

River City Rapids

Summer Swim
Team 2023

Practice Begins Mon, June 5
and Ends on Thurs, July 13
River City Athletic Club
8603 N University, Peoria, IL
(309) 693-5700

Practice Mon - Thurs
8:00 - 9:15a Age 11 and Older
9:15 - 10:00a Age 10 and Under

swimming@clubsatrivercity.com



CELEBRATING 50 YEARS
RIVER CITY
athletic club • racquet club • kids club



Summer Swim Team Registration Form *Payment must accompany registration*
Practice runs Monday - Thursday from Mon, June 5 - Thurs July 28, 2023

\$175.50 Member
\$195 Non- Member

Parent Guardian Name: _____

Address: _____

Phone: _____

E-Mail: _____

Swimmer's Name(s): _____ M/f _____ Birth Date _____

I authorize The Clubs at River City to charge my listed credit card \$ _____

CC#: _____

Exp Date: _____ CVV: _____

Signature: _____



MEDICAL INFORMATION & EMERGENCY FORM

Child's name: _____

Child's name: _____

Child's name: _____

Parent/Guardian: _____ Phone: _____

Parent/Guardian: _____ Phone: _____

Emergency Contact: _____ Phone: _____

AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

This information will be kept in possession of the Clubs at River City. A Copy will be distributed to the person in charge of each activity which the student/minor participates. Should the need arise this information will be given to the proper medical authorities.

I, _____ [parent/guardian], understand that in case of illness or injury to my child, _____ [child's name], the Clubs at River City will try to notify me or the person I have listed above as an emergency contact. In case of medical emergency concerning my child, at a time when I or my listed emergency contact cannot be notified, I grant full power to the Clubs at River City to 1) arrange for the transportation of my child, whether by ambulance or otherwise, to a proper facility where emergency medical treatment would normally be administered, including but not limited to, an emergency room or hospital, a doctor's office, or medical clinic; and 2) sign releases as may be required in order to obtain any medical or surgical treatment as in required in judgment of medical authorities at the facility.

I agree on behalf of myself, my heirs, assigns, executors and personal representatives, to hold harmless and defend the Clubs at River City including the directors, coordinators, agents, employees or representatives associated with the event from any and all liability claims, loss or damage arising from or in connection with participation.

Signature: _____ Date: _____

Dear Swim Team Families,

Welcome to what is sure to be an exciting River City Rapids swim team season-- We are happy that you are joining us!

Qualifications

For everyone's safety, your child must be able to swim a minimum of 25 yards of uninterrupted freestyle, unassisted and without any flotation device. Please keep in mind that practice is at least 45 minutes long. Should the coaches feel this amount of time would be too taxing on your swimmer, they will recommend one of our lesson programs that would be a better fit for your child. If there is any question as to your child's readiness, you are welcome to show up the first day of practice and the coaches will be able to evaluate on that day. Evaluations must be completed before the season begins. If your child swam with us last summer and still meets the qualifications, they do not need to be evaluated.

Communicating with Coaches

Should you need to communicate with the coaching staff, we ask that you do not do so during practice times so that our coaches can stay focused on the swimmers. You are welcome to leave a note in the coaches' mailbox, which is located at our athletic club front desk, if you would like a phone call.

We also ask that you do not "coach" your child during practice times from the sidelines. Please allow the coaches to do their job so as to not disrupt the swimmers' focus.

Practice will begin Monday, June 5 and run until Thurs, July 13

Swimmers will need to practice with a swimsuit, quality goggles and a towel. Goggles are mandatory, so please make sure to keep track of your pair and have a spare! Long hair must be worn up in a swim cap. A water bottle and something cozy to warm up in are also good ideas. Swimmers will enter through the athletic club front desk to proceed to the outdoor pools to practice. Please use caution as you drive around the parking lot as it will be busy. Below is the practice schedule. Please remember that all children are required to practice with their designated age group.

****Practices will be held at the outdoor Athletic Club pool M/T/W/Th, weather permitting:***

8:00a -- 9:15a Age 11 and Older

9:15a -- 10:00a Age 10 and Under

Team Store

In order to look and perform our best, we ask that all swimmers wear matching swimsuits to swim meets. For your convenience, our coaches have set up a team store with some approved options for your swimmer(s). If you do not see one listed on the team store that you think would be appropriate, please contact one of the coaches for approval.

The Team Store can be found at

<https://www.swimoutlet.com/collections/rcrapids>

Staying in the Loop

Coaches will be using the mobile app "Heja" to share important announcements regarding things such as practice and swim meets. Download the app and use the team code **KF-271406** to join the River City Rapids team group. After creating an account for yourself, you may add your swimmers to the team. This is an important step as we will be using the app to RSVP for swim meets. Adding and connecting children can be done through the profile tab at the bottom of the screen. If you need help downloading and setting up the app, please see one of the coaches to assist you.



Swim Meets

Swim Meets will be scheduled as events in the Heja app. Please RSVP to the posted swim meets no later than 7 days before the date of the meet as the coaches need time to create a lineup and send it to the other team's coaches. Due to this time limitation, we are unable to add swimmers to the lineup after the 7 day deadline.

Thank You and We Look Forward to Seeing You at Practice!