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Website: [www.gsc-swim.org](http://www.gsc-swim.org)

*Providing a sports program for the youth of Juneau for over 30 years*

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### ***Handbook and Other Important Changes for 2009-2010 Season***

#### **USA Swimming Registration Fees:**

Have changed for the upcoming year. These fees are set by USA and Alaska Swimming.

Swimmer \$63 (\$62 last year)

Adult Non-Athlete \$46 (\$45 last year)

Family membership \$90 (\$87.50 last year)

#### **Team Suit Policy:**

All swimmers are required to wear a team cap and suit, in good condition, at all meets. At the coaches discretion you may be asked to change your uniform or be removed from a meet if swim attire is thought to be unacceptable. Suits, caps, goggles, and other swimming accessories are available for purchase through the team's Swim Shop located at the pool.

According to USA Swimming rules, swimmers may only wear one suit for competition. Swimmers Suits must be made from woven fabric (no neoprene or polyurethane), may not extend past the knees, and not above the hips for boys. ***Accepted suits for GSC Swimmers are: (1) The team Speedo suit, (2) Speedo Aquablade, color navy or black, (3) Speedo FS-II color navy, black, black/yellow, or navy/yellow, (4) Speedo FS-Pro, color navy or black, or (5) any newly released Speedo Racing Suit that meets USA swimming regulations, color navy or black.***

#### **Team Nutrition Policy:**

Team Nutrition Rules:

1. Energy Drinks (Red Bull, Amp, etc) are not allowed at the pool. This includes before, after, and/or during any GSC meet or practice.
2. From the time we depart for any travel meet, until the meet is over, swimmers may not drink any soft drink beverages, and should avoid all desserts.

*This program is partially funded by the City and Borough of Juneau through sales tax revenues.*

## GSC Monthly Dues:

Monthly dues are as follows:

<b>Novice III</b>	<b>\$30.00</b>
<b>Novice I &amp; II</b>	<b>\$45.00</b>
<b>Developmental I &amp; II</b>	<b>\$50.00</b>
<b>Age Group</b>	<b>\$55.00</b>
<b>Senior &amp; Pre-Senior</b>	<b>\$60.00</b>
<b>National</b>	<b>\$65.00</b>

Families are strongly encouraged to utilize the credit card payment option available on the website. Login and signup information will be provided at registration. A \$3 monthly fee will be applied for credit card payments to help offset the additional bank fee incurred to provide this option.

Dues may also be mailed to:

**Glacier Swim Club**  
**P.O. Box 20553** *or* left in the Treasurer's box at the pool.  
**Juneau, AK 99802** (Please ask someone if you don't know where this is)

- Payments are due on the first of each month.
- Dues are will be charged for any month in which a swimmer participates in club activities for one or more days. Dues will not be pro-rated for portions of a month.
- If a swimmer is not going to be practicing for one or more months, one-half of the regular dues will be charged to reserve their spot on the team. Notification of a status change must be given to the Treasurer **in advance**. If notification is not provided in advance, regular dues will be charged.
- The coaching staff will notify the Treasurer of status changes resulting from squad assignments automatically.
- Swimmers with overdue balances of 15 or more days may not sign-up for and attend swim meets (including time-trials). Swimmers with overdue balances of 60 days may not attend swim practice.
- Details of billing account history can be viewed at any time by logging into the website and going to the My Invoice/Payment area.
- Payment of monthly dues allows GSC swimmers to use the pool free of charge at any open swim.
- A 5% discount will be given if September through May dues are paid in advance at registration in September. If you pay in advance and your swimmer advances to another squad, your invoice will reflect the dues increase.
- No advance-payment discounts will be given for credit card transactions.
- Dues are subject to change in accordance with GSC bylaws.

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