



2016-2017
Registration Form
Magic City Aquatic League

Please print legibly in all blank spaces and sign:

Name: _____
Last First Middle

Preferred Name: _____ T- Shirt Size(s): _____

Birthday _____ Age: _____ Sex: _____ Location: Samford _____ North Shelby _____

Address: _____
Street City State Zip

Returning Swimmer _____ New Swimmer: _____ Previous Swim Club: _____

Father's Info

Mother's Info

Name	_____	_____
Home Phone	_____	_____
Work Phone	_____	_____
Cell Phone	_____	_____
E-Mail Address: (VERY IMPORTANT)	_____	_____

I was referred to the program by: _____

Emergency Contact: _____ Relation: _____
Phone: _____

I agree the above information may be made public only in the form of a team roster .I understand there will be a \$1.00 charge added to each individual event fee entered for each meet to help cover the expenses for coaches' travel and special awards. Also, I will be responsible for entry fees once entered in a meet even if my family member does not attend the meet for any reason, as Coach Cal will have to pay for the fees anyway. I understand that over the course of the season the practice schedule will change due to pool availability, some weekend practices will be cancelled when the team is competing at meets and that there will be a shortened practice schedule during the Christmas holidays and Spring break. I understand that if we have paid in advance and my child decides to quit for any reason no refunds will be issued and I will be responsible for payment of any unpaid balances. I agree to indemnify and hold Coach Cal from and against any claims, liabilities, actions, damage, and expenses arising in connection with participation in USS Swimming practice or function. Also, monthly fees due by the 1st of each month and Late after the 5th. Once late, I understand there will be up to a \$25.00 late fee

PARENT SIGNATURE: _____ Date: _____

MCAL coaches are dedicated to promoting the sport of swimming for ages 4 to 18 by making the swimming experience fun and fair for ALL swimmers. Your child's improvement is our motivation. Our mission is to provide a swimming program for everyone no matter their swimming level. For our more dedicated swimmers, we emphasize personal improvement, self-discipline and self-motivation through various incentives and awards. We strive to not only develop successful swimmers, but successful individuals as well.

MEDICAL HISTORY QUESTIONNAIRE

SWIMMERS NAME: _____

FAMILY DOCTOR _____ PHONE # _____

INSURANCE CO. _____ POLICY # _____

PLEASE CIRCLE "YES" OR "NO" AND PROVIDE ADDITIONAL DETAILS WHERE REQUESTED.

1) ARE YOU ALLERGIC TO ANY MEDICATION? NO YES IF YES, PLEASE LIST BELOW:

2) DO YOU TAKE ANY PRESCRIBED MEDICATION ON A PERMANENT OR SEMI-
PERMANENT BASIS? NO YES IF YES, PLEASE LIST BELOW

3) HAVE YOU EVER HAD OR BEEN TOLD BY A DOCTOR THAT YOU HAVE HAD ANY OF
THE FOLLOWING?

EPILEPTIC SEIZURE	YES	NO	EPILEPSY	YES	NO
DIABETES	YES	NO	ANEMIA	YES	NO
SICKLE CELL ANEMIA	YES	NO	HIGH BLOOD PRESSURE	YES	NO

IF YES ON ANY OF THESE, LIST MEDICATION BELOW:

4) DO YOU HAVE, OR EVER HAD THE FOLLOWING DISEASES?

HEART DISEASE	YES	NO
LUNG DISEASE	YES	NO
KIDNEY DISEASE	YES	NO
LIVER DISEASE	YES	NO
ASTHMA	YES	NO
HERNIA	YES	NO
CONCUSSION OR OTHER HEAD INJURY IN THE PAST 3 YEARS	YES	NO
NECK INJURY INVOLVING BONES, NERVES, OR DISCS	YES	NO
BROKEN BONES IN THE PAST 2 YEARS	YES	NO
SHOULDER INJURY OR SURGERY IN THE PAST 2 YEARS	YES	NO
BACK INJURY	YES	NO
FREQUENT BACK PAIN	YES	NO
KNEE INJURY OR SURGERY IN THE PAST 2 YEARS	YES	NO
LIGAMENT OR CARTILAGE INJURY	YES	NO
PINS, SCREWS, OR PLATES IN YOUR BODY	YES	NO
SEVERE ANKLE SPRAIN IN THE PAST 2 YEARS	YES	NO
FAINTING	YES	NO

5) DO YOU HAVE ANY OTHER CONDITIONS THAT WE SHOULD BE AWARE OF (I.E. ULCERS, FOOD OR INSECT ALLERGIES) ? NO YES IF YES PLEASE LIST BELOW

6) PLEASE GIVE THE DATE OF YOUR LAST TETANUS SHOT: _____

THE QUESTIONS ON THIS FORM HAVE BEEN ANSWERED TRUTHFULLY TO THE BEST OF MY KNOWLEDGE.

