

***REDDING SWIM TEAM  
ADULT/MASTERS  
REGISTRATION PACKET***



***Home of the Aqua Ducks***

**Redding Swim Team  
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Team Website: [www.reddingswimteam.com](http://www.reddingswimteam.com)**



## **WELCOME SWIMMERS AND PARENTS**

The Redding Swim Team invites you to join our swimming family. The Redding Swim Team is one of 53 teams in Northern California, and is a member of United States Swimming, a national organization with over 750,000 athletes across the country.

Serving Shasta County since 1952, our swim team provides four programs: Redding Aqua Ducks (RAD), Swim America, Redding Summer Ducks, and Redding Adult Swimming. These programs are instructional and educational for people of all ages. Swimmers learn proper swimming techniques, importance of physical fitness, and the rewards of commitment.

The objective of the Redding Swim Team is to provide physical, emotional and social growth of swimmers through training and competition. Swimmers learn the value of hard work and the importance of good sportsmanship. The RAD coaching staff provides an atmosphere where each individual swimmer has the opportunity to reach their full potential by instilling a sense of confidence and self-esteem.

### **Board of Directors**

C.E.O.:  
Mark Wagner

PRESIDENT:  
Greg Tyler

TREASURER:  
Jackie New

AT-LARGE:  
Jaime Harvey  
Kevin Lennon  
Leslie Pincin  
Dave Thompson  
Joe Wasko  
Mike Williams

### **RAD Staff Members**

HEAD COACH:  
Mark Wagner

ASSISANT SENIOR COACH:  
Terri Misslin

HEAD AGE COACH:  
Mike Barker

ASSISTANT AGE GROUP COACH:  
Jake Soares

HEAD NOVICE COACH:  
Beth Heibel

ASSISTANT NOVICE COACH:  
Jessie Tyler



## **RAD'S TEAM STRUCTURE**

Our focus is on the long-term development of each athlete, realizing that all children are different and will progress at their own rate. In order to provide a well-rounded program for all the participants we offer three swim levels: Level I swimmers are considered introductory groups, Level II swimmers are transitional groups, and Level III swimmers are advanced groups. Swimmers are placed into groups based upon their desire, ability and age (maturity). Each child will be placed into the group that best suits their ability as determined by the coach and the athlete.

The goal of the Redding Swim Team is to meet the needs of all swimmers and to ensure each participant receives the attention they deserve. To do this, the numbers of swimmers in each group are limited. **The criteria for each level are as follows:**

Novice I: This group is for beginning swimmers. It is a development school for participants. Swimmers in this group are 4 years of age and older.
Novice II: In this group, swimmers must be capable of swimming 25 yards using freestyle and backstroke. At this level, concentration will be on the fundamentals of the four competitive strokes, and the enjoyment of swimming. The minimum age for this group is 5.
Novice III: Swimmers should be capable of swimming all four competitive strokes. The emphasis of this group is stroke skills, turns, start techniques, an introduction to competitive swim training, interval training, and reading a pace clock. The minimum age for this group is 7.
Age Group I: This level's emphasis is stroke skills, turns and start techniques. Swimmers will continue to build endurance, speed, and strength training through the combination of improved techniques and progressive training. This is a group for swimmers that are relatively new to competitive swimming. Swimmers are 9-12 years of age.
Age Group II: Swimmers should be proficient in all four competitive strokes, turns, and techniques. The emphasis will be improving the swimmer's performance through progressive and challenging swim training methods. Although competing in swim meets is not required, practices are designed to help the swimmer meet competitive goals. Swimmers are generally 9-12 years of age.
Age Group III: This group is for swimmers interested in preparing for competition, and who are willing and capable of handling progressive workouts. Stroke skills and interval training will be stressed for these swimmers. Swimmers are generally 11-12 years of age.
Senior I: This group focuses primarily on proper technique of the four competitive strokes, starts and turns, and improving skills and conditioning for the sport of swimming, as well as other sports. This group is conducted in a fun and exciting environment. This group is designed for swimmers that wish to pursue other activities outside of swimming while keeping in shape. Swimmers are generally 13-18 years of age.
Senior II: This group is a stepping-stone for the Senior III program. Swimmers in this group focus on improving their competitive performance. The emphasis is stroke skills and interval swim training. Swimmers in this group are 13 years of age or older.
Senior III: This level requires a serious commitment to the sport of swimming. The emphasis will be on extensive training for a high level of competition. It is offered to swimmers who are willing and capable of handling progressive workouts. Swimmers in this group are 14 years of age and older.
Masters: This is a group of individuals who are interested in physical fitness. The coach will provide two workouts for swimmers, or they can lap swim on their own. This group emphasis is on meeting swimmer needs.

