



Mount Joy Lions Swim Team Registration Form



Please Print Clearly

Family Name: _____

First Swimmer _____ DOB _____ Age as of June 1st _____ M / F _____ T-shirt Size _____

Second Swimmer _____ DOB _____ Age as of June 1st _____ M / F _____ T-shirt Size _____

Third Swimmer _____ DOB _____ Age as of June 1st _____ M / F _____ T-shirt Size _____

Fourth Swimmer _____ DOB _____ Age as of June 1st _____ M / F _____ T-shirt Size _____

Parent/Guardian 1 _____ Cell # _____ Work# _____ Email address _____

Parent/Guardian 2 _____ Cell # _____ Work# _____ Email address _____

Home Address: _____

Phone #: _____ School District: _____

Medical Needs: _____

Emergency Contact Name: _____ Ph.# _____

Cost per swimmer \$115 (+\$10 late fee per swimmer after 5/1/21) \$115 * number of swimmers: _____

➤ Additional Fees

- Family Buyout Add \$50: _____
- Sub/Sandwich Order (Min of 25 per family) yes / no: _____

➤ Swim Caps

- Single Cap w/no name \$11 each # of caps: _____ Total: _____
- Personalized Cap (min of 2 caps) \$28 for the pair # of sets: _____ Total: _____

Name on cap (print clearly) _____

TOTAL DUE: _____

PLEASE MAKE CHECKS PAYABLE TO: Mount Joy Lions Swim Team

Mail to Becky Torquato, Treasurer

PO Box 591

Mount Joy, PA 17552

Mount Joy Swim Team Parent Code of Conduct

As a parent of a swimmer and member of the Mount Joy Swim Team, I will abide by the following guidelines:

- Practice teamwork with all parents, swimmers and coaches by supporting the values of the Sportsmanship, Loyalty, Commitment and Hard Work.
- As a parent, I will not coach or instruct the team or any swimmer or interfere with coaches at any time (practice, meets, invitationals). I WILL LET THE COACHES COACH.
- Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- Always Maintain self-control. Know my role.
 - Swimmers – Swim
 - Coaches – Coach
 - Officials – Officiate
 - Parents – Parent
- As a parent, I understand the criticizing, name calling, use of abusive language or gestures directed toward the coaches, officials, opposing team, and/or any participating swimmer will not be permitted or tolerated.
- Enjoy involvement with the Mount Joy Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
- During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
- I will support the coaches if my child(ren) violate their code of conduct and will discuss their actions with the coaches.

Sanctions. Should I conduct myself in such a way that brings discredit or discord to the Mount Joy Swim Team, I voluntarily subject myself to disciplinary action. The Mount Joy Swim Team maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

Parent Signature: _____

Print Name: _____

Date: _____

Mount Joy Swim Team Swimmer Code of Conduct

As a member of the Mount Joy Swim Team, I will abide by the following guidelines:

- I will uphold the value of sportsmanship. In doing so I will not act disrespectful towards any coach, official, swimmer from the Mount Joy Swim Team or another team, or any other individual involved with any aspect of the Mount Joy Swim Team.
- Teamwork is the foundation of the Mount Joy Swim Team. I understand that my actions will either enhance or take away from the environment of teamwork at practice and at meets. I will enhance this environment by encouraging my teammates and maintaining a positive attitude. If I don't have something positive to say, I won't say anything at all.
- Destruction of pool property or property of teams we visit will not be tolerated under any circumstance.
- I will participate fully in the meet warm-ups. I understand that if I will be missing warm-ups for any reason I need to inform one of the coaches ahead of time. If I do miss warm-ups without informing one of the coaches I may be scratched from the meet.
- Practice is an essential part of becoming a better swimmer. I understand the more regular my attendance the better swimmer I will become. I will fully participate in and dry-land activities.
- If I arrive early for practice, I will wait quietly until it is time for my practice to start. I will not disrupt the practice that is occurring while I wait.
- I understand that the coaching staff has the final say on dual meet lineups. While I may ask to swim a specific event, that is not a guarantee that I will swim that event. I will not refuse to swim any event.
- I will be a responsible goodwill ambassador between the sport of swimming and the public, as well as represent the Mount Joy Swim Team in an appropriate manner.
- I will respect the coaches and their coaching style. I will not talk back, refuse to practice, nor have a bad attitude or otherwise disrespect the coaches.

