



LANIER AQUATICS

Frances Meadows Aquatic Center

LA Team Prep Registration *In-The-Know* Packet

Please complete one packet for each swimmer.

Registration Checklist

- ☐ Visit the Lanier Aquatics Team Unify Website
(<https://www.gomotionapp.com/team/gagpr/page/home>)
 - ☐ Read over the LA Team Handbook (Listed under Documents—Lanier Aquatics Documents)
 - ☐ LA Team Prep practices Tuesdays / Thursdays 6:30-7:30PM excluding Holidays.
Practices run September through May.
June and July are a break for Team Prep, but swimmers have the option of joining Summer Swim Team.
- ☐ Fill out LA Registration Packet (know Medical/Health/Insurance Information)
 - ☐ Read and sign the Team Agreement.
 - ☐ Read and sign the Swimmers Code of Conduct with your athlete.
 - ☐ Read and sign the agreement to the USA Swimming/Lanier Aquatics Minor Athlete Abuse Prevention Policy (MAAPP).
 - ☐ Read over the Welcome Page and Coaches Philosophy with your Athlete.
 - ☐ Complete the Goal Section with your Athlete.
- ☐ **Optional USA Swimming Registration:**
If your swimmer is interested in participating in swim meets, you'll need to register him/her with USA Swimming.
 - ☐ Register your swimmer with **USA Swimming**:
Please e-mail Coach Crystal—ctavares@gainesvillega.gov to receive the link to the USA Swimming Registration page.
Please do not share this with any other swimmers/families.
Register your swimmer as a "Premium Athlete"
 - ☐ Training Fees—Pay your first month of training fees at Frances Meadows.
 - ☐ Return completed registration packet to the front desk at Frances Meadows.

Welcome to the Team!

Lanier Aquatics (LA), a local youth swim team program, has been in existence in the Gainesville/Hall County area for more than fifty years and was originally known as the Gainesville Swim Team, becoming Lanier Aquatics in the 90's. LA has historically been one of the best small club teams (fewer than 100 swimmers) in the state and consistently places in the top three at the Georgia State Championships every year. LA has had Junior and Senior National qualifiers, Olympic Trials qualifiers and many swimmers that have moved on to college programs including UGA, Auburn, Ga. Tech, West Point, Air Force Academy, NC State, Nova, Tampa, Florida Southern, Rhodes, Georgia Southern, Brenau, UNCA, Cornell and many others.

Coaches:

- ♦ Head Coach Crystal Tavares has been with LA since October of 2016. She comes to LA from Central Florida where she ran the Kissimmee Swim Association for 9 years. Coach Crystal is an ASCA Level 4 swim coach and Certified Stroke Technician. She has served FL Swimming as an Area Representative as well as Zone and All-Star Coach. She is currently the Northeastern Divisional Representative to Georgia Swimming's Technical Planning Committee and also serves as the Georgia Divisional Committee Chair.
- ♦ Associate Head Coach David Menchinger has been with LA since August of 2021 and has been around Georgia swimming for a while. Growing up, he swam at SCAT in Peachtree City, then went on to swim at Western Kentucky University. After college he came back and began coaching at SCAT, where he coached for 6 years. He was also a part of the 2019 Georgia Zone Team as the girls 13-14 coach, as well as the 2021 Zone team, coaching the 13-14 Boys and Girls. David believes in simplicity and streamline when it comes to improving swimming technique, while also emphasizing the different types of training involved in a balanced swimmer.

Philosophy:

Coach Crystal and Coach David have vast experience and knowledge in developing swimmers from the beginning swim team level through elementary, middle and high school years on to a successful college career. The LA program philosophy is based around the question of where we want to see the youth of today when they reach adulthood and what kind of experiences do they need during their developmental years in order to become positive, achieving, successful, contributing members of our community and nation into their 20's, 30's, 40's and beyond. We believe that the LA approach to youth development through the medium of competitive swimming offers unique lessons that greatly contribute to the experiences needed for life-long success. As far as the sport itself goes, we are not so concerned with how fast a swimmer is at age 10 or 11 but whether or not that swimmer is still in the sport through their high school and hopefully college years and still enthusiastically participating and improving.

Team Contact Information

Head Coach—Crystal Tavares

CTavares@gainesvillega.gov

(770) 533-5851 (office line)

(770) 519-0988 (cell)

Office Hours—12-4PM (school year) & 11AM-2PM (summer)

Associate Head Coach—David Menchinger

DMenchinger@gainesvillega.gov

(770) 533-5851 (office line)

(678) 776-9732 (cell)

Office Hours—12-4PM (school year) & 11AM-2PM (summer)

Frances Meadows Aquatics and Community Center Front Desk

(770) 533-5850

Coaches are available before 4PM and after 7:30PM to meet. Please do not approach coaches while swimmers are in the pool, unless its necessary, as it takes away from the athletes training. If you have questions or concerns please reach out to the coaches via phone or e-mail during their office hours and we can set up a meeting.

