

**Gallatin Civic Center**  
**2024 Summer Swim Team**  
**Registration Packet**



**Last Day To Register:**  
**Friday May 3, 2024**

# 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 part of the AA North Division (small) swim team of approximately 70-80 swimmers who swims anywhere between 3 and 4 swim meets in a summer with the final meet being the Nashville Swim League City Meet which is held at the beginning of July.

Practice information and meet schedule can be found below, but practices are held throughout the week during the mornings with meets usually being on Tuesday mornings. 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.

### Summer Swim Team Requirements:

*In order to be a member of the summer swim team, we ask that your child be able to swim at least one length of the indoor pool (25 yards) unassisted by any floatation device or without the aid of another swimmer with them. They are permitted to stop (hold onto wall or lane line) for a brief moment to take a quick rest/breath but must maintain forward motion without pulling on any object.*

### What Will My Swimmer(s) Learn?

Since our swim team includes all levels of learners, we take the first few days of practice to evaluate and try our best to place each swimmer based on age and ability. For beginners we will focus on freestyle and backstroke, using different drills and workouts to help our swimmers learn the proper way to swim each stroke.

Then, depending on age and ability, we will progress to breaststroke and butterfly. We ask all our swimmers in practice who are able to attempt these drills and strokes, but they are not required to swim them at meets. We allow each swimmer to choose the events they wish to swim at meets. Our intentions are for summer swim team to be an enjoyable opportunity to learn the various strokes and develop a love for competitive swimming.

### Practices:

<b>Regular Season Practice Schedule (May 30<sup>th</sup> – June 29<sup>th</sup>)</b>	
6 & Unders	Monday – Friday @ 9:00 - 10:00am
7 & 8 Year Olds	Monday – Friday @ 9:00 – 10:00am
9 & 10 Year Olds	Monday – Friday @ 9:00 – 10:00am
11 & 12 Year Olds	Monday – Friday @ 10:00 – 11:00am
13 & 14 Year Olds	Monday – Friday @ 10:00 – 11:00am
15 & Over	Monday – Friday @ 10:00 – 11:00am

- 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 individuals and/or families based on ability and experience of the swimmer, family with siblings in different age groups, and/or individual family schedule needs. 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 beginner swimmers to get the workout and coaching they need as well. If you have any questions on practices, please talk with the head coach BEFORE practice begins. We are here to encourage fun in practice but also improve strokes and make 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 tentative schedule for this summer.

<b>2024 Summer Schedule*</b>	
June 4 <sup>th</sup>	BYE (Mock Meet)
June 11 <sup>th</sup>	@ Providence (NIGHT MEET)
June 18 <sup>th</sup>	vs. Langford Farms (Home Meet)
June 25 <sup>th</sup>	@ Bluegrass Country Club
June 28 <sup>th</sup> & 29 <sup>th</sup>	NSL City Meet **

\* This schedule is subject to change due to weather and/or facility usage.

\*\*NSL City Meet – this meet requires an additional meet entry fee and swimmers must have swum in two other meets to qualify to swim in this meet. There are also possible changes to this meet that will be updated as details are finalized.

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

We have a “Cannot Attend” Sheet on the bulletin board outside the pool office for you to let us know when your child will NOT be attending a meet.

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

- Timers (assigned to a swim lane to time the races of the swimmers)
- Stroke & Turn Judges – REQUIRE SIMPLE ONLINE TRAINING
- Clerk of Course Helpers (organizes swimmers prior to swimming their race)
- Runners (take younger age groups from clerk of course to their designated lane)
- Starters & Referees – REQUIRE SIMPLE ONLINE TRAINING

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.

## **Civic Center Registration Fee:**

This year’s fees will include:

- Nashville Swim League Registration
- Swim Cap & Team T-shirt
- Awards
- Unlimited use of the **INDOOR** pool during the swimming season for registered swimmers ONLY

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

\$165 for 1 swimmer

\$280 for 2 swimmers

\$380 for 3+ swimmers

**CHECKS NEED TO BE PAYABLE TO: GALLATIN CIVIC CENTER**

## **Swimmingly Fee: (NOTE: This is done/paid for once registration closed & roster is finalized.)**

Swimmingly is the meet entry and timing system program that NSL uses for the summers season. Parents will be required to register each of their swimmers on Swimmingly and pay the separate Swimmingly fee through their app and/or website. I will be providing instructions on how to do this at a later date once the roster is finalized.

## **Swim Suits:**

Team suits will be purchased online by parents but are NOT mandatory. We understand that our season is very short and we try to keep our costs to a minimum for our families – so purchasing a team suit is completely up to each family. Below are the guidelines for swimsuits as well as the information for team suits.

### **Boys:**

- Can be swim trunks (must have a tie waste), jammers, or speedo
- Suggested colors: black, blue, green, or mixture of these

### **Girls:**

- Younger girls are permitted to wear tankinis or sun-shirt 2 pieces **at practice only** as long as bottoms stay up when diving off starting blocks
- Middle & high school girls, please make sure the one-piece suit covers all portions of the body appropriately
- **ALL GIRLS MUST WEAR A ONE-PIECE SUIT FOR MEET DAYS**
  - Suggested colors: black, blue, green, or mixture of these

### **Team Suit Information:**

- Team suit information and links to purchase suits will be posted on our swim team website (listed below):
  - [Gccswimteam.weebly.com](http://Gccswimteam.weebly.com)
  - This information will become available and will remain on the website throughout the registration and summer season.
- **PLEASE DO NOT PURCHASE A TEAM SUIT UNTIL YOU HAVE REGISTERED AND PAYED YOUR FEES AT GALLATIN CIVIC CENTER TO ENSURE YOUR SWIMMER(S) ARE ON THE ROSTER FOR THE 2024 SEASON.**