## **RAD'S GROUP PRE-REQUISITES AND GUIDELINES**

The criteria established for these guidelines are to insure that all of the participants on the RAD TEAM have a positive, productive, and successful environment. These are the guidelines that the coaching staff takes into consideration.

1. Minimum of three months in the group before movement.
2. Meets the minimum age of the group. Some swimmers may be younger if they fall into the movement period.
3. The Swimmer meets the swimming skills required.
4. Coaches discretion: child's maturation, attendance, and social structure of the group.
5. Movement takes place twice a year, September and April. If swimmers' birthday is in the months of December through May, the swimmer moves in April. If the swimmers' birthday is in the month of June through November, the swimmer moves in September. Age is not the only criteria to move up.
6. The Staff takes into all of these guidelines when a child should move. We do not base our decision on only one criteria. Our goal is to meet the needs of everyone involved with the Redding Swim Team (RAD).
7. The objectives and guidelines for each level are as follows:

<b>NOVICE GROUP I</b>	
➤ Must be minimum age of 4. ➤ The child should be comfortable in the water.	➤ Can do 5-10 consecutive bobs ➤ Maximum number of participants 8.
<b>NOVICE GROUP II</b>	
➤ Minimum age of 5. ➤ 25 yards of Freestyle or Backstroke. ➤ Float on back with flutter kick.	➤ Push off wall with head down and flutter kick 5 yards. ➤ Maximum number of participants 12.
<b>NOVICE GROUP III</b>	
➤ Minimum age of 7. ➤ Swim 50 yards Freestyle with breathing pattern. ➤ Able to swim 50 yards of backstroke.	➤ Able to swim 25 yards of Butterfly and Breaststroke. ➤ Some distance swimming, working toward AGII test set goals. ➤ Maximum number of participants 20.
<b>AGE GROUP I</b>	
➤ Minimum age of 9. ➤ Swim 100 yards Freestyle with breathing pattern. ➤ Able to swim 50 yards of backstroke.	➤ Able to swim 25 yards of Butterfly and Breaststroke. ➤ Maximum number of participants in 15.
<b>AGE GROUP II</b>	
➤ TEST SET: 10x100 Free on 1:45, 6x100IM on 2:30 ➤ All swimmers need to provide their own equipment.	➤ Swimmers must be of the age of 9. ➤ Maximum number of participants 15.
<b>AGE GROUP III</b>	
➤ TEST SET: 10x100 Freestyle on 1:30 ➤ Attend Team Swim Meets monthly ➤ Attend 80% of workouts.	➤ All swimmers need to provide their own equipment. ➤ Attend Swimmer/Parent/Coach meeting. ➤ Maximum number of participants 15.
<b>SENIOR I</b>	
➤ Swimmers must be at least in 8 <sup>th</sup> grade ➤ Maximum number of participants 15.	
<b>SENIOR II</b>	
➤ TEST SET: 18 x 100 Freestyle on 1:30 and 8 x 200 IM on 3:30 ➤ All swimmers need to provide their own equipment.	➤ Swimmers must be of the age of 13. ➤ Maximum number of participants 15.
<b>SENIOR III</b>	
➤ TEST SET: 20 x 100 Freestyle on 1:20 and 8 x 200 IM on 3:10 ➤ All swimmers need to provide their own equipment.	➤ Attend Swimmer/Parent/Coach meeting. ➤ Contract. ➤ Maximum number of participants 15.
<b>MASTERS</b>	
This is a group of adults (19-100) who are interested in physical fitness. The coach will provide workouts for swimmers, or they can lap swim on their own. This group emphasis is on meeting the needs of its participants.	



