



To provide aquatics programmes, for persons of all ages, that encourage physical fitness and wellness, build character and self-discipline, inspire camaraderie and promote civic mindedness and excellence.

REGISTRATION PACKET

Checklist:

- Signed Waiver/Release of Liability Form
- Signed Code of Conduct Form
- Completed Alpha Aquatics Registration Form
- Completed *BAF Swimmer Registration Form (School of Strokes, Performance Groups, Collegiate)
- Colored Copy of first 4 pages of Passport
- Completed *BAF Transfer/Release Form (Signed by Former Swim Club's Coach)
- Completed *BAF Individual Membership Form (\$25.00 annually per member)
- Completed Alpha Aquatics Committee Volunteer Form
- Photo head shot of swimmer
- Reviewed Swim Gear List

*Bahamas Aquatics Federation

Alpha Aquatics Email address: Swim@alphaaquatics.co



OBJECTIVES & MISSION

Established in 2012, Alpha Aquatics is a not for profit association incorporated under the Companies Act of The Bahamas.

The Mission of Alpha Aquatics is to “To provide aquatics programmes, for persons of all ages, that encourage physical fitness and wellness, build character and self-discipline, inspire camaraderie and promote civic mindedness and excellence.”

As reflected in its mission, Alpha Aquatics’ objectives are aimed at furthering the interest and education of all interested persons in physical fitness through aquatics, particularly the sport of swimming; providing quality instructions to swimmers of all levels; teaching the importance of sportsmanship, responsibility, integrity, and team work; instilling values of hard work, commitment, self-discipline, and perseverance; encouraging its members to achieve high standards of athletic excellence and overall wellness; offering wholesome recreational experiences; promoting social and emotional development; fostering peer and family cooperation and promoting community responsibility and volunteerism.

EXECUTIVE COUNCIL & COACHES

EXECUTIVE COUNCIL:

Celestial Darville	President
Dunstan Charles	Vice President
Doretha Knowles	Treasurer
Verneque Thompson	Secretary
Zarina Fitzgerald	Immediate Past President
Tonya Bastian Galanis	Director
Gina Bastian Wallace	Director
Clare Thompson	Director
Theda Weech	Bahamas Aquatics Federation Representative

COACHING STAFF:

Jorge Rodriguez	Director of Coaching
David del Cueto	Assistant Coach
Perez Moss	Assistant Coach
Ariel Weech	Assistant Coach



Alpha Aquatics -Waiver/Release of Liability

I, the undersigned member/ parent/guardian consent to/for my son/daughter/charge, a minor, to participate in the events, which are hereinafter referred to as the “activities” sponsored by the Alpha Aquatics. I consent to my/my minor’s participation in the activities and acknowledge that the I/ my Minor Participant fully understand(s) that my/his/her participation may involve risk of serious injury, including losses which may result not only from my/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/my minor’s participation with the activity coordinators and /or coaching staff, before I sign this document and before any activities begin.

In consideration of allowing me/Minor Participant to participate in the activities, I hereby release and hold harmless Alpha Aquatics, the coaches and members of its Executive Council, 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 I/Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of my/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.

I understand that whilst the coach and/or assistant in charge of Alpha Aquatics will take all reasonable care of swimmers, they cannot be held responsible for any loss, damage or injury suffered by me/Minor Participant whilst travelling to or from, or taking part in any club activities.

In consideration of allowing me/Minor Participant to participate in any event hosted or sponsored by Alpha Aquatics, I /Minor Participant hereby release(s) and hold(s) harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I/Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising from my/Minor Participant’s participation in the activities. I / Minor Participant also agree(s) 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 I/Minor Participant am/is in good health and have/has no physical condition that would prevent participation in this activity. Furthermore, I/ Minor Participant agree(s) to use my/minor’s personal medical insurance as a primary medical coverage payment if accident or injury occurs. I/ Minor Participant consent(s) to any emergency medical treatment that may become necessary during the course of any authorized club activity. I understand that, save for emergency treatment, in the case of any minor swimmer; it is the responsibility of the parent/guardian responsibility to ensure that any necessary medication relating to any medical condition is administered and that no club official is responsible for the administration of any drug/medication.

I/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 my/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 jurisdiction 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.

Name of Member / Minor Participant _____ Name of Parent/ Guardian _____

Signature of _____
Member/Parent/Guardian _____ Date: _____



Code of Conduct & Disciplinary Policy

Code of Conduct:

Membership in Alpha Aquatics is a privilege. Every member is expected to demonstrate behavior that furthers the objective and mission of Alpha Aquatics.

Alpha Aquatics swimmers and other members shall at all times:

- (i) Be courteous and respectful to all individuals.
- (ii) Follow the directions and rules of the coaching staff.
- (iii) Refrain from the use of illegal drugs.
- (iv) Demonstrate team spirit, team work and camaraderie
- (v) Attend practices regularly and on time.
- (vi) Refrain from horseplay during practices or interference with other team members.
- (vii) Obey pool safety rules:
 - a. No diving except where permitted and in the manner permitted
 - b. No unruly or disruptive behavior such as pushing, shoving, shouting on deck or in the locker rooms
 - c. No towel snapping or hitting
 - d. No fighting
 - e. No verbal abuse or swearing (including name-calling)
- (viii) Respect the property of others.
- (ix) Comply with the requirements of the team, including, wearing of team uniform at all team events when directed by a member of the Coaching staff.

