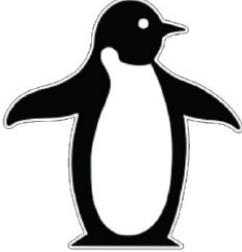


THE PLATEAU CLUB

A black and white silhouette of a penguin standing upright, facing right. It has a white belly and a black back and head.

SWIM TEAM

2024 INFORMATION PACKET

25625 E Plateau Drive
Sammamish, WA 98074



THE
PLATEAU CLUB



Team Philosophy

The Plateau Club Swim Team is committed to providing a well-rounded swim experience balancing community, sportsmanship, and overall enjoyment with high quality instruction, individual skill development, and a competitive team experience. The coaching staff will work with your athletes to improve their skills, develop racing techniques and build self-confidence.

Communication/ Contact Information

It is important not to disturb the coaches during practice as the practice time is limited and they are working to provide as much input to the athletes as possible. Coaches move on promptly from one group's practice session to the next, so their communication time during practice is very limited. If you have questions about your swimmer's swim development, meet strategy, or anything related to your swimmer in the water, please email the Head Coach at pcswimteam@plateauclub.com. **If you are going to be late or absent to a meet that your swimmer is scheduled to attend, you must email ASAP.**

Coach Email: pcswimteam@plateauclub.com (Starting May)

Program Manager Email: Christopherw@plateauclub.com

The coaches and parent coordinator communicate frequently with families through weekly email bulletins. **Please be sure to provide an active e-mail account on your registration form.**

COACHING STAFF

TBA

Important Dates

Registration Opens: April 2nd

Swim Suit Fitting: Drop In

Apparel Deadline: April 19

Parent Meeting: May 15th 5pm

Final Apparel Deadline: May 18

New Swimmer Assessments: May 14 & 16 (3pm-5pm)

First Day of Practice: May 20

Registration Due: May 10

Time Trials: June 15

First Swim Meet: June 18

New Swimmer Assessments

For brand new swimmers and any returning little swimmers interested in being on the team, an appointment must be made at the recreation center for a skills assessment. Assessments take about 10 minutes and will take place on May 14th and 16th from 3-5pm. All new swimmers will be notified





of their results and team eligibility upon assessment. If a swimmer does not qualify for little swimmers or swim team, a recommendation of group swim lessons will be made. The minimum qualifier to be considered as a competitive team member is to be able to successfully complete both the freestyle and backstroke legally.

Little Swimmers

The Little Swimmer program is designed for children in the 5-8 age group who are not yet ready for a full summer of competitive swimming. Swimmers must be eager and able to swim a 25 freestyle with ease and a 25 backstroke with effort. Little swimmers attend the first four weeks of practice and participate in the swim team time trials on June 15th. Little Swimmer practices will conclude on June 13th. Each Little Swimmer will be evaluated at the end of the session to determine if they have progressed to be promoted to the competitive team. Participating in Little Swimmers allows children to have a positive and encouraging first swim team experience. Little Swimmers are welcome to take part in all swim team activities and social events.

Registration Information

Registration must be submitted by 7:00pm on Friday, May 10 to avoid a late fee. After this time, a \$50 per family late fee will be applied in addition to the regular cost of swim team. The absolute last day to register is Friday, May 17. All swimmers must be registered and have completed all the Midlakes league forms (*Reference bottom pages*). Swim team members must be Plateau Club MEMBERS. If swimmers are not Full or Recreation club members, they can join with a Swim Team Affiliate membership for just the swim team season. This membership gives each swimmer access to all practices and meets. Cost for each "Swim Team Affiliate membership" is \$725.00 per swimmer and a Swim Team Only Membership Application MUST be filled out and completed along with the league Registration. *For more information and access to the Swim Team Only membership application, please contact Recreation Manager Christopher Williams at christopherw@plateauclub.com*

Parent Involvement





In the Midlakes Swim League, meets are successful with the generous help of our parent volunteers. Swim meets are run entirely by volunteers and therefore family volunteer participation is a requirement. If we do not receive enough volunteers we may have to cancel the meet. A minimum of 25 volunteers is required to run each home meet and 15 are required per away meet. Each family must provide a **minimum of five volunteer commitments** this season. In the event your family does not fulfill the minimum volunteer requirement, your account will be charged \$100 per missed commitment.

Parent Volunteer Opportunities

All volunteer sign-ups are done through the Team Unify website. Sign-ups will open two weeks before the meet and stay open until every volunteer position is filled. **If you cannot make your volunteer shift you must contact the parent coordinator.**

Timers: Home meets require 12, away meets require 8 - 12

Stroke/turn judge: Home and away, require 2 per meet

Relay judge: Home and away, require 2 per meet

Starter/referee: Home meets only, require 1 per meet

Announcer: Home meets only, require 1 per meet

Data entry: Home meets only, require 2 per meet

Ribbons: Home meets only, require 1 per meet

Heat winner distribution: Home meets only, require 2 per meet

Parent Meeting

Please join us May 15th 5pm for a parents-only meeting, for new and returning members, with our coaching staff and parent coordinators at the Plateau Rec Center. Information to be sent out to registered swimmers after parent meeting.

