

Mountain Home Hurricanes

P.O. Box 2291

Mountain Home, AR 72654

Your child is not enrolled with the team until all fees paid.

The ordering of team suit is optional.

Team suits are ordered thru Scuba Doo in May.

870-492-5300 ask for Jameo

Early Payment Option: \$110 plus \$22 (AAU) for 1<sup>st</sup> athlete

\$ 85 plus \$22 (AAU) for 2<sup>nd</sup> etc.

Fees must be paid by 4-15-2024.

Regular Payment Option: \$120 plus \$21 (AAU) for 1st athlete

\$ 95 plus \$21 (AAU) for 2<sup>nd</sup> etc.

ATHLETES NAME: \_\_\_\_\_ BOY / GIRL (CIRCLE)

DATE OF BIRTH: \_\_\_\_\_ AGE AS OF JUNE 1<sup>ST</sup> \_\_\_\_\_

hon

PARENT/GUARDIAN NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

MOM'S PHONE # \_\_\_\_\_ DAD'S PHONE # \_\_\_\_\_

If the above person cannot be reached in emergency, please list contact person.

NAME \_\_\_\_\_ PHONE: \_\_\_\_\_

FAMILY (MOST USED) EMAIL \_\_\_\_\_

SCHEDULED ABSENCES (VACATIONS, CAMPS, ETC.) \_\_\_\_\_

ANY MEDICAL CONDITION (S) \_\_\_\_\_

MEDICATIONS \_\_\_\_\_

Date: \_\_\_\_\_

[www.mhhurricanes.com](http://www.mhhurricanes.com) is our website

Facebook: Mountain Home Hurricane Swim Team

Info/questions: Coach Hope 870-404-2128 [hopenormandy@hotmail.com](mailto:hopenormandy@hotmail.com)

## WAIVER/RELEASE OF LIABILITY/PHOTO-VIDEO RELEASE

PLEASE READ CAREFULLY BEFORE SIGNING.  
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I \_\_\_\_\_, the parent/guardian of the enrolled athlete(s) agree and understand that **swimming** is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of **swimming**, including but not limited to, paralyzing injuries and death.

The parent/guardian hereby agrees to allow their athlete(s) to participate in the Hurricane Swim Team program and hereby agrees to indemnify and hold harmless the Hurricane Swim Team Inc., its coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the athlete while participating in the Hurricane Swim Team program. The parent/guardian also agrees to indemnify the Mountain Home Hurricane Swim Team Inc., for any damages incurred arising from any claims, demands, or cause of action by the athlete(s).

The parent/guardian authorizes any representative of the Mountain Hurricane Swim Team Inc., to have the athlete(s) treated in any medical emergency during their participation in the swim program. Furthermore, the parent/guardian agrees to pay all costs associated with medical care and transportation for the athlete(s). I have noted on the information form any medical/health problems of which the coaches, officers, directors, agents, and employees should be aware.

Photos of athletes will be utilized for publicity of the Hurricane Swim Team at the Board's discretion.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE, THE ATTACHED TEAM RULES AND MEET RULES AND SIGN WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_  
(Parent / Guardian)

Athlete Name(s): \_\_\_\_\_

\*\*\*\*A copy of this form can be found on the website: [www.MHHurricanes.com](http://www.MHHurricanes.com)

## PARENT VOLUNTEER FORM

Please review the available volunteer opportunities for home swim meets. It is very important that all families fill a position, for a meet to be successful. Each family should send one family member to help setup or tear down for the meets that we host. Below is a list of possible ways you can help.

### **Pre -start of meet duties:**

Set up crew (night prior to meet)

Mover of large meet items from storage to the pool (must have pickup truck)

Meet director (coordinates the volunteers to be sure enough people to do each job) Clerk of Course (check in swimmers and teams, handle coach packets, and scratches pre competition)

### **During Meet**

Timer (work in shifts)

Runners (run between officials and computer person)

Bullpen (organize swimmers by heat/lane)

Awards (labeling, sorting, ordering ribbons, hand out heat sheets winner ribbons)

Hospitality (hand out drinks, food to meet workers)

Meet Marshall (much like security, make sure all are following park rules) Announcers (call the events to the bullpen, announce mystery heats and results)

Swim shop (set up, tear down, work to sell swim items and heat sheets during the meet)

### **Post meet duties:**

Clean Up Crew (Immediately following the conclusion of the meet takes 30-45 minutes)

It takes everyone to Plan and Implement a swim meet. We need your help to accomplish that. We hope that participation will make the overall experience rewarding and fun for the whole family.