I _____ have read and understand the rules and guidelines outlined in the the Code of Conduct.

Signature

Date

Parent/ Guardian (Where member/swimmer is under the age of 12)

Date

Disciplinary Policy

Team practice is a group activity and it is important that the coaches' time is not occupied with disruptive or insubordinate behavior. Behaviour that may result in disciplinary action include activities expressly forbidden in the Swimmer's Code of Conduct and generally includes disrespect to coaches, disrespect to teammates, disrespect to pool staff or officials, disrespect to parents, disruption of practice, or destruction of pool property. Infractions will result in disciplinary actions after an investigation and hearing by the Disciplinary Committee. Sanctions for breach of the disciplinary policy are as follows:

1. First Offence: A verbal reprimand and restorative action by the swimmer (i.e. apology, repair of damage, and/or suspension from that day's activity for the remainder of the day or an amount of time deemed appropriate by the Coach.
2. Second Offence: Suspension from the team and all club activities for 5 swim days from the time of the offence.
3. Third Offence: Suspension from the team and all club activities for 30 swim days from the time of the offence.
4. Fourth Offence: Suspension from the team and all club activities for the remainder of the season or for such period that the Board may determine. The swim season is usually defined as September 1 to July 1 of the following year.

The Disciplinary Committee may also recommend to the Executive Council the expulsion of a swimmer or other member from the Club. All incidents will be recorded and reviewed monthly, or as determined by the Disciplinary Committee of the Club.



SWIM FEES

	Water Safety	FUNDamentals	School of STROKES	Performance/ HIGH Performance	AquaFitness
Alpha Aquatics	\$350	\$350	\$350	\$350	\$350
BAF(annual paid 1st term only)			\$25	\$25	

Please provide colored copy of 1st four (4) pages of swimmer`s passport for submission to the Bahamas Aquatics Federation (BAF) along with completed Form

PAYMENT DATES

Club Fees:

September 1 – Fall Term

December 1 – Winter Term

March 1 – Spring Term

Special payment arrangements (postdated cheques) due to exigent circumstances may be approved by the Executive Council. Cheques should be made payable to Alpha Aquatics

Meet Fees: Meet Entry fees for local swim meets including Bahamas Aquatics Federation National Swimming Championships are the responsibility of parent/guardian/swimmer. These are non-refundable and are to be remitted prior to the meet on or before the date specified. Meet Entry Fees are variable depending upon the number of events a swimmer is entered in.



COMMITTEES

Alpha Aquatics relies on the support of its parents, guardians and family & friends to achieve its objectives.

Public Relations & Marketing

Duties & Responsibilities:

- To promote and publicize all aspects of the Club.
- To maintain the Club's Facebook page and other social media pages and upload/post Club newsletters and events, and positive accomplishments of the Club's swimmers.
- To respond to phone or email inquiries regarding the Club from prospective new members.
- To ensure that the Club and its sponsors receive the widest media coverage possible.
- To develop media releases.

Meet/Technical Committee

Duties & Responsibilities:

- To book the venue and date for Club meets.
- To organize event schedules for the meets.
- To collect completed entry forms and fees from participating swim clubs.
- To organize officials to run the events.
- To complete the full program and arrange for printing.
- To create/procure awards.
- To organize concession stands, setting up and clean-up of site.
- To co-ordinate all of the above for the day of the meet.
- To collate results after the events and pass on to the Club's Secretary for forwarding to The BAF.

Fundraising Committee

Duties & Responsibilities:

- To identify and target sources of funding for the Club in association with the Club's development plan.
- To establish and develop effective working relationships with key local funding providers.
- To promote and publicize any funding secured for the Club through Club newsletters, website, etc. in association with the Club's Public Relations & Marketing Committee

Spirit, Hospitality and Outreach Committee

Duties & Responsibilities:

- To canvas opinion within the membership regarding social events.
- To organize pep rallies and Christmas and other socials for Club members.
- To liaise with the Treasurer to determine annual budget amounts for socials.
- To organize any other ad-hoc social events as agreed by the Club.
- To assist with planning bi-annual community based activities.

Name of Member/Parent/Guardian/Family Member/Friend

Name of Swimmer (If applicable)



SWIM GEAR AND EQUIPMENT LIST (Examples only)
Swimoutlet.com (Recommended Website)



1. Jammer



2. Swimsuit (One Piece)



3. Drag



4. Silicone Swim Cap



5. Goggles



***6. Pull Buoy Kick Board



7. Kick Board



8. Pull Buoy



9. Fulcrum



10. Fins



11. Paddles



12. Snorkel



13. Noodle



14. Mesh Gear Bag

Water Safety

Items #: 1 or 2, 4 (mandatory girls/optional boys), 5, 7, 13

FUNDamentals

Items #: 1 or 2, 4 (mandatory girls/optional boys), 5, 7

School of Strokes

Items #: 1 or 2, 4 (mandatory girls/optional boys), 5, ***6 OR 7 & 8, 9, 10, 11, 12 & 14