Sanctions: Should I conduct myself in such a way that brings discredit or discord to the Mount Joy Swim Team, I voluntarily subject myself to disciplinary action. Mount Joy Swim Team maintains the right to terminate any membership with/without cause in the interest of our vision, mission, and objectives.

Swimmer #1 Signature _____

Date: _____

Swimmer #2 Signature _____

Date: _____

Swimmer #3 Signature _____

Date: _____

Swimmer #4 Signature _____

Date: _____

MOUNT JOY LIONS SWIM TEAM
WAIVER/RELEASE OF LIABILITY

PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I, _____, the enrolled participant(s) as listed on the MOUNT JOY LIONS SWIM REGISTRATION FORM and/or the parent/guardian of the participant(s) agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant(s) hereby agrees to participate in the Mount Joy Lions Swim Club program and hereby agrees to indemnify and hold harmless Mount Joy Lions Swim Club, its coaches, officers, directors, agents, board and employees against any liability resulting from any injury that may occur to the participant(s) while participating in this program. The participant(s) also agrees to indemnify Mount Joy Lions Swim Club for any damages incurred arising from any claims, demand, action or cause of action by the participant(s).

The participant(s) authorize any representative of Mount Joy Lions Swim Club to have the participant(s) treated in any medical emergency during their participation in this program. Further, the participant(s) and/or parent/guardian agree to pay all costs associated with medical care and transportation for the participant(s).

I have noted on this form any medical/health problems of which the staff should be aware. I have also provided any essential medical insurance information.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date _____
(Participant or Parent/Guardian)

Signed: _____ Date _____
(Participant or Parent/Guardian)

Insurance Information:

Policy Name: _____ Policy Holder: _____

Group Id or Number _____

Medical Conditions or Concerns:

Elizabethtown College - Visitor Risk Awareness Disclosure and Waiver of Liability Relating to Coronavirus/COVID-19

The safety, health, and well-being of Elizabethtown College’s students, faculty, staff, and visitors are at the core of all decision making as our College navigates and responds to the evolving COVID-19 pandemic. Please be aware that visiting our campus must be done according to our campus community’s safety measures and health protocols so that we may live, learn, and interact in a safe environment. These protocols are described in this Disclosure and Waiver of Liability Relating to Coronavirus/COVID-19 and are reinforced in the Return to Campus Visitor Guide and in other informational settings on campus.

In consideration of being permitted to visit campus, you hereby acknowledge and agree to the following:

- 1) I acknowledge that visiting the Elizabethtown College campus is voluntary.
- 2) I acknowledge that COVID-19 is a public health risk, and that Elizabethtown College cannot prevent me from becoming exposed to, contracting, or spreading COVID-19. I acknowledge that I may be exposing myself to and or/increasing my risk of being exposed to, contracting or spreading COVID-19 by visiting campus, and voluntarily choose to accept such risk.
- 3) I hereby release, waive, discharge and covenant not to sue Elizabethtown College, its directors, officers, employees, volunteers, agents and/or other representatives from all liability to you, as well as any of your personal representatives, assigns or heirs, for any loss, claim or damage, relating to any injury or illness (including possible death) that you may experience, or any injury or illness (including possible death) to any person who may contract COVID-19 from you, and the possible exposure, infection or spread of COVID-19, whether caused by the negligence of Elizabethtown College or otherwise while you are in, upon or about the campus of the College or near any representative of the College. I understand that this waiver means I give up my right to bring any claims including for personal injuries, death, disease or property losses, or any other loss and give up any claim for damages, against the College and the additional parties listed above as it relates to the possible exposure, infection or spread of COVID-19.
- 4) I agree to abide by the following campus health and safety measures:
 - a. Face coverings must be worn outside when within six feet of others and at all times when entering or inside any building (masks may only be removed when swimming).
 - b. I agree to practice social distancing in all campus spaces (indoor and outdoor).
 - c. I agree that my child(ren) will have their temperature checked at home before attending practice and if their temperature is 100.4 or higher, they will not attend practice.
 - d. I agree that my child(ren) and I will follow all COVID-19 procedures and guidelines listed in the EAC 2020-21 Winter Swim at Elizabethtown College Expectations for Participation document

