



## What do I need to have ready before making a splash?

### Swimmer Information:

- Contact details and birth date
- Swimming experience and favorite event/stroke (if applicable)
- Medical information (insurance information & policy numbers, physician, conditions)
- Shirt size
- USA Swimming Member Number (if applicable)
- Fairhope Swimming Pool Member Number

### Parent/Guardian Information:

- Contact details for all parents/guardians - We use a team GroupMe
- Emergency contact information
- Payment method

**Please note that any information with an asterisk \* is required.**

## Join our Team!

### Swimmer Information

#### Step 1 of 7 - Let's start with the basics!

Help us get to know them better by providing their essential information below.

First Name\*:

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Last Name\*:

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Address:

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Phone Number:

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Birthday Month\*: \_\_\_\_\_

Day\*: \_\_\_\_\_

Year\*: \_\_\_\_\_

USA Swimming Member Number: \_\_\_\_\_

Fairhope Pool Number\*: \_\_\_\_\_

## Parent/Guardian Information

### Step 2 of 7 - Building our support network!

Parents are a vital part of our HEAT family! Please provide your contact details so we can update you on team activities.

Parent/Guardian Name(s)\*: \_\_\_\_\_

\_\_\_\_\_

Address same as swimmer\*:

\_\_\_\_\_

Address if Not\*:

\_\_\_\_\_

Primary Number\*: \_\_\_\_\_

Secondary Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Email 1: \_\_\_\_\_ Email 2: \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

### Step 3 of 7 - Safety first, always!

Safety is our priority. Please provide someone we can contact if needed.

Emergency Contact Name\*: \_\_\_\_\_

Relationship to Swimmer: \_\_\_\_\_

Primary Phone Number\*: \_\_\_\_\_

Secondary Phone Number \*: \_\_\_\_\_

## HEALTH INFORMATION

### Step 5 of 7 - caring for the whole athlete!

Helping us understand your swimmer's health needs ensures they can perform their best.

Insurance Provider\*: \_\_\_\_\_

Policy/Group Number\*: \_\_\_\_\_

Primary Care Physician\*: \_\_\_\_\_

Physician Phone Number\*: \_\_\_\_\_

Does your swimmer have any medical conditions we should be aware of? \*

☐ No

☐ Yes

☐ Asthma

☐ Allergies

☐ Diabetes

☐ Heart Condition

☐ Other \_\_\_\_\_

Current Medications: \_\_\_\_\_

\_\_\_\_\_

Special Instructions (What does the coach need to know?):

\_\_\_\_\_

\_\_\_\_\_

## SWIMMING EXPERIENCE

### Step 4 of 7 - Where are you on your swimming journey?

Every swimmer starts somewhere! Let us know your athlete's experience so we can support their growth.

#### Swimming Level:

- ☐ **Level 1** - Swim 25 yards continuously of both freestyle and backstroke • Complete 25 minutes of swimming in a single practice • Count strokes while swimming
- ☐ **Level 2** - Swim 50 yards continuously of both freestyle and backstroke • Swim basic breaststroke and butterfly • Dive into the water from the wall • Use the clock to start sets at basic intervals (on the "top," on the "30," on the "45") • Complete 45 minutes of swimming in a single practice
- ☐ **Level 3** - Swim all 4 strokes legally for 50 yards • Start off the blocks for all 4 strokes • Use the clock to start sets at all intervals (15s, 20s, 30s, 40s, 45s, minutes) including rest intervals • Complete 60 minutes of swimming in a single practice
- ☐ **Level 4** - Swim all 4 strokes legally for 100 yards & swim a legal 200 individual medley • Hold themselves accountable for dry land workouts • Complete 75+ minutes of swimming in a single practice
- ☐ **Level 5 & 6** - Complete 90 + minutes of swimming in a single practice • Accomplish all of the above and is willing to push themselves further in practices, be a role model to younger swimmers and a leader on the team

Previous Team (if any): \_\_\_\_\_

Favorite Events/Strokes: \_\_\_\_\_

\_\_\_\_\_

## **LEGAL AGREEMENTS**

### **Step 6 of 7 - Building our team foundation!**

#### **LIABILITY WAIVER (Attached)**

**Please Accept\*:**

- ☐ I understand swimming involves risks and release the team, coaches, and facilities from liability for normal sport-related activities\*.
- ☐ I have read and agree to the liability terms (required)\*

#### **PHOTO RELEASE**

**Please Choose One\*:**

- ☐ I grant permission for my swimmer's photo to be used on team website, social media, and publications
- ☐ I do not grant permission

#### **CODE OF CONDUCT (Attached)**

**Please Accept\*:**

- ☐ We have reviewed the Swimmer Code of Conduct
- ☐ We agree to uphold HEAT values of respect and excellence

## **PAYMENT INFORMATION**

### **Step 7 of 7 - Ready to dive in!**

Your registration fee covers coaching, facility fees, and team t-shirt.

**Registration Fee:** \$30.00 - Annually

**Membership dues are paid quarterly based on level. They are due by: September 2, 2025 • December 1, 2025 • March 1, 2026 • June 1, 2026**

**Level 1** - \$30.00 per week

**Level 2** - \$35.00 per week

**Level 3 - 6** - \$40.00 per week

### **T - Shirt Size**

☐ Small

☐ Medium

☐ Large

☐ X-Large

### **READY TO MAKE WAVES?**

Join our HEAT family today! Please return the completed registration form to [info@fairhopeheat.org](mailto:info@fairhopeheat.org). Scan the QR code below to pay electronically or bring check or cash to the first practice.