**REDDING ADULT DUCKS**  
**A Non-Profit Corporation**

**MASTERS VOLUNTEER FORM**

REDDING AQUA DUCKS continued tradition of excellence is based on parents giving of their talents freely.

REDDING AQUA DUCKS continued tradition of excellence is based on adults giving of their talents freely.

Swim Meets

RAD generally hosts four meets during the year. In order for these meets to be successful, we need your help. We will provide the necessary training for you to feel comfortable performing the jobs.

- |                              |                            |
|------------------------------|----------------------------|
| 1. Meet Administration _____ | 5. Awards _____            |
| 2. Concessions _____         | 6. Colorado Operator _____ |
| 3. Announcer _____           | 7. Hospitality _____       |
| 4. Set up/Take down _____    |                            |

Some jobs at swim meets require United States Swimming Certification. We plan to provide the required training clinics and apprenticeships. If you are currently certified, please indicate with a "C". If you would like training, please indicate with a "T".

- |                                 |                   |
|---------------------------------|-------------------|
| 1. Stroke & Turn Official _____ | 2. Marshall _____ |
|---------------------------------|-------------------|

Swim Meet Dates

Redding Trophy Meet – June 28-29, 2008  
Junior Olympic Championships – July 24-27, 2008  
Whiskeytown Open Water Swim – September 7, 2008  
AGO/Junior + Meet – November 8-9, 2008

Gala Dinner – October 18, 2008

RAD has a social event/fundraiser for the parents and community members. This event is an evening of great fun and camaraderie.

- |                                |                          |
|--------------------------------|--------------------------|
| 1. Decorations _____           | 5. Senior Auction _____  |
| 2. Silent Auction _____        | 6. Raffle/Balloons _____ |
| 3. Live Auction _____          | 7. Programs _____        |
| 4. Food/Service Settings _____ | 8. Thank you's _____     |

Parent's Name (please print)

Father \_\_\_\_\_ Phone \_\_\_\_\_

Mother \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

**Return this form to the RAD Mail Box**

<b>United States Masters Swimming, Inc.</b> <b>Pacific Masters Swimming, Inc.</b> <b>2008 Membership Application</b> <input type="checkbox"/> Renewal 2007 number if known: _____ <input type="checkbox"/> New Registration <b>YOU MUST PAY TOTAL FEE OF \$40</b> (Fee includes: USMS = \$25, PMS = \$15 <b>REDUCED END OF YEAR 2008 FEE \$30 if joining 9/1 - 10/31</b> <b>Full Fee 2009 Memberships accepted after 11/1/08</b> <b>Make check payable to Pacific Masters Swimming</b> <b>Mail to: Nancy Ridout</b> <b>580 Sunset Parkway</b> <b>Novato, CA 94947</b> <b>(415) 892-0771</b> <b>registrar@pacificmasters.org</b> Registration Expires 12/31/08	<b>PLEASE PRINT CLEARLY.</b> <b>Your name on this form and on meet entry forms must be identical.</b>		
	Last Name _____		First Name _____
Mailing Address _____			Home Phone No. ( ) _____
City _____	State _____	Zip _____	Work Phone No. ( ) _____
Date of Birth Month _____ Day _____ Year 19 _____	Age _____	Sex _____	e-mail address _____
CLUB (Indicate Club affiliation or Unattached) _____			Today's Date Month _____ Day _____ Year 20 _____
<p>"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."</p>			
Signature _____			I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>
I wish to contribute to the following foundations <i>and have added the additional amount to my 2008 registration fees.</i> <input type="checkbox"/> \$1 or ( ) The US Masters Swimming Foundation. <input type="checkbox"/> \$1 or ( ) Pacific Masters Swimming. <input type="checkbox"/> \$1 or ( ) The International Swimming Hall of Fame.			
			revised 10/01/2007