Cancellation Policy





In the event that your child is unable to participate in swim team, refunds will be given according to the following cancellation deadlines:

	Full Refund	75% Refund	50% Refund	No Refund
Deadline to Drop	May 19	May 24	May 31	After May 31

**To discontinue participation in swim team, contact our Program Manager, Christopher Williams*

Swim Meet Registration

Athlete registration for **ALL** meets is required with either a positive or negative response. This information is entered on the team website. This is a very important part of making sure that the best team lineup for each meet can be made. Registration will close on Sunday night for Tuesday meets, and Tuesday night for Thursday meets. **If you register for a meet and have to cancel after the registration deadline please contact Head Coach at pcswimteam@plateauclub.com immediately.**

Home/ Away Meet Times

On home swim meet days, swimmers must arrive no later than 4:30PM and warm-ups will begin at 4:45PM with the meet starting promptly at 6:00PM. On away swim meet days, swimmers must arrive no later than 4:45PM and warm-ups will begin at 5:15PM with the meet starting promptly at 6:00PM.

Swim Meet Lineups

The coaching staff works with all swimmers to gain the necessary skills to compete in every stroke successfully. The goal is to have all swimmers participate in every event at least once throughout the season. Depending on the number of swimmers registered for each meet and the pool size, the coaches work to make a lineup that is competitive but also gives each athlete the maximum number of swims including both individual and relay events. We try to not swim an athlete in the same events every week in order to give them the opportunity to improve in all events. This means that they may not always be entered in their best event, but be assured this is in the best interest of the swimmer and the Team. Swimmers are strongly encouraged to attend as many meets as possible to allow for relays to be built and for swimmers to gain as much experience as possible with every stroke.

Private Swim Lessons

Additional stroke refinement can be accomplished through private lessons. You can schedule private swim lessons with a coach through the Team Unify website. Lessons will be billed to your member account.





Lesson cancellations less than 24 hours in advance will be billed at 50% of the lesson cost Lesson no shows will be billed at 100% of the lesson cost.

One swimmer: \$45 for 30 minutes of instruction with a coach

Two swimmers: \$70 for 30 minutes of instruction with a coach

Team Events

Team Tie-Dye: June 22nd - Get ready for the championship meets by tie-dying a shirt to get spirited!

Family Relays: TBD - During our last home meet get your family together to participate in a fun relay!

End of Season Banquet: July 30th 6:30pm- Join us to celebrate the end of the season with ice cream and awards!

After School Practices - May 20- June 20 (Monday - Thursday)

Little Swimmers: 4:15-4:45

8 & Under (7/8): 4:45-5:30pm

9 & 10 5:30-6:15pm

11&12: 6:15-7:00pm

13 & Over (13-18):7:00-8:00pm

Saturday Practices - May 25, June 1, June 8

10 & Under: 8:00am - 9:30am

11 & Over: 9:30am - 11:00am

Morning Practices - June 24 - end of season (Monday - Friday)

8 & Under: 8:00am - 8:45am

9&10: 8:45am - 9:30am

11&12: 9:30am - 10:15am

13 & Over: 10:15am-11:00am



Swim Meet Schedule

Week 1:

June 18 - B(home)

June 20 - A(away)

PLATEAU at NORWOOD

NORWOOD at PLATEAU

Week 2:

June 25 - B(home)

June 27 - A(away)

PLATEAU at SNOQUALMIE

SNOQUALMIE at PLATEAU

Week 3:

July 2 - B(away)

July 3 or 5- A(home)

TRIANGLE at PLATEAU

PLATEAU at TRIANGLE

Week 4:

July 9 - B(home) July

11 - A(away)

PLATEAU at WOODRIDGE

WOODRIDGE at PLATEAU

Week 5:

July 16 - A(home) July

18 - B(away)

