



Please read and fill out the following documents.

These must be completed and returned to your swimmer's coach as soon as possible.

Once your swimmer has completed their trial and registration with MRA, you will then receive a link to complete their registration online with USA Swimming.

All USA Swimming fees will be paid through the online registration process.

MRA also has a \$35.00 registration fee that includes a team shirt and swim cap.





PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

Registration form fields: LAST NAME, LEGAL FIRST NAME, MIDDLE NAME, PREFERRED NAME, DATE OF BIRTH, SEX, AGE, CLUB CODE (MRA-IE), NAME OF CLUB YOU REPRESENT (Manta Ray Aquatics)

NOTE: If you are 18 years of age or older, you are required to abide by the Minor Athlete Abuse Prevention Policy. In addition, in order to be a member in good standing you must complete the Athlete Protection Training. The training can be accessed at www.usaswimming.org/apt

Registration form fields: GUARDIAN #1 LAST NAME, GUARDIAN #1 FIRST NAME, GUARDIAN #2 LAST NAME, GUARDIAN #2 FIRST NAME, MAILING ADDRESS, CITY, STATE, ZIP CODE, AREA CODE, TELEPHONE NO., FAMILY/HOUSEHOLD EMAIL ADDRESS, MEMBER'S EMAIL ADDRESS

U.S. CITIZEN: YES NO, ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO, IF YES, WHICH FEDERATION:

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION? YES NO

OPTIONAL DISABILITY: A. Legally Blind or Visually Impaired, B. Deaf or Hard of Hearing, C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment, D. Cognitive Disability such as severe learning disorder, autism. RACE AND ETHNICITY (You may check up to two choices): Q. Black or African American, R. Asian, S. White, T. Hispanic or Latino, U. American Indian & Alaska Native, V. Some Other Race, W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

MAIL APPLICATION & PAYMENT TO:

Manta Ray Aquatics

Manta Ray Aquatics
P.O. Box 452
Moses Lake, WA 98837

HIGH SCHOOL STUDENTS - Year of high school graduation:

YEAR LAST REGISTERED: IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2021, ENTER THAT CLUB CODE: LSC CODE: AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB:

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

SIGN HERE x SIGNATURE OF ATHLETE, PARENT OR GUARDIAN DATE

REG. DATE/LSC USE ONLY

MRA Financial Requirements

Registration:

The MRA registration fee is \$35 per year and includes a team swim cap and shirt. USAS registration is valid for one year from September 1 through December of the following year. For example, a card purchased September 1, 2022, is good through December 31, 2023. These fees are required for each swimmer in order to swim with Manta Ray Aquatics and are non-refundable. Contact us to discuss reduced registration fees if your swimmer has active DSHS coverage. (Documentation is required.)

Year-Round Financial Policy:

MRA is a year-round program and monthly fees are based on an annual fee paid in eleven (11) monthly payments. We take a two week break in August, and it is a non-billed month for all **Year-Round** swimmers. August will be a billed month for swimmers that joined the team after December 31st of the previous year. To keep a consistent monthly fee even in months that MRA takes a week or two break, we bill the same amount each month. All swimmers are expected to pay the full monthly fee if they would like to swim at any time during a given month. **Fees will not be prorated.** All Year-Round swimmers are required to fulfill their fundraising requirement. Any swimmer that wishes to take time off during the season without paying dues can do so, but will still be required to meet their fundraising requirement.

An email will be sent at the end of each month as a reminder that there will be a new invoice generated for the beginning of the following month. Instructions to access your account are included in that email. Payments are due by the 10th of each month. A \$10.00 late fee will be added for payments received after the 20th of the month.

An account that is more than 45 days past due without arrangements made with the treasurer to bring the account current will result in the swimmer (s) not being allowed to participate in practice or compete with the team until suitable financial arrangements are made.

Written notice is required by the 15th of the current month if your swimmer will not be swimming the following month. Your monthly fee will not be prorated if your swimmer stops swimming in the middle of the month. You will continue to be billed until notice is given.

NOTE: All returned checks will result in a \$35 fee.