Performance/HIGH Performance

Items #: 1 or 2, 3, 4 (mandatory girls/optional boys), 5, ***6 OR 7 & 8, 9, 10, 11, 12 & 14

***Pull Buoy Kick board is a combination of the individual Pull Buoy and Kick Board. Purchase either pull buoy kick board only, OR pull buoy and kick board individually)

LAND TRAINING:

- Sneakers
- Shorts
- Alpha Aquatics T-Shirt



**ALPHA AQUATICS
REGISTRATION FORM**

***IF YOU HAVE
REGISTERED ONLINE
PLEASE DISREGARD THIS
FORM**

Part A: Swimmer /Member Information

Name: First Middle Last Sex: Male Female

Date of Birth: (MM/DD/YY) Age at midnight Dec. 31 Country of Birth Country of Citizenship

St. Address/ Postal Code E mail

Tel No: (Home) (Cell) (Work)

Swim Group: Learn to Swim I or II__Stroke Dev. __Jr. Competitive __ Competitive __ Collegiate/Master __
N/A_

Indicate whether Swimmer/ember has any medical/physical disability or cognitive impairment E.g. Visual impairment, mobility impairment, epilepsy, autism

Part B: Parental /Guardian information (Applicable if Swimmer is under 18 years)

Mother/Guardian	Father/Guardian
Surname:	Surname:
Given Names:	Given Names:
Occupation (Optional):	Occupation (Optional):
Are you on an Alpha Committee: Yes / No	Are you on an Alpha Committee: Yes / No
Tel: (H):	Tel: (H):
Tel: (W):	Tel: (W):
Tel: (C):	Tel: (C):
Email:	Email:
Mailing Address:	Mailing Address

Part C: Alternate Emergency Contact:

Name: Telephone: Street/E-Mail Address

NB: On the days when a swim meet is being held at the BKKAC, training for persons not participating in the meet will be held at the Windsor Pool.

NB: In the event that the BKKAC facility is not available due to maintenance or any other circumstances that the facility is deemed inaccessible by the National Sports Authority (NAS), training will be held at the Windsor Pool.



Competitor Registration Form

Part A: Competitor Information

New Registration Renewal of Registration

Sport: Swimming Water Polo Synchro Diving Other: _____

Surname	First Name	Middle Initial	
Street Address	P.O. Box	City	Island
Phone Number	e-mail address		
Date of Birth (DD/MM/YY)	Country of Birth	Country of Citizenship	
Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>			

Part B: Parental Information (complete if competitor is under 18)

Mother's / Female Guardian's Name	Phone Number
Place of Business	Occupation
e-mail Address	
Father's / Male Guardian's Name	Phone Number
Place of Business	Occupation
e-mail Address	

Part C: Club Registration Information

BSF Year Commencing Oct _____

Club Name	City	Club ID Code
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The above named Club, Competitor and Parent(s)/Guardian(s) hereby apply for registration of a competitor with the Bahamas Swimming Federation and certify that the applicant is eligible to compete under the BSF's current rules and regulations. For new registrations, copies of the applicant's birth certificate and/or residency permit and/or passport are attached and for all registrations, the BSF competitor registration fee and a j-peg photo will be forwarded to the BSF as per the BSF handbook. The Competitor hereby agrees to comply with all BSF rules and regulations.

X Competitor's [or parent/guardian if under 18] Signature	Date
X Club Officer or Head Coach	Date

Part C: Internal BSF use

Registration Date: _____ Registration #: _____

BSF Officer: _____ Title: _____



Individual Membership Application Form

Part A: Applicant Information

For the year beginning October: _____

Surname: _____ First Name: _____

Mailing Address: _____

Home Phone: _____ Mobile Phone: _____

E-Mail Address: _____

Employer: _____ Occupation: _____

Birthplace: _____ Birthdate: _____

Club Affiliation Yes No Club Name: _____

Discipline Affiliation Swimming Synchronised Swimming Water Polo

Open Water Swimming Master's Swimming Diving

Part B: Volunteering Information

Individual members must choose at least one (1) area (either technical or administrative) in which to volunteer, it is recommended however that members choose two, one from each category.

Technical Volunteer Areas:

- Referee Starter Stroke/Turn Judge Announcer
- Time Keeper Chief Time Keeper Timing System Operator Meet Computer Operator
- Clerk of Course Meet Operations Pool/Facility Set-up

Administrative Volunteer Areas:

- BSF Publicity BSF Website Nationals Committee Fundraising
- Records/Statistics Club Relations National Team Coordination
- Other: _____

Declaration

I am a CITIZEN / PERMANENT RESIDENT of the Bahamas. I confirm that I am not less than 18 years old. I agree to abide by the Constitution and Rules and Regulations of the Bahamas Swimming Federation and I submit here within the Annual Individual Membership Fee.

X _____
Applicants Signature

Date: _____

Part C: Internal BSF use

Fee Paid: Yes No | Cash Cheque

Application: Accepted Rejected

Membership Number: _____

Secretary – BSF

Date of Council meeting