

# Highlands Ranch Seahawks



**SUMMER 2024**

# Highlands Ranch Seahawks

## SUMMER SWIM TEAM INFO SHEET

We would like to welcome each family and swimmer to the Highlands Ranch summer swim team. The coaching staff is ready for another GREAT season here at the pool. Most of our communication will be through Team Unify. Please make sure your email address is up to date in our database.

### PRACTICE TIMES – Weekly Mon-Thu (4 days) except July 4, 2024

<b>Morning Seahawks</b>	<b>7:30-9:00am</b> <b>9:00-10:00am</b>	<b>Maroon - Marlins &amp; Manatees</b> <b>Blue - Barracudas &amp; Piranhas</b>
<b>Evening Seahawks</b>	<b>4:30-6:00pm</b> <b>6:00-7:00pm</b>	<b>Maroon - Marlins &amp; Manatees</b> <b>Blue - Barracudas &amp; Piranhas</b>

T-shirts and caps are included with registration fees. These will be available at the preseason team picnic.

The regular season practice schedule for the Seahawks goes from June 3<sup>rd</sup> – July 27<sup>th</sup> at **Northridge Rec Center – There are NO PRACTICES ON JULY 4<sup>th</sup>**. If there are any changes to the schedule (i.e. holidays, inclement weather, events, etc.) a reminder email will be sent out by the Head Coach and it will also be communicated in person.

During the regular season, coaches will work on drills and technique. However, they will also begin to include sets, racing strategies, and other competitive swimming skills. Again, we highly recommend that your swimmer attend as many practices as possible. This is to maximize technique work and to increase strength and endurance as much as possible. **Please keep in mind that some groups swim outdoors for practice. Sweatshirts for chilly days and apply sunscreen about 20 minutes before practice on sunny days!** In past summers, the outdoor temperatures ranged from 42 degrees to over 104 degrees. Be prepared.

### Practice Groups

Swimmers will be divided into different practice groups based on ability. The first few practices of each session will be used to assess which group is appropriate for each swimmer. Swimmers will need to remember their swim lanes for practice. Sometimes a swimmer is placed in an incorrect group. The coaches will constantly be assessing the swimmers to ensure they are where they need to be. The Head Coaches have the final say as to which group swimmers are in.

### CONTACT DETAILS:

Coached Aquatics Coordinator	<a href="mailto:Kerri.McGrath@hrcaonline.org">Kerri.McGrath@hrcaonline.org</a> 303-471-8942
Seahawks Coaches (e-mail)	<a href="mailto:Seahawksteam@hrcaonline.org">Seahawksteam@hrcaonline.org</a>

# Welcome to the Highlands Ranch Seahawks

## SUMMER SWIM TEAM

HRCA Coaching staff would like to welcome you to the 2024 SUMMER SWIM TEAM.

Our Coaching Staff is led by Kerri McGrath, Coach Aquatics Coordinator. Coach Kerri comes to us with many years of competitive swimming and coaching experience. HRCA's Aquatics Program Specialist is Kiersten Johnson. She handles most billing questions and is our liaison between swim lessons, private lessons, and coached programs. We also welcome back Coach Lea and Coach Joel as our head coaches. Other coaches will work with swimmers throughout the summer.

Please visit the HRCA Website to learn more about the wonderful coaches who work in our program.

### TEAM PHILOSOPHY

It is our philosophy that any swimmer who practices regularly, works hard, and tries to improve deserves as many opportunities as possible to swim at meets. The positive support of coaches, parents and teammates will help all of the swimmers to reach their goals of individual and team improvement. We must not measure success by how someone performs against teammates and opponents, but by how the swimmer performs against the clock their own improvement. We encourage every swimmer to cheer for fellow teammates at meets and at practice.

Summer 2024, we are excited to join the CARA Swim League. The CARA program was created and designed to be a program with a strong recreational format for the non-ranked, non-sanctioned participant. Competition has its place in the program and all participants are encouraged to do their best, but it must be emphasized that this is of secondary importance. The development of skills and sportsmanship, while stressing participation for all and assuring each participant experience some degree of success are the main goals of this program. Any person acting as a representative of CARA (whether they are a committee member, hosting agency staff, board member or committee chair) is expected to act in a manner that reflects well of CARA. We expect participants, coaches and parents to abide by codes of conduct. CARA representatives should not only uphold these codes of conduct but exemplify them; we are to be held to a higher standard than our participants and should represent the membership in the best light possible.