PLATEAU at PHANTOM LAKE

PHANTOM LAKE at PLATEAU

Post Season Schedule

Division Championships: July 20th, 21st or 27th

Prelims: None

League Championships: July 28th

**Announcements of schedule changes will be made throughout the season via e-mail notifications from the Head Coach*



May/ June/ July Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
12	13	14 New Swimmer Assessments 3-5pm	15 Parent Meeting 5pm	16 New Swimmer Assessments 3-5pm	17	
19	20 Evening Practices	21 Evening Practices	22 Evening Practices	23 Evening Practices	24	25 Morning Practices
26	27 NO Practices Memorial Day	28 Evening Practices	29 Evening Practices	30 Evening Practices	31	1 Morning Practices
2	3 Evening Practices	4 Evening Practices	5 Evening Practices	6 Evening Practices	7	8 Morning Practices
9	10 Evening Practices	11 Evening Practices	12 Evening Practices	13 End of Little Swimmer Practice Evening Practices	14	15 Time Trials
16	17 Evening Practices	18 B Meet - HOME	19 Evening Practices	20 A Meet - AWAY @ NORWOOD	21	22
23	24 Morning Practices	25 Morning Practices B Meet - HOME	26 Morning Practices	27 Morning Practices A Meet - AWAY @ SNOQUALMIE	28 Morning Practices	29
30	1 Mile Swim	2 Morning Practices B Meet - AWAY @ TRIANGLE	3 Morning Practices B Meet - HOME Option 1	4 Morning Practices	5 Morning Practices B Meet - HOME Option 2	6
7	8 Morning Practices	9 Morning Practices B Meet - HOME	10 Morning Practices	11 Morning Practices A Meet - AWAY @ WOODRIDGE	12 Morning Practices	13
14	15 Morning Practices	16 Morning Practices A Meet - HOME	17 Morning Practices	18 Morning Practices B Meet - AWAY @ PHANTOM LAKE	19 Morning Practices	20 Option 1 Division Championship
21 Option 2 Division Championship	22 Morning Practices	23 Morning Practices	24 Morning Practices	25 Morning Practices	26 Morning Practices	27 Option 3 Division Championship
28 League Championship	29	30 End of the Season Banquet				



Hold Harmless Agreement

(Formerly called Participation Form)

This form must be signed and returned to the club's coach before the listed child\children can participate in Midlakes Swim League (MSL) swim team activities.

Club: _____ Membership # _____

Parent Name: _____ Home Phone: _____

Cell Phone 1: _____ Cell Phone 2: _____

Email Address 1: _____ Email Address 2: _____

Emergency Information and Medical Release

I hereby consent to participation by my child/children listed below on our club team in the Midlakes Swim League.

Athlete's First Name	Athlete's Last Name	Birthdate	Swim/Polo/Dive
			S P D
			S P D
			S P D
			S P D

I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, on a starting block, around the facility, and/or while performing a racing start. We will assume all risks associated with and incidental to participating on a swim team.

My child/children have no special medical conditions, except those described below, and is fit to participate on a swim team. **Special medical conditions:**

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Midlakes Swim League, this club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the swim team or related activities.

I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to swim meets or related swim team activities. Revised 4/10/18

Code of Conduct



As a member of the Midlakes Swim League, we agree to:

- Abide by the MSL Operating Plan.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics. □
- Any activity which would detract from the positive image of the MSL.

All infractions that result in meet expulsion must be reported to the MSL board within three (3) days.

Any infraction of this code may result in, but is not limited to, the following actions by the Midlakes Swim League Board:

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition. **Eligibility**

The Operating Rules of the Midlakes Swim League state:

1. "All the contestants in league-sponsored meets **must be certified members of the club** they represent with the exception of diving which shall be governed by the approved dive operating plan. All certified club members shall enjoy full rights of participation in all activities sponsored by the Midlakes Swimming League.
2. **Only club members are eligible to swim for a member team. Club membership is determined by that club's by-laws.**
 - a. Each club shall provide a copy of its by-laws prior to the first day of practice.
 - b. A new club shall provide a copy of its by-laws prior to the first day of practice.
 - c. The league should be notified of any change to the membership requirements of a team prior to the first day of practice. d.
An eligible participant is one who:
 - 1) has the swimming privileges of the club's swimming facilities during the summer swim league season.
 - (a) Summer swim league season is defined from the first eligible day of Midlakes practice through the end of League Championships.
 - e. **Participation will not be allowed:**
 - 1) **If membership in the club is a result of seasonal or part-time employment**
 - (a) If a coach is also a swimmer, proof of club membership must be provided
 - 2) Due to inconsistent membership policy - participants must have been admitted on the same basis as all other members and without regard to ability.
 - 3) By using the membership of another family for the purposes of swimming"

I hereby authorize emergency medical/dental care and treatment for my child as necessary. I have read and agree to the release. Our family has discussed the league's Code of Conduct and understands what is expected of parents and swimmers. **We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership.**

Signature

Date



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 ✓ Repeating the same question/comment
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Signs observed by teammates, parents and coaches include:

<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ 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 ✓ Slurred speech
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What can happen if my child keeps on playing with a concussion or returns too soon?

Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 9/15/2009

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 its 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:

<http://www.cdc.gov/ConcussionInYouthSports/>

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
_____	_____	_____
Athlete Name Printed	Athlete Signature	Date
_____	_____	_____
Athlete Name Printed	Athlete Signature	Date
_____	_____	_____
Parent or Legal Guardian	Printed Parent or Legal Guardian Signature	Date

Adopted from the CDC and the 3rd International Conference on Concussion in Sport Document created 9/15/2009