<https://www.zeffy.com/donation-form/quarterly-charge>



# Liability Waiver and Release Form

READ COMPLETELY BEFORE SIGNING

In consideration of being allowed to participate in any way in FAIRHOPE HEAT SWIM CLUB programs, related events, and activities, the undersigned acknowledges, appreciates, and agrees that:

1. **RISK ACKNOWLEDGMENT:** The risk of injury and illness from the activities involved in this program is significant, including the potential for permanent disability and death. While particular rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist. These risks include, but are not limited to: drowning, near-drowning, slips, falls, collisions, cuts, head and neck injuries, concussions, musculoskeletal injuries, weather conditions, injuries resulting from diving into shallow water, and all other risks associated with swimming and aquatic activities.
2. **ASSUMPTION OF RISK:** I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation.
3. **COMPLIANCE WITH TERMS:** I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. **WAIVER AND RELEASE:** I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE FAIRHOPE HEAT SWIM CLUB, its officers, officials, agents, coaches, volunteers, employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. **HEALTH & MEDICAL CLEARANCE:** I affirm that I am in good health, physically fit, and able to participate in swim team activities. I further affirm that I have no known medical conditions that would increase the likelihood of danger through participation in Fairhope Heat Swim Club activities.



6. **EMERGENCY AUTHORIZATION:** In the event of an emergency, I authorize the Fairhope Heat Swim Club to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.
7. **PHOTO/MEDIA RELEASE:** I grant permission to the Fairhope Heat Swim Club to use photographs, video recordings, or any other record of my participation in swim club activities for legitimate purposes, including website, social media, promotional materials, and publications without payment or other consideration.
8. **TRANSPORTATION CONSENT:** I authorize the Fairhope Heat Swim Club to transport me to and from swim meets, competitions, and other team activities as necessary, and release the club from liability during such transportation.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

x \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARTICIPANT'S SIGNATURE (18 years or older)

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against injuries and illnesses. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

x \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

Emergency Phone Number: (\_\_\_\_\_) \_\_\_\_\_

**EVERY STROKE COUNTS, BOTH IN THE POOL AND IN LIFE!**





## Code of Conduct

### As a Fairhope HEAT swimmer:

- I will show respect and be polite to EVERYONE including coaches, volunteers, opponents and teammates.
- I will not use inappropriate language.
- I will not bully or harass anyone, either online or in real life.
- I will respect the property and equipment of the Fairhope Municipal Pool and any equipment borrowed from other teams (e.g., FAST).
- I will follow all Fairhope Municipal pool rules.
- I will arrive on time to practice, ready to go at the scheduled start time.
- I will listen to coaches (e.g. not talk over coaches in the pool) and follow their directions.
- If I require any personal medication, I will inform my coaches and have such medication with me at all team functions (in bag on deck is acceptable).
- I will put forth my best effort every day, work hard, practice good sportsmanship and encourage teammates.
- I will attend periodic meetings with my coaches and parents/guardians.
- I will participate in a variety of team functions as my family and school schedule allow, including team dinners, social functions, service projects and educational sessions.
- I (or my parents) will communicate with my coaches if I need to miss something, if I am not feeling well or if I feel hurt during practice, or if anything generally isn't right.
- I will represent my team in a positive and respectful manner in all settings.

### Meet Etiquette:

- I will declare meet participation on time.
- I will show up on time for warmups.
- If possible, I will check in with a coach before and after my races.
- I will demonstrate good sportsmanship in all aspects. I will win gracefully, lose graciously, congratulate and encourage our opponents. I will wait for all swimmers in my heat to finish before exiting the pool and will thank officials and timers.
- I will respect the property and facilities of the Home Team.

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Parent(s)/guardian(s)

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Swimmer:





# FAIRHOPE HEAT

Where Young Swimmers Make Waves!

## 2025-2026 TRAINING JOURNEY

We've designed this comprehensive training schedule to maximize development while balancing family time – because we believe in building champions in **and** out of the pool. Each practice is carefully crafted to develop technique, build endurance, and foster the confidence that comes with consistent improvement.

### Comprehensive Training Schedule

#### During High School Season (Q1)

Level	Monday - Thursday	Friday
1 Level 1	5:30 - 6:30 p.m.	No practice
2 Level 2	5:30 - 6:45 p.m.	5:30 - 6:45 p.m.
3+ Level 3+	6:15 - 8:00 p.m. 6:15 6:30 - dry land 6:30 - 8:00 in water	5:15 - 7 p.m. 5:15 - 5:30 - dry land 5:30 - 7:00 in water

#### After High School Season (Q2- Q4)

Level	Monday - Thursday	Friday
1 Level 1	5:45 - 6:45 p.m.	No practice
2 Level 2	5:30 - 6:45 p.m.	5:30 - 6:45 p.m.
3+ Level 3+	3:45 - 5:45	3:45 - 5:45 p.m.

#### Important Training Notes

**Level 1** (youngest swimmers) will typically train 4 days/week

**Level 2 & up** will typically train 5 days/week

**Level 3 & up** will also receive a rotation of 4 optional Saturday workouts if they want to come in on their own. Optional workouts will repeat in each quarter. A new package of Saturday workouts will come with each quarter.

**No practice** nights of high school home meets

Each practice is designed to meet swimmers where they are developmentally while challenging them to reach new heights. We're not just building better swimmers – we're developing character, discipline, and confidence that extends beyond the pool.