### Minimum Requirements

In order to be on the Seahawks team, swimmers should have completed at least one session of Intro or higher swim level -or- be able to swim 50-yard freestyle with side breathing and 75-yard backstroke, complete a one-hour swim practice and be comfortable in 9ft of water. Previous Seahawks program participation is recommended. All new swimmers to the team will need to tryout prior to registering unless they are / have been participants in one of our Seahawks programs as of May of 2024.

### Registration Fees

The activity fee for the season is available on [HRCAonline.org/swim](https://hrcaonline.org/swim). Full payment is due at the time of registration. Credit cards are accepted for your convenience. Refunds are handled on a case-by-case basis according to HRCA standard policies and procedure. If a full refund is warranted, a nominal service fee will be retained to cover administrative costs.

We encourage swimmers to participate the full summer to build team unity, allow coaches to best plan for summer practices, and participate in all three Saturday morning meets. Prices are set in anticipation of some absences for family vacations, youth camps, and other summer fun. There are one-month registration options if you will miss a significant amount of summer swim. Refunds are not given for missed practices.

Swimmingly® is used for tracking swimmer times throughout the season. A FREE account is provided for each registered swimmer. Coaches reserve the right to create an account using the HRCA e-mail and birthdate on file

for each swimmer. If your swimmer CANNOT have an account, please see Kerri or Kiersten to discuss alternative options. It is preferred that parents create the Swimmingly Clubhouse and Swimmingly FAN accounts (two separate log-ins required.)

Registration fees include a team t-shirt and latex swim cap for swimmers. Additional items are available for purchase at the online team store offered through Out of Breath Sports.

## PRACTICES

Practices are held either mornings or evenings, Monday through Thursdays in June and July. All swimmers are expected to attend. Vacation and/or conflicts should be communicated to coaches via e-mail or a written note. Practice attendance may influence meet relay participation. **Refunds are not given for missed or cancelled practices.**

Swimmers should arrive to their scheduled practice about 10 minutes early to get ready and take care of their personal needs (bathroom, caps, goggles, etc.). This is to ensure that they are in the water on time to get a full practice. When practice is over, swimmers are expected to pick up and store the equipment.

## Communication

We use several methods to get information to you:

- a. This information packet.
- b. [HRCA Swimming website](#). This website contains the practice group descriptions and meet information. Practice cancellations will be posted on the HRCA Website. Information is updated frequently so please check it often! You should bookmark this website for quick access.
- c. [Swimmingly® Clubhouse](#). Please make sure the e-mail account listed in Swimmingly® is accurate. All meet event declarations are completed through Swimmingly®.
- c. **Mass or “e-blast” emails** from both the Head Coach and the Parent Volunteer Coordinators. Please contact the Head Coach if you are not receiving e-mails. This will be the most common form of communication since it is the best way to provide you with updated information quickly and frequently. Please provide us with an email address that you check often.

## PARENT PARTICIPATION

Our teams are successful because of you! **All parents** are expected to sign-up for **at least 1 five-hour shifts for each session**. Sign-up for volunteer positions will be done on **Sign Up Genius** found on HRCA website. Parents are asked to sign-up for at least one-shift for each session. However, we encourage parents to sign-up for as many as they are able to! Volunteering is a fun way to meet other swim families and to be a part of our Seahawks community. Please note that the Parent Volunteer Coordinator may ask you to sign-up for an additional shift if we need more help.

If you are unable to fulfill the position that you signed up for, please find a substitute and make sure this person is aware of what is expected. You also must notify the Parent Volunteer Coordinator before the meet of any changes.

**Please see the HRCA Swim page for a link to the complete list of volunteer opportunities.**

**NOTE: If you are an experienced Announcer, Starter, Referee/DQ judge, Bullpen organizer, Timer, Volunteer Coordinator extraordinaire, Videographer or Banquet Pro – please contact Kerri at [seahawksteam@hrcaonline.org](mailto:seahawksteam@hrcaonline.org) or 303-471-8942. Minimal training sessions are required for 2024.**

## POOL MAINTENANCE

We are fortunate to have some of the nicest pools in the area. It is up to each of us to leave the pool area as clean as when we arrived. This includes practices and meets. Please pick up trash and dispose of it prior to leaving the pool deck area. **PLEASE - NO GLASS CONTAINERS ON THE POOL DECK!**

## PRACTICE TIMES

Coaches will time swimmers throughout the session in the four basic strokes. These times are used to determine swimmer placement in the meets and to track improvement or disqualifications. Swimmers are encouraged to do their very best. Parents may see timed results in the Swimmably® FAN App on a cell phone or in the Clubhouse online.

