

West Caldwell-Caldwell Recreation Program

2019 West Caldwell Swim Team

- Where:** All practices will be held at the Cedar Street Pool in West Caldwell
Practice information and meet schedule can be found on the back of this form.
- Who:** Boys and girls who are members of the West Caldwell Pools -
age 6 through high school seniors and Caldwell/West Caldwell non-pool
members age 11 through high school seniors (for an additional fee).
All participants must be swimmers. First time registrants will be
assessed the first day of practice to determine eligibility.
- Coaches:** Conor Byrne, Natalie Dalla Riva
- Register:** Register online – <https://register.communitypass.net/westcaldwell>
or by mail or at the Recreation office, 30 Clinton Road, For more info
973-226-3621. The deadline is June 5, 2019. After this date a \$20.00 late
fee may be added.
- Fee:** \$60.00 – Pool Members
\$110.00 – Non-pool members (age 11 and up only)
Make check payable to: West Caldwell-Caldwell Recreation.
- Meets:** Held during the month of July.

**★ NOTE: PARENTS ASSUME THE RESPONSIBILITY OF TRANSPORTING
THEIR CHILD TO THE SWIM MEETS.**

Special Note: This is a competitive swim team, organized by West Caldwell-Caldwell Recreation and
competes in the North Jersey Summer Swim League, an elite league governed by a strict set of rules.

Practice Schedule:

June 10, 11, 12, 13

June 17, 18, 19, 20

4:00pm – 5:00pm: Ages 10 and Under

5:00pm – 6:00pm: Ages 11 and Over

All first time swimmers will be evaluated at the 1st practice. For safety reasons, the Coaches will determine swimmer eligibility.

Time Trials: Thursday, June 20 - Information to follow

Regular Workout Schedule (From June 21 – July 26)

10 and Under

Monday/Wednesday/ Friday – 8:30am – 9:30am

Tuesday/ Thursday – 9:30am – 10:30am

11 and Over

Monday/Wednesday/Friday – 9:30am – 10:30am

Tuesday/Thursday – 8:30am – 9:30am

SPORT PARENT AND SPECTATOR CODE OF CONDUCT PLEDGE (please read and sign)

I therefore agree:

1. I will remember that children participate to have fun and that the game is for youth not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the game and the policies of the league.
4. I will refrain from on field coaching of my child or other players during games and practices, unless I am one of the official coaches of the team.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach player, or parent such as booing and taunting; refusing to shake hand; or using profane language or gestures.

(CONTINUED ON OTHER SIDE)

7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
13. I will respect the game officials, recreation officials & coaches and their authority during games and will never question or confront game officials, recreation officials & coaches prior to, during or immediately following a game and if necessary speak with coaches or recreation officials at an agreed upon time.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I may be subject to disciplinary action that could include, but is not limited to the following:

- **Removal from game facility and or suspension from attendance of a parent or spectator at a future game or games.**

Parent's/Guardian's Signatures (1) _____ (2) _____ Date _____

Child's Name: _____ M F Pool Member Y N

Address: _____ Town: _____

Age as of June 1, 2019 _____ Birthdate: _____ E-Mail: _____

Home Phone: _____ Emergency Phone: _____

I give my child permission to participate on the 2019 West Caldwell-Caldwell Swim Team and to the best of my knowledge is physically fit to engage in this activity sponsored by the West Caldwell-Caldwell Recreation Program.

Parent Signature: _____ Date: _____

**West Caldwell – Caldwell Dolphin
Swim Team 2019**

Coach – Conor Byrne & Natalie Dalla Riva

Practice Schedule:

June 10, 11, 12, 13

June 17, 18, 19, 20

4:00pm – 5:00pm: Ages 10 and Under

5:00pm – 6:00pm: Ages 11 and Over

All first time swimmers will be evaluated at the 1st practice. For safety reasons, the Coaches will determine swimmer eligibility.

Time Trials: Thursday, June 20 - PLEASE BE ON TIME!!!

10 and under - Warm – up will begin at 4:00 pm with a 4:15 pm start time.

Time trials will end at 5:00 pm and will continue on Friday morning at the regular practice time if need be.

PLEASE make your best effort to be there for Thursday.

11 & over – Warm up will be at 5:00 with a start time of 5:15. They will continue until 6:00 and will continue on Tuesday at regular practice time if need be. **PLEASE make your best effort to be there for Thursday.**

Regular Workout Schedule (From June 22 – July 27)

10 and Under

Monday & Wednesday & Friday – 8:30am – 9:30am

Tuesday & Thursday – 9:30am – 10:30am

11 and Over

Monday & Wednesday & Friday – 9:30am – 10:30am

Tuesday & Thursday – 8:30am – 9:30am

****All practices are at Cedar Street Pool**

*****IF you swim for a Club team in the summer, please come see the coaches to discuss practice schedules!*****