

# SWORDFISH SUMMER SWIM TEAM REGISTRATION 2023

You can complete this form online at <http://eastmoorswimclub.com>

Eastmoor South Recreation Park  
PO Box 091095 Columbus, OH 43209  
Coach Tony Phillips: 614-507-2160 hartleyswimming@gmail.com

Check # \_\_\_\_\_

Swimmer	Gender	Birth Date	Age on 6/1/23	T-Shirt Size

- Please return application and payment by first practice.
- Eastmoor swim team is for Eastmoor Pool members only. **The fee is \$100.00 per swimmer.** If a family has more than three athletes, the fourth, fifth, sixth, etc. swimmer(s) are free.
- Practice starts June 5th for all swimmers.
- Meets are run by parents and volunteers. Please consider volunteering. It helps pass the time, and gets you closer to the action! Thanks!

The above named swimmer(s) have my permission to participate in the Eastmoor South Recreation Park swim team. I certify that each swimmer is physically fit and mentally sound to participate. I understand that accidents and injuries may occur in any athletic activity. I agree to indemnify and hold harmless Eastmoor South Recreation Park, its Swim Team, Officers, Agents and coaches against all injuries of said swimmer(s) participation in the swim program. I further signify that I read and agree to abide by and accept the terms and Conditions listed on this form. I grant permission to the Coaches, Officers and Eastmoor staff to act on my behalf and in my child's best interest in the case of a medical emergency by a physician, surgeon or hospital licensed by the State of Ohio.

Parents Signature: **X** \_\_\_\_\_ Date: \_\_\_\_\_

Please indicate which meet(s) your athlete will be unavailable to swim (due to camps, vacations, etc.)

Dual Meets: Times for dual meets are generally as follows, but may be adjusted slightly due to numbers, safety concerns, etc.: warm ups @ 4:30 (home) /5:00 (away); meet starts @ 5:30

- Weds. June 21st = Eastmoor at New Albany Links with Lifetime Fitness
- Weds. June 28th = Eastmoor at Foxboro
- Weds. July 12th = Hunters Ridge at Eastmoor

## Championships:

- Monday. July 17th = Championship Prelims at Gahanna Swim Club (all swimmers participate!) Junior Varsity (10&U) = 11 a.m. warmup + noon Start; Sr. Varsity (ages 11+) = 4:30 warmup + 5:30 start
- Tuesday, July 18th = Championship Finals at Gahanna Swim Club (top-8 in each event) 4:30 warmups + 5:30 meet start (all ages)

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## Parent Information:

Parents Name(s)

Mailing Address:

Home Phone:

Mom's Cell:

Dad's Cell:

Email addresses that you use the most (this is where information will be sent during the swim season.)

Please print clearly:

Emergency Contact Person:

Home Phone:

Relationship to swimmer(s):

Cell/Wk. Phone:

Parent volunteering is critical to the running of meets. Please consider volunteering and indicate the areas you are interested in working. A volunteer e-mail will be sent out prior to every meet. If you are signed up for a duty, but are unexpectedly unable to fulfill, please find a replacement and notify our volunteer coordinator, Lori {Phillips (LLL666@aol.com.)

Volunteer Positions		
	Timer	Times each event (there are usually 2 per lane, but just one this year.) Stand-up job!
	Runner	Home meets you will collect the timing sheets after every other event, pick up the DQ cards and timing system reports, and deliver to table.
	Table Worker	Helps score the meet and write/enters results.
	Hospitality	Makes sure each worker gets water/beverages during meet. Everyone loves you!
	Strokes & Turns	Checks swimmers for proper strokes and turns. Previous experience is helpful.
	Clerk of Course	Lines up the swimmers for each event and heat in the bull pen. Good crowd control is helpful!
	Mite Parents	You round up the 8 and under swimmers and bring them to clerk of course. You also help them get to the starting blocks. We need several parents to help get swimmers to blocks for relays.
	Set-Up/Take Down	We need parents to help set up the pool area before the meet starting about 4:30 it take about 30 minutes. Take down after the meet and pack up supplies, cables, cords, etc. about 30 minutes.
	Bake Sale Workers	We need parents to work the bake sales! You can get up to watch your athlete swim!
	Decorate Parade Float	Parents to help decorate the annual July 4th parade float. This event is TBD.
	Bexley July 4 <sup>th</sup> Parade	Parents to help supervise athletes during the parade.
	Awards Ceremony	Parents to organize the awards presentation on date to be decided.

## For the athletes:

I will be a positive team member..

1. I will work hard, encourage others, and support my teammates.
2. I will be on time to team practices, meets and warmups.
3. I will be ready to hit the water for swimming right after stretches.
4. I will not disturb other swimmer's practices, and will talk respectfully to everyone.
5. I will look, listen, and watch the coaches while they are giving instructions.
6. I will not talk back to a coach, lifeguard, parent, or official.
7. I will offer congratulations to opponents, and show good sportsmanship.
8. I agree to follow the rules and guidelines as set forth by the coaches and Eastmoor Pool.
9. I will act in a safe and responsible manner at practices & meets.
10. I agree to have fun and swim fast!

Signature of Swimmer: X\_\_\_\_\_

# SWORDFISH SUMMER SWIM TEAM REGISTRATION 2023

## Summer Swimming Contact Information (Please keep for your records.)

### Eastmoor Pool

735 Eastmoor Blvd.  
(P.O. Box 091095)  
Columbus, OH 43209  
<http://eastmoorswimclub.com>

### Head Coach

Tony Phillips  
[Hartley\\_Swimming@gmail.com](mailto:Hartley_Swimming@gmail.com)  
(614) 507-2160

### League Representative

Lori Phillips  
[LLL666@gmail.com](mailto:LLL666@gmail.com)

**Team Store** (Team suits, goggles, fins, etc.) <https://www.swimoutlet.com/eastmoorswordfish/>



### TEAM APP:

To help communicate in real time, please download Team App, search for & register with “Eastmoor Swordfish.” This will allow us to send time-sensitive information (practice changes, meet delays, etc.) to your phone(s), similar to a text message. Parents AND athletes are encouraged to register. Thanks!

### Pools

- New Albany Links - 7100 New Albany Links Dr. 43054 (614) 855-8532
- Foxboro Pool - (614) 475-6996 Park in Northeast Training School parking lot at 500 N. Hamilton Rd.
- Hunters Ridge Pool - (614) 337-9492 341 Harrow Blvd. Gahanna, OH 43230
- Gahanna Swim Club-- (614) 342 – 4272 148 Parkland Drive 43230

**Practice Times** (loosely based on age + ability. If you're unsure which practice, please check with Tony.)

The first *official* practice will take place Saturday, June 5th. (Tony is working on a pre-season schedule.)

8:15 - 9:00 a.m. = ages 6 + under - very slow-paced introductory drills to competitive swimming

9:00 - 10 a.m. = ages 7 - 9 (ish) - same as above but with added volume & very short, basic training “sets”

10 - 11 a.m. = ages 9 - 12 (ish) - continue focus on stroke development through sets to build strength + stamina

11 a.m. - 12:45 p.m. = ages 12 & above - Practices similar to a high-school practice for upper MS & HS athletes

**Practice Days:** Mondays, Tuesdays, Thursdays, Saturdays

Fridays + Sundays = Make up days for weather cancellations, etc.

### Meet Schedule

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