## TEAM GEAR: OUT OF BREATH SPORTS

Out of Breath Sports is our team vendor – just 5 minutes away from Northridge! After ordering gear online, pick up your gear at the store in by late May. Each family will receive an e-mail once the gear is ready for pick-up.

### Location:

311 E. County Line Rd, Suite 6 Littleton, CO 80122 Tel: 303.798.5037

Email: [info@outofbreathsports.com](mailto:info@outofbreathsports.com) Website: [www.outofbreathsports.com](http://www.outofbreathsports.com)

## TEAM PICTURES & T-shirt/Cap distribution day – May 29 5:00pm

Team pictures will be taken by Matt Daniels' Photography. **Summer 2024 – May 29 Team Photo at 6:00pm at Northridge Pool.** EVERYONE is asked to be a part of the group picture, even if you do not order any photos. Be On Time and **wear your team T-shirt or Team Swim Suit** for the picture. Pictures will also be available to purchase online from Matt Daniels' website and the day the photos are taken.

## CARA Swim program goals

Seahawks Summer Swim Team will provide an inclusive program with CARA goals and objectives as the basis for program development. CARA Swim program goals and objectives are:

- To ensure the participation of all team members in league play.
- To develop a strong sense of sportsmanship and fair play in each player.
- To teach the basics of sports skills, as well as, meet/game play to the average participant.
- To make participation in a CARA event a fun and enjoyable experience for all participants.
- To ensure that recreation and its philosophy govern the coaching methods, attitude, and objectives of the coach and team.

## SWIM MEETS

### SWIM MEET INFO (revised 4/2024)

Three CARA Swim meets will be held this summer. Swim meet fees are included in the swim program, but families are expected to register online to confirm attendance. Meets are generally over by 1:00pm or sooner. Tentative meet-day schedule below:

6:30am Set-up Volunteers Arrive  
7:00am Swimmers arrive at Northridge Pool Deck  
7:30am Warm-ups (15-20 min each by swim group) and Volunteer Officials meeting  
8:00am Timer Huddle  
8:15am Relays to Bullpen  
8:30am Meet begins (length of meet will vary depending on number of swimmers participating)  
End of meet: Meet ends and Take Down Volunteers help with clean up  
Swimmers and families are expected to assist with personal area clean up.

### SWIM MEET EVENT SIGN-UP

Sign-up for your swimmer's events will be done on the [Swimmingly® App](#) and all entries are due the Tuesday before a meet. If your swimmer is not signed up by this deadline, your swimmer may not be able to swim in the meet. This allows the coaches to build the meet heats and relays. Swimmers 9+ should demonstrate proficiency in butterfly and breaststroke (meaning legal starts, turns, and touches) to swim these events or the 100 IM.

We encourage every swimmer to swim in relays! Relays will be made by the Head Coach with the input of the Assistant Coaches. Relays are a privilege and are constructed by taking times, attitude, and work ethic of the swimmers into account. Please keep in mind that relays are at the beginning and end of the meet, so swimmers **must stay for the entire meet to compete.**

### MEET ENTRIES

The coaches are responsible for preparing the meet entries. Swimmers register for the meet at the [Swimmingly® Clubhouse](#). **NOTE: You cannot declare events on the FAN or TIMER Apps. You must declare through the [Swimmingly® Clubhouse](#).**

All swimmers are expected to remain for the entire duration of the meet. This is important because the relays are the final event and occasionally substitutes are needed.

The meet line-ups will be available through the [Swimmingly® Fan app](#), if possible. Heat Sheets will be provided the day of the meet. It is extremely important to arrive on time for warm-ups. Nothing is more disappointing to a relay team than not getting to swim because someone did not show or they arrived too late for the event.

TEAM MEET AREA – we utilize a STAGING AREA to keep the team together during the meet. It is the swimmers' responsibility to be aware of when to report for an event. Our bullpen workers will not be searching the pool area to find swimmers. Swimmers who are not in the bullpen at the time of their event will miss their event. There are no do-overs.