You will be informed of how you can sign up for these jobs at the Annual Parent Meeting Prior to the start of the season.

We will be using **Volunteer Spot** to sign up for jobs that need to be done at the swim meet(s) and for items that will be needed for the hospitality room. You can sign up by going to the Volunteer Spot link that can be found on the Hurricane Home page.

**By signing this form, I, \_\_\_\_\_ agree to participate by (Please print)**  
**Volunteering my time at home swim meets.**

**\*\*Please note: additional help is needed at away meets for officials and timing. Please be advised that it is not required to help but greatly needed. We expect those teams to do the same for us at a home meet. So, please be gracious and volunteer to time when asked, even if it is only for a short time\*\***

**\*\*\*a copy of this form can be found at [ww.MHHurricanes.com](http://ww.MHHurricanes.com)\*\*\***

## HURRICANE SWIM TEAM RULES

- Be on time for practice, have your suit on, cap and goggles ready to get in water at 7:30 a.m. to your athlete's time slot.
- Be on time picking up your swimmer; no later than 15 minutes of athlete's session ending. If you are late more than 2 times, your child will not be allowed to participate with the team.
- Publicity is handled by a Board Member. Please do not call newspaper, radio etc. The representative will take care of inviting, or relaying information to the media. If you wish to issue a personal thank you, please sign your name to it.
- Wear sunscreen; have it applied before you get to the pool.
- No diving into the pool.
- No running/horseplay on deck.
- Bring water/Gatorade to practice daily.
- PDA (personal displays of affection), cursing, smoking in prohibited areas, trash talk, etc. will not be tolerated.
- No refunds if a swimmer is removed from the team for behavior problems, illness, or any other reason.

Practices are Monday, Tuesday, Thursday, and Friday for all athletes 7:30 AM to 9:30 AM.

Athletes who are assigned lane 8 (beginner) may be dismissed earlier, depending on weather, water temperature etc. We will advise you on this after our roster is completed.

**\*\*Practice is optional, we work on a rotating basis and focus on a different stroke each day. \*\***

## MEET RULES AND INFORMATION

### For Swimmers, Adults and Guests

- o If you sign up for a meet (via text to Coach Hope or email to Coach Hope), and are **unable** to make the meet, PLEASE, let your coach know, as soon as possible, in person, by phone or by email. **Their absence will affect the relay teams.**
- o Hydrate, hydrate, hydrate!! Most meets have a concession stand that sells snacks, and drinks, but just in case, pack a cooler with water, Gatorade, fruit, and other healthy snacks.
- o Cheer for your teammates!! Do not trash talk your teammates or the other team's swimmers.
- o Parents make their own arrangements for their swimmer to get to a meet. If you send your child with someone else, be sure to send water and snacks. You may also want to get a permission form from the swimmer's parent.
- o Any swimmer under 18, must have an adult present at meets who is responsible for their behavior. Behavior of athletes is the responsibility of parents. Infractions of meet rules can result in a letter being sent to swimmer's parents. Coaches and Board members have the authority to ask an athlete, or parent to leave a meet or practice should they see fit.
- o No PDA (personal displays of affection), cursing, trash talk or smoking in undesignated areas, will be allowed by swimmers, parents, or guests.
- o Team members (swimmers) and parents should **NEVER** approach officials at a swim meet. All questions/concerns should go to your child's coach. That coach will approach the correct official. If a parent is acting as an official, they must, also, go through a coach if they have a concern about an official or their child. No Exceptions.
- o Meets with fees (District/Finals) require payment even if you scratch once the entry is finalized. If your absence means a relay cannot run, you will owe for that relay entry. We will do our best to find substitutes for the relays.
- o To be certain that slots are available for those swimmers who wish to take full advantage of the time and efforts of the Hurricane coaches and limited lane space; participation in at least one swim meet in JUNE is required. Acknowledging that some situations may not allow for swim meet attendance, **in lieu of attending one meet the swimmer shall either generate \$150 in heat sheet advertisements or collect \$150 worth of donations for Pool-a-Thon.** Please see a board member for details. You will be notified the first week of July if you did not comply with the meet.
- o Violation of team or meet rules will result in disciplinary action; two notices of violation = dismissal from team.

In order to be eligible for the Final Meet (see Meet Schedule) your child(ren) must swim 3 meets (and 6 individual events), before the Preliminary meet (weekend prior to final meet). Junior Olympics are qualified by time and placement at the State Meet or by obtaining a qualifying time (see Qualifying Times) in any meet prior to deadline.