

Lake Forest Swim Team Registration
PO Box 217
Lake Hopatcong, NJ 07849



Please print neatly

Swimmers' Name	Sex (F/M)	Birth date	Age 5/31/19
1)			
2)			
3)			
4)			
Home Address			
Summer (If different)			
Home Phone #			
Parent/Guardian Name		Cell Phone #	Email address
Parent/Guardian Name		Cell Phone #	Email address

LFST Permission for Photographs

There may be occasion when the swimmers may be photographed while participating at LFST activities. Please let us know below if you allow us to print or publish your child's (children's) picture (possibly including his/her name) in the local newspapers; Lake Forest Porthole Newsletter or on the Lake Forest Website.

A) I give permission for my child / children

Signature

B) I **DO NOT** give permission for my child / children

Signature

Medical Information

Swimmers' First Name	Existing Medical Condition	Medication	Required treatment / other circumstances we should be aware of.
1)			
2)			
3)			
Emergency Contact Name & Phone Number:			

LFST Registration Fees & Volunteer Form

Last Name:					
Check the boxes that apply.	Total # of Swimmers:				Total Registration Amount:
<input type="checkbox"/> 1st Year Only New Member Fee Plus Amt. for # Swimmers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	1	2	3	4	
\$ 50.00	\$ 140.00	\$ 250.00	\$ 340.00	\$ 430.00	Cash : Check#:
DUE TO INSURANCE LIABILITY ALL FORMS AND PAYMENTS ARE DUE BY THE FIRST DAY OF PRACTICE					
Each family is required to participate in a \$50.00 fundraiser in addition to the registration. Please initial here that you have read this requirement.					
Volunteer fee of \$100.00 to be refunded once volunteer obligations are completed. Please write a separate check dated for August which will be held and returned upon completion of obligations.					

Parent Volunteerism

Must Choose One: Set Up on June 9th @ 9:00 a.m. Break Down on Aug. 9th @ 6:00 p.m.

In addition to either "Set-Up" or "Close Down", each family must volunteer for at least four meets. Below is the list of meets for the season. A sign up genius will be sent out in the next few weeks. Please sign up using the Sign up Genius for at least four volunteer jobs. There is a description of each job below. Suggested jobs for those who have young children: 50/50, Marshalling, Set-up & Breakdown. Jobs that are best for those who have children that are more independent: Clerk, Announcer, Runner, Timer, Officials & Snack Stand. **If you do not sign up we will schedule you for meets where we need assistance. There will a \$100.00 fee that will be refunded once each family's volunteer obligation is fulfilled.**

<u>2019 Home Meets</u>		<u>2019 Away Meets</u>	
Cranberry	Wednesday, 7/3/19	Roxbury	Saturday, 6/29/19
Lake Shawnee	Wednesday, 7/10/19	Park Lake	Saturday, 7/13/19
Randolph Park	Wednesday, 7/17/19	Saffin Pond	Saturday, 7/20/19
Denville	Monday, 7/22/19	Shore Hills	Wednesday, 7/24/19
Shongum	Saturday, 7/27/19	Mount Olive	Monday, 7/29/19

There are also 3 CHAMPIONSHIP MEETS: **Silvers** (Sat. 8/3 @ Roxbury), **Trials** (Thurs. 8/8) and **Finals** (Saturday 8/10). Swimmers qualify for each event. Volunteer assignments for championship meets are done prior to the meet.

Explanation of Volunteer Opportunities

1. **Announcer:** Home meets only. Sits on the deck and announces the events and the results.
2. **Clerk:** 1 person for away meet and 2 for home meets. Clerks record the swimmers times and keep score of the meet.
3. **Marshall:** 2 people per meet. With the use of the meet sheets, you collect the swimmers prior to their event and line them up on deck so they are ready to swim
4. **Meet Set Up & Breakdown:** Home meets only. Set up and removal all equipment needed for meet. 4 people recommended.
5. **Officials:** There are 3 officials. Stroke and Turn; Finish and Starter. Prior to the season you will be provided with free training on the responsibilities of the official. You start as Stroke and Turn and then move to Finish and Starter. We need 2 every away meet and 3 for home meets.
6. **Runner:** Home meets only. You collect the results from each timer and deliver the slips to the clerks after each event.
7. **Timers:** We need 3 at every away meet and 4 at home meets. You are responsible to time the opposing team and write down the swimmers' name and their time for each event.
8. **Snack Stand:** Home meets only. Need 3 people for every home meet (Saturday 7:30am & Weeknight 4:30pm) to set-up; run and breakdown the stand.
9. **50/50:** Home meets only. Need 2 people to walk the beach and sell the 50/50's.

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Adult Waiver/Release
AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY
READ BEFORE SIGNING

In consideration of being allowed to participate in any way Lake Forest Swim Club athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

- 1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
 - 2) 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; and,
 - 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official, board member, coaches, etc. immediately; and,
 - 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Lake Forest Swim Club (name of organization) and their directors, officers, officials, agents, volunteers and/or employees, other participants, sponsoring agencies, sponsors, advertisers, the North Jersey Regional Lake League, 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, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I do hereby grant for myself, my heirs, executors and administrators, waive, release and discharge any and all rights and claims, for or to be, for which I may have or which may hereafter accrue to me, against the North Jersey Regional Lake League and Lake Forest Swim Team, and Lake Forest Yacht Club, its' officers, and any other persons connected with those events, individually or collectively, from all responsibility for any injuries to persons or equipment sustained to myself, other contestants, or spectators, during any scheduled meet, event or activity authorized by the league for the entire season. Parent's or Guardians accept full responsibility.
- 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.

Participants' Signature: _____

Date Signed: _____

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

This is to certify that, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

(Parent/Guardian Signature) DATE SIGNED: _____

Phone Number: _____