We expect our swimmers (and parents) to be on their best behavior. This means no running, screaming, hitting, name calling, shoving, kicking, or towel snapping (or any other action which might cause harm or show disrespect to another). We also expect them to pick up all belongings and trash before leaving the area. **Reminder: NO GLASS OBJECTS ALLOWED IN THE POOL AREA.**



## STROKES/EVENTS

Each meet will consist of at least 60 events, with as many as six swimmers or relay teams per event (3 per team). There will be 10 events of the same stroke/relay divided into girl and boy age groups of: 8 & Under, 9-10, 11-12, 13-18. Swimmer's age is determined as of June 1, 2024.

One length of our pool is 25 yards. In each individual event the 8 & Under girls and boys will swim 25 yards each, except in the long free, where they will swim 50 yards of freestyle. Swimmers 9-1, 11 & 12 and older will swim 50 yards for individual events and 100 yards for the long free.

## MEET EVENT ORDER (Subject to change based on CARA Swim meet policies)

<u>Medley Relay</u>	4 team members each swimming 1 leg Back / Breast / Fly / Free
<u>Short Free</u>	Either 25yd or 50yd depending on the age group
<u>Back</u>	Either 25yd or 50yd depending on the age group
<u>100 IM</u>	25yd each of Fly/Back/Breast/Free – all age groups
<u>Breast</u>	Either 25y or 50y depending on the age group
<u>Butterfly</u>	Either 25y or 50y depending on the age group
<u>Free Relay</u>	4 team members each swimming one leg all free
<u>Long Free</u>	Freestyle 50yd – 8 & Under and 9 & 10; 100yd – 11 & UP

Each event is limited to two heats, except for short-course freestyle and backstroke where all interested swimmers may race. Swimmers must be able to swim an event legally (to USA Swimming standards) to compete in an event. Each swimmer may swim up to four individual events and two relays with additional events as time allows.

If a swimmer is asked to “Swim-Up” into the next age group (usually done to fill holes in that age group and complete a relay team), he/she will have to swim the whole meet in that age group.

## SCORING & RIBBONS

CARA Swim league does not keep score.

Ribbons are awarded for 1<sup>st</sup> through 6<sup>th</sup> place for individual events and for relays. Ribbons for the last meet of the season are distributed at the end-of-season banquet. After the banquet date, ribbons can be picked up from the Westridge Indoor Pool until August 15th. Swimmers / parents are responsible for picking up ribbons if they do not attend the banquet. **Please pick up any ribbons/awards by August 12<sup>th</sup>.**

## DISQUALIFICATIONS AT A MEET (DQ) – This may change with CARA Swim participation (rev. 4/2024)

There may be volunteer stroke judges at the. The volunteers will familiarize themselves with USA Swimming rules for disqualification of swimmers. Leniency for 8U will be given. Swimmers who do not complete the race using the correct stroke will receive a DQ notification and not qualify for ribbons. Being disqualified can be disappointing but we learn best from our mistakes. CARA Swim league state swimmers will receive a 6<sup>th</sup> place ribbon for any race that receives a DQ. Swimmers may be disqualified in a race for (and not limited to):

- Failure to touch the end of the pool on a turn.
- Failure to use a two-handed touch on Breaststroke or Butterfly turns and at race end while swimming
- Breaststroke or butterfly (incorrect stroke or flutter-kick are common reasons for DQ)
- Touching the bottom of the pool at any point during a race
- An incorrect stroke or kick
- Leaving the block too soon in a relay event

The coaches will go over these rules in practice. It may be helpful for you to go over this again at home.



# Highlands Ranch Seahawks Swim Team Parent Code of Conduct

The Highlands Ranch Seahawks Summer Swim Team expects all swim parents to abide by the following Code of Conduct.

At all Seahawks swim meets and activities, parents should:

1. Demonstrate good sportsmanship by conducting yourself in a manner that earns the respect of your child, other swimmers, coaches, officials and other parents.
2. Support the swimmers, coaches, officials and other parents with positive communication and actions.
3. Show respect for the meet facilities and follow the rules of the pool to which you have been invited.
4. Maintain self-control at all times. Allow swimmers to swim, coaches to coach, officials to officiate and parents to parent.
5. Respect the meet officials and their authority, even if you don't agree with a decision.
6. Understand that criticizing, name calling, use of abusive language or gestures directed toward an official, coach, participating swimmer or other parent will not be permitted or tolerated.
7. Understand that such behavior may result in being asked to leave the pool for the duration of the meet, and that repeat violations may result in a multiple meet or full season suspension.
8. Non-athlete adult members should respect the privacy of athletes in situations such as changing of clothes, showering, etc. Non-athlete adult members should protect their own privacy in similar situations.
9. Finally, at all meets, parents should enjoy the wonderful spirit and tradition that is the Seahawks Summer Swim Team.
10. Parents will communicate with coaches via e-mail at [seahawksteam@hrcaonline.org](mailto:seahawksteam@hrcaonline.org). No direct texting between coaches and parents is permitted except in cases where an emergency arises (injury off-site or similar).