All parents are asked to remain off deck during practice hours as it is a distraction to the athletes in the water. There are chairs in the viewing area where parents and spectators may sit.

During practice hours, FMACC offers a variety of workout classes that you might want to try out. See the front desk for more information regarding these classes.

Swimming Apps



“On Deck” by Team Unify lets you log into your Lanier Aquatics Account right from your phone! On this app you can enter your athlete into swim meets and sign up for volunteering at the meets! Your account will be live within a week of registering with the team. All families in the year-round and prep group will have access to “On Deck”.



USA Swimming is also a valuable App that swimmers and parents alike should be using. You'll be able to track your best sanctioned times, scores and rankings. It'll help you track your progress on the IMX and IMR recognition program. And it will give you access to your USA Swimming Membership card that you'll need at National Meets! Your account will be live about three weeks after beginning with the team and paying your USA Swimming Registration fee. This app will be for those involved in the year-round competitive group.



Team Facebook Page—Lanier Aquatics Parents and Swimmers. Please make sure you answer the questions when requesting to be added to the group.



Team Instagram Page— Lanier_aquatics1
Follow the success of the team on Instagram!

Team Events

Every year Lanier Aquatics hosts a few team centered events. While the dates of these are not set until a month or two out from the event, we want to make sure you are aware of what we do as a team. We also add other team events throughout the year.

Summer Kick-Off Splash Zone Party—Usually in late May. This is an event that is open to all swimmers and families.

Lanier Aquatics Holiday Party and Concert—Gainesville Civic Center in December. Swimmers who are musically talented perform and we all share in a wonderful Holiday celebration.

Lanier Aquatics Competitive— Registration



I. Registration Information

Swimmer's Name _____

Last

First

Middle

Nickname: _____ Birthday ____/____/____ Age ____ Gender ____

Street Address _____ City _____

State ____ Zip _____ Swimmer's Phone No. _____

Swimmer's E-mail Address: _____

Experience: New ____ Returning ____ Previous Swim Team Club _____

School _____ Grade _____

T-shirt Size (Please Circle) YM YL YXL AS AM AL AXL

Swimsuit Size _____

Referred by: _____

PARENTAL/ GUARDIAN INFORMATION

*Best Email for Team Website Log-in: _____

Father's Name (Guardian ____) _____

Home Phone _____ Cell Phone _____ Work Phone: _____

Email _____

Mother's Name (Guardian ____) _____

Home Phone _____ Cell Phone _____ Work Phone: _____

Email _____

1. In the space provided below, list any pertinent health or medical information and instructions or special problems the swimmer has:

Swimmer's Name	List any allergies	Date of Tetanus Shot	Current medical conditions and medications	Medical Diagnoses:	Asthma	Diabetes
					Yes/ No	Yes/ No

2. Aside from yourselves, please indicate, in order, those individuals that you would like the coaches to contact should there be an emergency involving your child:

Name Relationship Phone Number

1. _____

2. _____

Pediatrician _____ Phone _____

Orthopedist _____ Phone _____

Dentist _____ Phone _____

I (we) hereby give our permission for the above swimmer(s) to participate in practice and travel with the Lanier Aquatics to local and out of town meets throughout the current swim season. Although I expect all reasonable safety procedures to be followed, I will not hold the coaches of LA nor any chaperone or volunteer working with or traveling with the group personally liable for any accident which may occur.

In case of minor emergency (cuts, scratches, headache, etc.), I (we) give permission to the coaches or chaperones to treat these as they deem necessary. In the event of a more serious emergency, I give permission for it to be handled in the best manner as determined by the chaperones or coaches of LA until I am able to be contacted.

To the Attending Physician or Hospital

Permission is hereby granted for you at the discretion of the coaches or chaperones of LA to perform whatever care is necessary for the welfare of my child until such time as you are able to reach me personally.

Insurance Information (MUST BE COMPLETED):

Subscriber's Name (Parent): _____

Insurance Company: _____

ID #: _____ Group #: _____

Coverage: Medical / Dental Insurance authorization phone # : _____

Swimmer Name: _____

Team Agreement

The undersigned parent and the Lanier Aquatics (LA) agree as follows:

1. Dues

- a) In consideration of the participation of the swimmer(s) in LA's competitive swim program and preparation program, the parent agrees to pay the dues for the Swimmer's practice group below. Payment shall be made on a monthly basis and renewed annually every August. Monthly payment of dues shall be due and payable on the first day of each month. Dues may be prepaid at any time. There is no discount during times that the team is on break.
- b) If the monthly dues payment is not received in full by the 10th of the month, a late fee of \$15 per month per child will be assessed to the family's dues account. The swimmer will not be allowed into the facility for practices, meets, etc. until the monthly payment and late fee is collected.

