*\* It is MANDATORY that all swimmers get fitted for a suit before your registration is complete!!!**

<b>Regular Season Practice Schedule (May 29<sup>th</sup> – July 12<sup>th</sup>)</b>	
6 & Under	8:00am – 8:30am
7 & 8 Year Olds	8:00 – 9:00am
9 & 10 Year Olds	8:00 – 9:00am
11 & 12 Year Olds	9:00 – 10:00am
13 & 14 Year Olds	9:00 – 10:00am
15 & Older	9:00 – 10:00am

\*NOTE: A monthly/summer calendar will be located in the pool & emailed for any practice changes!\*

\*\* Please note these times are tentative to change for certain individual swimmers based on ability and experience. Some swimmers may have the opportunity to swim with older age groups if they need a more challenging workout... this will be determined by the head coach. This is to ensure not only those swimmers get the workout needed, but allows for other nonexperience swimmers to get the workout and coaching they need as well. If you would like your child to stay longer or have any questions, please talk with the head coach BEFORE practice begins. We are here to encourage fun in practice but also improve strokes and making your child a better swimmer.

## **Meet Schedule:**

Meets are usually in the mornings. Exact start times will be determined at a later date as weather is a major determining factor. Here is the schedule for this summer:

<b>2018 Summer Schedule</b>	
June 1 <sup>st</sup>	Sumner County Open @ Cages Bend **
June 5 <sup>th</sup>	@ Traceside vs GCC
June 12 <sup>th</sup>	BYE WEEK
June 19 <sup>th</sup>	@ GCC vs JCC
June 26 <sup>th</sup>	@ GCC vs Metro
July 3 <sup>rd</sup>	BYE WEEK
July 10 <sup>th</sup>	@ GCC vs OHCC
July 13 <sup>th</sup> & 14 <sup>th</sup>	NSL City Meet **
July 17 <sup>th</sup>	Team Banquet @ GCC Outdoor Pool

\*\* This schedule is subject to change & Sumner Co Invite & City Meet requires an additional fee. \*\*

If your child(ren) will NOT be attending a meet, please let us know AS SOON AS POSSIBLE!!!

Please know that by signing your child up to swim, you will be **required** to volunteer at swim meets. We simply cannot run a meet without volunteers... for BOTH home and away meets. Positions needed are:

- Timers
- Stroke & Turn Judges – REQUIRE TRAINING THAT CAN BE COMPLETED ONLINE
- Clerk of Course Helpers
- Runners (take younger age groups from clerk or course to their designated lane)
- Starters & Referees – REQUIRE TRAINING THAT CAN BE COMPLETED ONLINE

You will be **REQUIRED** to sign up and help at meets. NONE of these jobs are difficult and you do not have to have special knowledge of swimming to do any of the jobs. We will post signup sheets and give you plenty of time to work out your schedules. I encourage you to sign up early. Slots that are left open will be filled in so everyone does their part in helping out. We will **NOT** start the meets until all positions are filled so PLEASE sign up in ADVANCE and do your part in helping out our team.

## **Fees:**

This year's fees will include:

- NSL Registration
- Swim Suit
- T-shirt
- Swim Cap
- Awards
- Unlimited use of the **INDOOR** pool during the swimming season for registered swimmer ONLY

\*\* City Meet fees and any other fees for meets will need to be paid separately, preferably in cash for due to short amount of time to turn in registration fees. \*\*

**\$160 for 1 swimmer**

**\$275 for 2 swimmers**

**\$375 for 3+ swimmers**

## **Communication:**

Our main form of TWO WAY communication is email.

The email for the Gallatin Civic Center Swim Team is: [gallatinswimteam@gmail.com](mailto:gallatinswimteam@gmail.com)

We will also send out announcements and any ONE WAY information using Remind.com  
Please see the information below to sign up for the Remind swim team announcements.

**Returning GCC Swim Team Members, you DO NOT have to sign up again if you got messages last year!**

Get information for **GCC Swim Team** right on your phone—not on handouts.

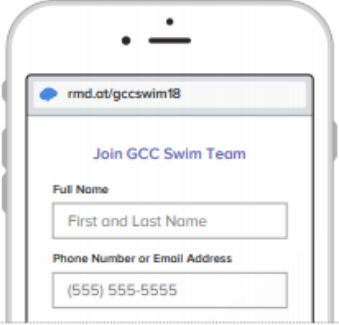
Pick a way to receive messages for **GCC Swim Team**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/gccswim18](http://rmd.at/gccswim18)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

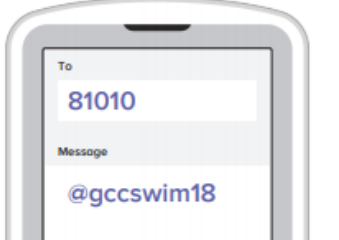


**B** If you don't have a smartphone, get text notifications.

Text the message @gccswim18 to the number 81010.

If you're having trouble with 81010, try texting @gccswim18 to (615) 541-1883.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/gccswim18](http://rmd.at/gccswim18) on a desktop computer to sign up for email notifications.

## **Team Website:**

<https://gccswimteam.weebly.com/>

Website contains general information of the GCC swim team, facility, coaching staff, meet schedule and meet information, as well as meet results and pictures.

We are happy you have chosen to swim with us this year!

Ericka Heppeard

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

Please email me if you have any questions. I will check email daily and try my best to reply within 24 hours!