## **Communication:**

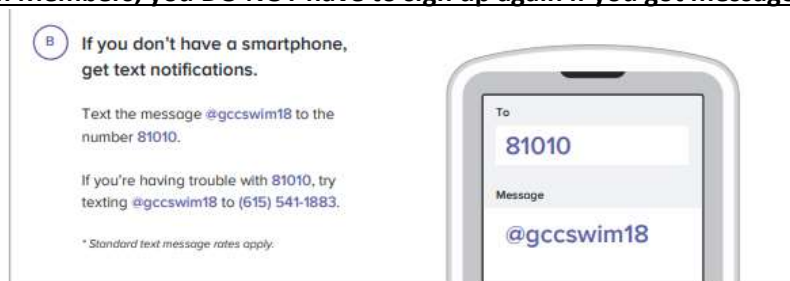
Our main form of TWO WAY communication is email

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

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!**



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 formation, as well as meet results and pictures.

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

*Erica Heppard*

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

## Gallatin Civic Center Swim Team Registration (PLEASE PRINT INFORMATION)

### Swimmer Information

**For GCC Office Use ONLY!!!**

Last Name:

First Name:

Male / Female

Birth day (mm/dd/yy):

\_\_\_\_/\_\_\_\_/\_\_\_\_

Age As of June 1<sup>st</sup>:

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

Cash

Check #: \_\_\_\_\_

Swimmer T-Shirt Size (Circle One)

YS    YM    YL    AS    AM    AL    AXL

# of Swimmers: \_\_\_\_\_

### Primary Contact

Last Name:

First Name:

Relationship to Swimmer:

Mailing Address:

City:

State:

Zip:

Phone Number:

Email:

### Insurance Information

Insurance Name:

Swimmer Allergies:

Medications/Conditions:

### Emergency Contact (Different Than Primary Contact)

Last Name:

First Name:

Relationship to Swimmer:

Phone Number:

Email:

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 meet, 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 Gallatin Civic Center, the City of Gallatin, and its officers, instructors/coaches, and employees from any and all liability claims, action, judgments, 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 meet without the care and watch of a parent or adult.

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

Parent Signature:

Printed Name:

Date:

(This page is intended to be blank for printing purposes)



## CONCUSSION

### INFORMATION AND SIGNATURE FORM

#### FOR STUDENT-ATHLETES & PARENT/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.

<b>SIGNS OBSERVED BY COACHING STAFF</b>	<b>SYMPTOMS REPORTED BY ATHLETES</b>
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	Confusion or memory problems
Can't recall events prior to hit or fall	Concentration
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. They 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

## Additional T-Shirt Order Form

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

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

**Your swimmer's shirt size is indicated on their REGISTRATION FORM... please DO NOT include your swimmer's shirt size on this form!**

Swimmer's Name: \_\_\_\_\_

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

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

Please indicate quantity ordered next to each size below:

Size	Quantity	Amount
Youth Small		
Youth Medium		
Youth Large		
Adult Small		
Adult Medium		
Adult Large		
Adult X-Large		
Adult XX-Large (additional \$2/shirt)		
Adult XXX-Large (additional \$2/shirt)		
<b>GRAND TOTAL:</b>		

**Please make this a SEPARATE payment from your registration fees!**

This additional payment **MUST BE SEPARATE** from swimmer registration fee as additional shirt money is deposited and paid from a different account via the City of Gallatin. Sorry for any inconveniences this may cause. You can either pay exact cash amount or you may write a check.

(Check made out to Gallatin Civic Center with "Family Swim Shirts" written in the Memo of the check)

**This form will still be turned in the same time as the swimmer registration forms... we just need payments for swimmer fees and t-shirts to be separate. Thanks!**

## Checklist for Registration Items:

- 1. Registration Form Completed & Signed
  - a. Need one for EACH swimmer
  - b. Turned into Front Desk area of GCC
  
- 2. Swimmer Fees
  - a. Cash, Credit/Debit, or Check (One check per family)
    - i. Check Payable to "Gallatin Civic Center" (Memo: Swimmer Fees)
    - ii. Turned into Front Desk area of GCC
  
- 3. Concussion Form Completed & Signed
  - a. Need one for EACH swimmer
  - b. Swimmers who are unable to initial/sign own name can be done by parent
  - c. TURN IN WITH REGISTRATION OR TO COACH HEPPEARD NO LATER THAN TUESDAY MAY 28<sup>th</sup>!
  
- 4. Additional Family T-Shirt Order Form (OPTIONAL)
  - a. Only need ONE per FAMILY
  - b. Remember – do NOT include your swimmer as their shirt size is on registration form
  - c. Cash or Check only – MUST BE SEPARATE FROM SWIMMER FEES
    - i. Check payable to "Gallatin Civic Center" (Memo: Family Swim Shirts)
  - d. Turn in T-Shirt Order Form & Payment to Front Desk area of GCC
  
- 5. Team Suits (OPTIONAL)
  - a. Please visit team website for suit information: [gccswimteam.weebly.com](http://gccswimteam.weebly.com)
  - b. Click on links pertaining to your specific swimmer
  - c. Order suits through SwimOutlet and pay them directly online
  - d. Any and all return/exchanges and/or additional information needed about suits will be done between swim family and SwimOutlet. They have an online chat option or a 1-800 number and are great to work with!
  
- 6. Swimmingly App Swimmer Registration & Fee
  - a. This information will be sent to parents via email and will also be posted on the team website once registration is closed and we have finalized our summer swim team roster
  - b. Please check back to our website and check your emails occasionally around the end of April and beginning of May for instructions and information on Swimmingly