SIGNATURE OF PARENT

DATE



Coaching Fees Samford Location

North Shelby Location

Captains	\$120.00 per month/ 5- 6 Days week	\$105per month/6 days max per week
Lieutenants 1(2)	\$110.00 per month/ 5 Days week	\$85(95) per month/4(5) days max per week
Sergeants	\$100.00 per month/ 3-4 Days week	\$75 per month/3 days max per week
Recruits	\$90.00 per month/ 2-3 Days week	\$60 per month/2 days max per week
Basic Training	\$80.00 per month/2 Days a week	Basic Train same as Recruits at N. Shelby

Monthly fees due by the 1st of each month and Late after the 5th.
Once late, up to a \$25.00 late fee will be assessed

Mandatory Fees

Team Registration Fee \$160.00 one-time annual fee (per swimmer). Includes USS registration, Team T shirt, Bumper Sticker and latex team MCAL cap

In Order to swim in USS Meet you must be registered by the 1th of the month in order to compete in meet for that month

Groups and Descriptions

Basic Training Ages 4-6 Swimmers learn Freestyle, rotary breathing, and Backstroke, fly kick
2 Days a week in mainly ½ laps (30 minute practice time)

Recruits Ages 5-7 Swimmers learn Freestyle, Backstroke, Beginning Butterfly, Breastroke
3 Days a week kick swimming Full laps (45 minute practice time)

Sergeants Ages 6-10 Swimmers learn the basics of 4 competitive stroke techniques and IM
4 Days a week turns. Endurance and clock intervals introduced. (60 minute practice time)

Lieutenants Ages 8-12 A higher level of stroke and turn awareness is taught with emphasis on
5 Days a Week competitive swimming. (75 minute practice time plus drylands)

Captains Ages 10-18 challenging for the more committed swimmers. An endurance-building
6 days a week level with continued emphasis on technique and personal improvement.
(90 minute practice time plus drylands)

Special requests for swim practice will be handled on an individual basis and accommodated (If Possible)

Please send to:
Cal Elder
4759 Quarter Staff Rd
Birmingham, AL 35223

Email Coach Cal for appointments, placement and availability at
coachcal@swimwithcoachcal.com or call 205-541-4737.

For the Practice Schedule and other information



Samford Practice Schedule

*subject to change

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sunday</u>
Basic Training 5:00-5:30	Sergeants 5:30-6:30	Basic Training 4:30-5:00	Recruits 4:15-5:00	Basic Training 4:15-4:45	Captains 2:00-3:30
Recruits 5:30-6:15	Lieutenants 6:30-7:45	Sergeants 5:00-6:00	Sergeants 5:00-6:00	Recruits 4:15-5:00	Lieutenants 2:00-3:15
Lieutenants 6:15-7:30	Captains 6:30-8:00	Lieutenants 6:00-7:15	Lieutenants 6:00-7:15	Sergeants 5:00-6:00	Sergeants 3:30-4:30
Captains 6:15-7:45	Drylands for Captain and Lieutenants 6:00 -6:25	Captains 6:00-7:30	Captains 6:00-7:30	Lieutenants 5:00-6:00	Recruits 3:30-4:15
			Drylands for Captain and Lieutenants 5:30 -5:55	Captains 5:00-6:00	

North Shelby Practice Schedule

*Subject to change

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
Basic/Recruits 6:30-7:00	Basic/Recruits 6:30-7:00		Basic/Recruits 6:30-7:00	Recruits 9:15-9:45	Lieutenants II 3:15-4:30
Sergeants 6:30-7:25	Sergeants 6:30-7:25		Sergeants 6:30-7:25	Sergeants 9:15-10:10	Captains 3:15-4:30
Lieutenants I 7:00-8:00	Lieutenants I 7:00-8:00	Lieutenants I 5:20-6:20	Lieutenants I 7:00-8:00	Lieutenants I 9:45-10:45	
Lieutenants II 7:00-8:15	Lieutenants II 7:00-8:15	Lieutenants II 5:20-6:35	Lieutenants II 7:00-8:15	Lieutenants II 9:45-11:00	
Captains 7:00-8:30	Captains 7:00-8:30	Captains 5:20-7:00	Captains 7:00-8:30	Captains 9:45-11:15	Adv. Drylands 4:45-5:45
	Cpt/Lt on deck drylands 6:45-7:00		Cpt/Lt on deck drylands 6:45-7:00		

The scheduled times may change depending on number of swimmers in order to accommodate swimmers.
Special circumstance request will be handled on an individual basis and accommodated (If Possible)

Beginning in October, monthly fees due by the 1st of each month and Late after the 5th.
Once late, up to a \$25.00 late fee will be assessed

Meet Schedule 2016-2017*

Subject to change

September 17	Possible Tri Meet	Birmingham, TBA
September 24-25	BSL Sprint into Fall	Birmingham Crossplex
October 21-23	HSA Invitational	Huntsville, AL
November 5-6	MYB (12 and under only)	Montgomery, AL
November 11-12	SBY Invitational ??	Birmingham Crossplex
+November 18-19	AHSAA District Meet(High School only)	Birmingham Crossplex
Dec 3	CTA 12 and under Open Invitational	Birmingham Crossplex
+ December 9-10	AHSAA State Meet (High School only)	Auburn- Dawn Attends
Dec 11	Auburn Invitational-11 and older	Auburn, AL
January 13-15	Ensworth Invitational	Nashville, Tn
January 20-22	MYB Winter Invitational	Montgomery, Al
February 4-5	SE District Championships	Birmingham Crossplex
February 17-19	SE Southeastern Championships	Auburn, AL
March 3-5	Auburn Championship Invitational	Auburn, Al
April TBA	Scottsboro Medal Meet	Scottsboro, Al
April	CTA Long Course	Birmingham Crossplex
May	Huntsville Long Course	Huntsville, AL

**In Order to swim in USS Meet you must be registered by the 1st of
the month in order to compete in meet for that month**

We will also have a number of Intra squad meets at Samford over the course of the season for the beginner level swimmers. Final dates and times will be announced about 2 weeks before the meet.

Possible Dates are as follows: September 17, December 17, February 25, April 15