2. **Group Assignments.** The assignment of the Swimmer(s) to a practice group shall be the decision of the coaching staff. An assignment may be modified during the swim year if the coaching staff believes a different practice group would be more appropriate for the Swimmer. An addendum to the Team Agreement will be provided with group changes and must be signed by parent prior to the change. Parent agrees to only bring their child during the appropriate time and group assigned so that an optimum training environment may be provided to everyone.

3. **Parent Involvement.** Parents are encouraged and expected to be active and positive participants in the success of their swimmer(s). Parent understands that they will not be allowed on deck during practices and/or meets unless assisting as a volunteer timer, etc. Parent understands that Lanier Aquatics Coaches are professionals in the sport and will not coach their own children.

4. **Codes of Conduct.** Parent and read and comprehended both the Swimmer Code of Conduct as well as the Parent Code of Conduct. This has been reviewed with the swimmer as well as other custodial adults of the child. Any questions of either Code of Conduct have been asked of management and answers have been satisfactorily provided.

5. **Minor Athlete Abuse Prevention Policy.** I acknowledge that I have received, read and understood the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Lanier Aquatics (USA Swimming member club).

PLEASE READ AND SIGN THE WAIVER OF LIABILITY STATEMENT BELOW:

In consideration of your accepting this entry, I hereby, for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the Gainesville Parks & Recreation Department and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I understand that I or my child/ward may be photographed while participating in the Lanier Aquatics program. I give my permission for photos and videotape of me or my child/ward to be used to promote Gainesville Parks & Recreation and that such photos and video will be the property of Gainesville Parks & Recreation.

- Decline / Opt Out of Photo and/or Video _____

Swimmer Group Assignment: _____ Group Monthly Training Fees: _____

Evaluation Date: _____ Time: _____ am / pm Coach: _____

Cap & T-Shirt Given? YES NO

(For Office Use Only!)

Parent or Guardian Signature

Date

Print Parent or Guardian Name:



Swimmer's Code of Conduct

In accepting to be a part of the Lanier Aquatics Swim Team and Preparation Group, I agree to:

1. Commit to team goals, team philosophy, and the program requirements and procedures.
2. Display proper respect, honesty, and sportsmanship toward coaches, officials, parents, fellow competitors and teammates. Exhibit team work and team spirit at meets and practices. Trash talking and profanity are unacceptable at all times.
3. Display proper behavior at all times in the facility, locker room, and City of Gainesville property. This includes, but is not limited to, the following items: No rat tails (towel snapping); no turkeys (hand slapping for the purpose of leaving a mark on a fellow swimmer); no chicken fights; no hitting, slapping or punching of any kind; no name calling; no going through other swimmers bags or personal items. In short, no physical violence, thievery or disorderly behavior will be tolerated while using the locker rooms. These behaviors will also not be tolerated at any Lanier Aquatics practice, meet, or team event.
4. Refrain from any immoral, inappropriate or unacceptable behavior such as, but not limited to:
 - a. Bullying—virtual or in person
 - b. Smoking / Vaping
 - c. Drinking any alcoholic beverages
 - d. Use of any drugs unless medically prescribed
 - e. Any illegal activity
 - f. Abusive or inappropriate action towards another person
 - g. Follow and obey team travel trip restrictions such as curfews, lights out policies, and any other guidelines place by a team coach, team chaperon, or any other authority figure.
5. Represent Lanier Aquatics Swimming with the honor, pride, and dignity that is expected as a Lanier Team Member at all times.

Failure to abide by team rules and team expectations will result in disciplinary action as necessary, which may include community service, suspension, or expulsion from the team. A swimmer who violates any of the above will be required to meet with the coaching staff and their parents to discuss potential consequences.

By signing this Code of Conduct, Swimmer takes full responsibility for his or her actions as a representative of the Lanier Aquatics Swim Team.

Swimmer Name: _____

Swimmer Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____



USA Swimming / Lanier Aquatics Minor Athlete Abuse Prevention Policy (MAAPP)

By signing this MAAPP Swimmers and Parents agree to abide by USA Swimming and Lanier Aquatic's policy. I acknowledge that I have received, read and understand the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Lanier Aquatics (USA Swimming member club).

Swimmer Name: _____

Swimmer Signature: _____ Date: _____

Parent #1 Name: _____

Parent Signature: _____ Date: _____

Parent #2 Name: _____

Parent Signature: _____ Date: _____

S.M.A.R.T. GOALS

Smart Goals are those that are Specific, Measurable, Achievable, Relevant, and Time-Bound. Young athletes need to learn to set their own goals and work hard to achieve them.

Swimmers and Parents:

Please list three SMART goals that you hope to accomplish during your time with Lanier Aquatics.

Swimmer Name: _____

Swimmer Goals:

Please list three goals you have for yourself while swimming with Lanier Aquatics.



Parent Name: _____

Parent Goals:

Please list three goals you have for your athlete as he/she participates in the Lanier Aquatics Swim Team.