**Gallatin Civic Center Swim Team Registration**

**For GCC use ONLY!**

Date Paid: \_\_\_/\_\_\_/\_\_\_

\_\_\_\_\_ cash

\_\_\_\_\_ check # \_\_\_\_\_

# of swimmer(s)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle: \_\_\_\_\_

Preferred Name: \_\_\_\_\_ Birthday (mm/dd/yy): \_\_\_\_\_ Age: \_\_\_\_\_ M / F

Athlete Cell Number: \_\_\_\_\_ Swimmer T-Shirt Size: YS YM YL AS AM AL AXL

**Primary Contact**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Relationship To Swimmer: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Insurance Information**

Insurance Name: \_\_\_\_\_ Policy / Group Numbers: \_\_\_\_\_

Allergies: \_\_\_\_\_ Medications/Condition: \_\_\_\_\_

Emergency Contact (different than primary contact):

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

What is the best way to contact or locate parent/guardians in case of emergency at practice or at swim meet?  
\_\_\_\_\_

I give my permission to the coaches and/or other designated chaperones of the Gallatin Civic Center to obtain emergency and/or necessary medical treatment for my child during practice, away meets, home meets, or any other times that my child is at a Gallatin Civic Center function and not directly under my care. I also agree to release the Gallatin Civic Center, and its affiliates, instructors and employees from any and all liability claims, actions, judgements, damages or injuries of any kind whatsoever to the participant and/or their property arising from participation for which the participant is registering. The Gallatin Civic Center is not responsible for any lost or stolen items.

No child participating in the Gallatin Civic Center Swim Team will be allowed to stay at any away swim meet without the care and watch of a parent or adult.

I have read the GCC swim team packet for Summer 2018, filled out and signed the TN State Concussion Law forms, and I understand the terms of this agreement.

Parent/Guardian Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

## CONCUSSION

### INFORMATION AND SIGNATURE FORM FOR STUDENT-ATHLETES & PARENTS/LEGAL GUARDIANS

(Adapted from CDC "Head Up Concussion in Youth Sports")

**Read and keep this page.**

**Sign and return the signature page.**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

#### Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness, even briefly	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

\*Health care provider\* means a Tennessee licensed medical doctor, osteopathic physician, clinical neuropsychologist with concussion training, or physician assistant with concussion training who is a member of a health care team supervised by a Tennessee licensed medical doctor or osteopathic physician.

#### CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body if s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

#### WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. **Their** can even be fatal.

Remember:

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

#### WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care provider\* says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration such as studying, working on the computer or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

\*Health care provider\* means a Tennessee licensed medical doctor, osteopathic physician, clinical neuropsychologist with concussion training, or physician assistant with concussion training who is a member of a health care team supervised by a Tennessee licensed medical doctor or osteopathic physician.

## Student-athlete & Parent/Legal Guardian Concussion Statement

Must be signed and returned to school or community youth athletic activity prior to participation in practice or play.

Student-Athlete Name: \_\_\_\_\_

Parent/Legal Guardian Name(s): \_\_\_\_\_

After reading the information sheet, I am aware of the following information:

Student-Athlete initials		Parent/Legal Guardian initials
	A concussion is a brain injury, which should be reported to my parents, my coach(es) or a medical professional if one is available.	
	A concussion cannot be "seen." Some symptoms might be present right away. Other symptoms can show up hours or days after an injury.	
	I will tell my parents, my coach and/or a medical professional about my injuries and illnesses.	N/A
	I will not return to play in a game or practice if a hit to my head or body causes any concussion-related symptoms.	N/A
	I will/my child will need written permission from a <i>health care provider</i> * to return to play or practice after a concussion.	
	Most concussions take days or weeks to get better. A more serious concussion can last for months or longer.	
	After a bump, blow or jolt to the head or body, an athlete should receive immediate medical attention if there are any danger signs such as loss of consciousness, repeated vomiting or a headache that gets worse.	
	After a concussion, the brain needs time to heal. I understand that I am/my child is much more likely to have another concussion or more serious brain injury if return to play or practice occurs before the concussion symptoms go away.	
	Sometimes repeat concussion can cause serious and long-lasting problems and even death.	
	I have read the concussion symptoms on the Concussion Information Sheet.	

\*Health care provider\* means a Tennessee licensed medical doctor, osteopathic physician, clinical neuropsychologist with concussion training, or physician assistant with concussion training who is a member of a health care team supervised by a Tennessee licensed medical doctor or osteopathic physician.

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal guardian

\_\_\_\_\_  
Date

# Gallatin Civic Center Summer Swim Team

## T-Shirt Order Form

We will be selling additional t-shirts for parents, siblings, grandparents, etc.

**\*Please remember that swimmers get a t-shirt with their paid registration.**

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

**EACH ADDITIONAL SHIRT ORDERED - \$10**

**Please indicate # ordered next to size:**

YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_

AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_

AXXL \_\_\_\_\_ AXXXL \_\_\_\_\_

- Please note there will be a \$2/shirt extra charge for XXL or XXXL shirts

**Shirts** \_\_\_\_\_ **Total # of**

**Cost** \_\_\_\_\_ **Total**

Please turn in your order form and check/money to the  
GCC Circulation Desk no later than:  
**Monday, April 30<sup>th</sup> by 8:00pm!!!**

(Make Checks Payable to Gallatin Civic Center)