# Highlands Ranch Seahawks Swim Team Swimmer Code of Conduct

As a swimmer and a member of the Highlands Ranch Seahawks Swim Team, I will abide by the following code of conduct:

1. I will conduct myself with dignity and respect for others and for the property of others.
2. I will be on time for practice, training sessions, and meets.
3. I will comply with all team rules.
4. I will leave the team area in a neat and clean condition at the conclusion of each practice session. I understand this also applies to pool locker/rest rooms, pool decks, etc.
5. I will practice and teach good sportsmanship.
6. I will promote positive team spirit and morale.
7. I will offer congratulations and encouragement to his/her opponents.
8. I will support my teammates at practice and at competition. Working together as a unit will benefit each team member and is an important part of the Seahawks spirit.
9. I will follow verbal directions of the coaching staff. At no time will disrespectful attitudes by any swimmer be tolerated.
10. I will respect the rights and space requirements of other groups using the swimming facility.
11. I will follow the Code of Conduct at home, at away events and at any event where the Seahawks are represented.

## **Prohibited Behavior:**

I understand that at no times will the following be accepted:

1. Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
2. Destructive behavior.
3. Inappropriate or unruly behavior, including fighting or striking another athlete.
4. Inappropriate language (swearing or derogatory comments) or lying.
5. Stealing and vandalism.
6. Bullying or isolating another swimmer.
  - a. Bullying of any kind is unacceptable at the Highlands Ranch Seahawks swim team and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. The Seahawks team is committed to providing a safe, caring and friendly environment for all of our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach, parent or athlete/mentor.
7. Interference with the progress of another swimmer during practice or at any other time.
8. Texting or Social Media contact (Snapchat, Twitter/X, etc) is NOT allowed between coaches and athletes.
9. Athletes and coaches will NOT communicate directly through email.

## MEDICAL INFORMATION & EMERGENCY FORM

### Emergency contacts:

Name (first, middle, last): \_\_\_\_\_

Phone (including area code): \_\_\_\_\_

Relationship (friend, neighbor, coworker, etc.): \_\_\_\_\_

### AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

This information will be kept in the possession of the HRCA. A copy will be distributed to the person in charge of each activity in 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 the case of illness or injury to my child, \_\_\_\_\_ [child's name], the HRCA and 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 HRCA and 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 of a hospital, a doctor's office, or a medical clinic; and 2) sign releases as may be required in order to obtain any medical or surgical treatment as is required in the 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 HRCA including the directors, coordinators, agents, employees, or representatives associated with the event from any and all liability claims, loss of damage arising from or in connection with my participation.**

### PUBLICITY FORM

On occasion, the HRCA takes photographs or makes an audio or video recording of children and/or adults involved in activities. Such photographs or video records may be used by staff and participants to remember the activities or participants. In addition, such photographs and audio/visual recordings may be used in publications or advertising materials to let others know about the HRCA. Also, local news organizations may learn about the HRCA's activities or events, and the HRCA may invite or allow them to photograph or record such events to be used, distributed, or displayed as the agents of the HRCA see fit.

I hereby expressly grant to the HRCA the right, privilege, and license to use the picture or likeness of my child/children in any photograph, movie, video production or any other forms of media publication and to use the verbal or written statements or declarations of my child/children for the purpose of publicizing, fostering and promoting the HRCA and its programs, or for any other purpose in furtherance of the mission of the HRCA

Name of Participant(s): \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_

Date \_\_\_\_\_



**Participant Name:** \_\_\_\_\_

**Class Name:** Seahawks Youth Swim Program

**Philosophy & Mission**

All sport programs offered by Highlands Ranch Community Association are based on fun and participation. We realize there is a competitive situation when two teams are playing each other, BUT winning is not our primary goal. Our mission is to develop positive sportsmanship skills and athletic ability in a positive, safe, and fun environment. Participants, coaches, parents, spectators, and staff all play an important role in meeting this mission.