Monthly Training fees:

<u>Group</u>	<u>Frequency In Pool</u>	<u>Duration of Practice</u>	<u>Monthly Cost</u>
Bronze	5 Days a Week	45 Min/Day	\$65.00
Silver	5 Days a Week	60 Min/Day	\$75.00
Gold	8+ Practices a Week	90 Min/Day	\$90.00
*Varsity	8+ Practices a Week	90 Min/Day	\$25.00

* Varsity:

Registered MRA swimmers participating on a High School swim team may submit a request by the 15th of the month prior to the start of the High School season to pay a reduced Varsity rate of \$25 per month during the months of the High School swim season and continue to train and attend meets with MRA. These fee reductions are for predetermined months, and will automatically revert back to each swimmer's previous fee structure at the conclusion of those months. Female athletes will be able to use this reduction from September through November, while male athletes will be able to use it from December through February.

Fundraising:

Our main fundraisers are our Swim-A-Thon held in the spring, Holiday Wreath Sales in the fall, and our home swim meets. All members are required to volunteer to help staff our meets and participate in the Swim-A-Thon (our main fundraiser), even if they are not swimming that particular month. Each swimmer is required to raise a minimum of \$150 per year. Families with multiple swimmers will have a minimum fundraising cap of \$300. These are only minimums, and all members are encouraged to fundraise far beyond that figure. These funds give us the ability to keep our monthly rates much lower than most other clubs as well as being vital to helping MRA purchase training equipment, pay facility rental fees, and purchase supplies and equipment needed to host swim meets. All swimmers that have joined the team prior to March 1st of the current year are required to participate in the Swim-A-Thon. We offer other fundraising events throughout the year for your participation, including Christmas wreath sales in the fall and other activities the Financial Planning Committee decides for the year. Corporate sponsorship is also an important aspect to our annual operating budget. MRA members that secure a corporate sponsor or raise money in any MRA fundraising event other than the Swim-A-Thon will have 25% of the total sponsorship and/or funds raised deducted from their annual financial requirement.

Volunteerism:

Families are required to contribute an average of 25 hours of volunteer time over the course of the swim year. This includes helping at the high school swim meets, our home meets, and at away meets. We get the use of the high school pool in exchange for running the boys' and girls' high school meets. Without this agreement with the school district, Manta Ray dues would be much higher. As a visiting team in Inland Empire Swimming, we are required to assist the host team with timers and officials. Volunteering at meets outside our LSC is not required, but always appreciated. There will be **Job Signup** tabs for all MRA home swim meets, as well as all high school meets. Volunteer hours are tracked via these **Job Signup** tabs so please utilize them to get credit for your time. Report away meet volunteer hours to MRA's traveling coach, and those will be entered into your account. Every member of MRA is responsible for helping at high school or Manta Ray meets whether or not they have a swimmer competing in the meet.

Swim Meets:

All meet fees are added to each swimmer's monthly statement. Meet fees and surcharges vary depending on the meet and which swim season (short or long course) we are currently in. Most meets charge \$5 per event, and \$15-\$25 for a surcharge per swimmer. MRA has a \$5 travel fee for each swimmer that enters an away meet. MRA's charge helps offset the cost of sending a coach to each meet. Swimmers will not be entered in an upcoming meet if their account is more than **60 days past due or has a balance owed of more than \$400**. Meet fees are **non-refundable**. Once the entries are submitted to the host team the swimmer's account is billed regardless of whether or not they attend the meet. Attending swim meets is not required, but it is an integral part of a swimmer's training and highly recommended.

Leave of Absence:

Due to the size of our team, it is difficult to keep track of swimmers who take a leave of absence for any period of time. In addition, it is extremely hard to prepare an annual budget which takes into consideration the income lost by swimmers who decide to take a leave of absence of any length. Manta Ray Aquatics strongly encourages all members to commit to a year-round training season which begins in September each year.

By signing this document, you acknowledge and accept all of the requirements of MRA membership.

Signature

Date

MANTA RAY Aquatics

P.O. Box 452, Moses Lake, WA 98837 / mantaraysinfo@gmail.com / www.mlmr.org



Swimmer: _____
(First Name) (Middle Name) (Last Name)

Birthdate: _____ Gender: _____

Parent / Guardian: _____ Phone Number: _____

Parent / Guardian: _____ Phone Number: _____

Other Emergency Contact: _____ Phone Number: _____

Other Emergency Contact: _____ Phone Number: _____

Health Insurance Provider: _____ Phone Number: _____
Policy Number: _____

Physician: _____ Phone Number: _____

Dentist: _____ Phone Number: _____

Allergies: _____

Diet Restrictions: _____

Other Health Concerns: _____

In the event that my minor child should require medical attention and I cannot be reached immediately, I hereby authorize Manta Ray Aquatics to obtain necessary medical attention until I can be contacted.

Parent / Guardian: _____

Date: _____





LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities" sponsored by Manta Ray Aquatics Swim Team, USA Swimming and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begin.

Release – Minor's Rights:

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless Manta Ray Aquatics Swim Team, USA Swimming and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(Print name of minor)

(Signature of minor)

(Date)

Release – Parents'/Guardians' Rights:

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)

Indemnification by Parent/Guardian:

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee, and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)



MOSES LAKE SCHOOL DISTRICT

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 (forgetting game plays)• Repeating the same question/comment |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Signs observed by teammates, parents and coaches include:

- 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
- Slurred speech
- 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

MOSES LAKE SCHOOL DISTRICT
Concussion Information Sheet

- Loses consciousness

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should 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 students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game 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 game 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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Media Waiver Release

Please fill out and return to Manta Ray Aquatics. (Print please)

I _____ hereby grant permission to Manta Ray Aquatics and its representatives to take photographs or videos of my child _____, and to make recordings of my child's voice at any team event or location for the use of any public notification: newspaper, website, radio, news wave, or television that the Manta Ray Aquatics swim team may use to that involves using the name or picture of my son/daughter. This includes but is not limited to: the MRA website, Facebook page, promotional materials, and training tools.

Signature

Date





CODE OF CONDUCT

Parents, coaches and athletes share the same goal, we all want training and competition with the team to be a safe and positive experience. To this end, we are requesting that each family read, discuss, and understand the following guidelines. All parents, family members, coaches, and swimmers will be bound by this Code.

Members will:

- Listen to and follow the instructions of the coaches at all times.
- Use appropriate language and manners at all times (no profanity, abusive, or suggestive language).
- Treat coaches, parents, teammates, opponents, and meet officials with respect.
- Do your part to help others swim well at practice and at meets.
- Be on time for practices and meets. Swimmers will be ready on time to begin each practice.
- Complete sets as directed by your coach (no cutting laps, pulling on lane lines, or sitting out sets, etc.). Take breaks as directed by your coach, and remain in the pool for all sets.
- Attend appropriate training group and required practices and swim meets as directed by your coach.
- Refrain from physical contact with other swimmers during practice and in locker rooms.
- Take proper care of equipment, picking it up and storing it as directed by your coach.
- Be safe, and treat others safely. Report any injuries or incidents to the coach immediately.
- Maintain a positive attitude and demonstrate effort, dedication, and commitment at both practices and meets.
- Positively represent MRA at competitions, practices, and other club-sponsored events.

Any violation of this Code of Conduct Policy will be subject to but not limited to the Progressive Discipline Policy.

Thank you for reading the above and discussing it with your swimmer(s) on how it relates to the sport of swimming, our swimmers and our team. If we all work together, our team will be successful and achieve together the goals of our coaches, swimmers and team.





Progressive Discipline Policy

To ensure the safety and positive experience for all swimmers, the following progressive discipline steps will be taken for those swimmers who disregard pool/safety rules, abuse or damage equipment, and/or display disrespect for the coaches, teammates, and/or lifeguards.

(Refer to the Code of Conduct Policy)

1. Verbal warning to the swimmer
2. Swimmer will sit out 5-10 minutes (maybe required to do dry land exercises)
3. Swimmer will be asked to leave the activity or event for the day. Parents will be notified and an incident report will be filed
4. A meeting with the parents, swimmer, and coach/aquatics coordinator will take place to devise a plan to rectify the behavioral issues
5. If the behavior continues, parental attendance will be required at practice until the aquatics coordinator/coach deems the situation under control
6. If the situation does not improve, the swimmer will be asked not to participate for an extended period of time in any team activities. This action will be communicated by the aquatics coordinator/coach to the parent and swimmer.

Thank you for reading the above and discussing it with your swimmer(s) on how it relates to the sport of swimming, our swimmers and our team. If we all work together, our team will be successful and achieve together the goals of our coaches, swimmers and team.