**The Code of Conduct for Youth and Adult Sport, Fitness, and Martial Arts**

Participants, coaches, and spectators are expected to support league staff and officials, treat the facilities with respect, and demonstrate good sportsmanship at all times.

**All Parents, Spectators, and Participants are required to follow the following conduct:**

- Good sportsmanship must be maintained at all times.
- Support league officials. Understand that officiating is not an easy task and officials are guaranteed to make errors during a meet.
- Treat all participants, coaches, officials, and HRCA representatives with respect.
- Parents and spectators must stay in the designated area. Meet officials will have the authority to call a forfeit if an individual refuses to comply with meet officials’ directions regarding spectators in off limits areas.
- Follow the facility guidelines and be respectful of the facility at all times. No glass items are allowed on the pool deck. Participants may ONLY have closed capped drinks.
- No jewelry may be worn by participants at any time during the meet.

**Zero Tolerance for Youth and Adult Sport Misconduct**

HRCA has a zero-tolerance policy for coach, participant, or spectator misconduct. Verbal and physical abuse, as well as abuse of facilities will not be tolerated.

**Non-compliance**

- Any HRCA representative or official may eject any player or spectator without prior warning for any misconduct, regardless of the severity of the situation. Any person ejected is required to leave the facility immediately. The person must leave the facility before the meet is restarted or the participant will forfeit the remainder of the meet. If a head coach is ejected and an assistant coach is not available to coach the remainder of the meet will be forfeited.
- Infractions may be grounds for a suspension period or expulsion from future HRCA participation.
- Aggressive behavior towards participants or other spectators will result in the offender being escorted from the facility by a member of the Douglas County Sheriff’s Office. NO EXCEPTIONS WILL BE MADE TO THIS RULE.
- The officials will have the authority to terminate prematurely any competition when they feel in their discretion that it is in the interest of safety to do so. Score at the time of the termination will be the final score, unless the leading team is primarily responsible for the termination, in which case the leading team shall lose by forfeit.
- All grievances must be communicated through the coach.
- In addition to the penalties and suspensions assessed under the individual sports rules, the HRCA management may, at their discretion, investigate any incident that occurs in connection with any meet and may assess additional suspensions for any offense committed before, during or after any meet by a player or Team Official, whether or not such offense had been penalized by the Referee.

All coaches and participants are responsible for reviewing and understanding the rules and disciplinary action that is outlined in their individual sport’s rule book. Rule books will be made available by your coach or can be obtained from the HRCA Coached Aquatics Coordinator. Meet officials have full discretion to interpret and apply the rules. Meet officials’ decisions will be final, and results will not be subject to appeal.



**HIGHLANDS RANCH**  
COMMUNITY ASSOCIATION

**Liability Waiver**

I understand and accept that there are risks involved in participating in any recreational activity. I am aware of those risks, and I am voluntarily participating in this activity with knowledge of the risks involved. I agree to accept any and all such risk of injury, death, and/or property damage. I agree to the terms of this waiver, release, covenant not to sue and indemnity agreement as set forth herein. In case of injury or illness, I give my consent to emergency transportation and the administration of first aid, medical and/or dental treatment. I accept responsibility for the payment of any emergency transportation, treatment expenses and all related or subsequent medical and/or dental bills. I acknowledge that Highlands Ranch Community Association, Inc. (Hereinafter “HRCA”) has not purchased and does not provide any medical or accident insurance to cover such expenses. Any such insurance is my responsibility. I waive, release, absolve, indemnify, and agree to hold harmless HRCA, its members, officers, directors, employees, volunteers, agents, or any other representative of these entities against any and all causes of action, claims, demands, losses, expenses, ability.

I understand that participation in CARA Swim league meets both home and away is voluntary. I will represent and conduct myself in an appropriate manner at all times both at home and away meets. I understand that inappropriate behavior may result in my removal from the activity. I will abide by all guidelines of facility management and in the Participant Code of Conduct agreement.

I have fully read the Participant Code of Conduct, understand its meaning, and agree to abide by all things covered. I agree that **any photographs** taken of me or anyone participating at an HRCA facility, program or event are the property of the Highlands Ranch Community Association, Inc. and may be used at their discretion.

I understand and agree that typing my name below is just as valid as my original ink signature.

Participant’s Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or legal guardian if under 18 years of age)