In the event that any provision of this waiver shall be held to be unenforceable, the remaining portions shall remain in full force and effect. This waiver shall be governed by the laws of Commonwealth of Pennsylvania. It is agreed that any claims relating to this waiver shall be commenced in the Court of Common Pleas of Lancaster County or the Federal District Court for the Middle District of Pennsylvania

I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS WAIVER, AND FREELY AND KNOWINGLY ASSUME THE RISK AND WAIVE MY RIGHTS CONCERNING LIAIBILITY AS DESCRIBED ABOVE.

| | | | |
|------------------------------|-------------------|-------------------|-------------|
| Parent/ Guardian: | _____ | _____ | _____ |
| | Signature | Print Name | Date |
| Swimmer 1: | _____ | _____ | |
| | Print Name | Date | |
| Swimmer 2: | _____ | _____ | |
| | Print Name | Date | |
| Swimmer 3: | _____ | _____ | |
| | Print Name | Date | |



Mount Joy Lions Swim Team

Fundraising

The forms for the sub sale are included in the registration packet.

- The due date for sub sale is May 8th
- Sub Pickup will be on Wednesday, May 26th at Julie Houck's Home, 621 School Lane, Mount Joy PA 17552 between 4-6.

Order forms and payment can be submitted to:

Julie Houck
621 School Lane
Mount Joy, PA 17552

The sub sale is our mandatory fundraiser as part of registration, and each family can choose to participate in that sale or pay the buyout (see registration form). If you are selling R&K Subs you will need to sell a combination of 25 Subs or Sandwich's, those not meeting the buyout amount will be asked to pay the difference. Each sold Sub or Sandwich is the equivalent of \$2 profit.

Please make one check payable to the Mount Joy Swim Team.

All proceeds will help the operating budget of the Mount Joy Swim Team.



Full service fundraising offering Italian subs and sandwiches since 2005

Classic 1-Page Order Form

| | | |
|-----------------------------------|-----------------------------------|---|
| Order #: 50154 | Pickup Start Time: 4:00 PM | Organization Name: Mount Joy Swim Team |
| Order Due Date: 05/08/2021 | | |
| Delivery Date: 05/26/2021 | Pickup End Time: 6:00 PM | Salesperson Name: |
| Delivery Time: 4:00 PM | | Phone #: |

| Name | 12" Italian Sub Roll | | | | | | Pretzel Sandwiches | | | | | | Total Subs | | | Total Sandwiches | | | TOTALS | |
|--------------|----------------------|-----------|-------------|-----------|-------------|-----------|--------------------|--------------------|-----------------------|---------------------|---------------------------------|------------|------------|----------|---------------|------------------|----------|-------------|----------|----------|
| | Italian | | Ham | | Turkey | | Ham & Swiss Cheese | Ham & Swiss Cheese | Turkey & Swiss Cheese | Roast Beef & Cheese | Sweet Lebanese Bologna & Cheese | Total Subs | Each | Total \$ | Total Pretzel | Each | Total \$ | Total Units | Total \$ | |
| | With Onions | No Onions | With Onions | No Onions | With Onions | No Onions | | | | | | | | | | | | | | Total \$ |
| | | | | | | | | | | | | | \$6.00 | | | \$5.00 | | | | |
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| TOTAL | | | | | | | | | | | | | \$6.00 | | | \$5.00 | | | | |

Ingredients:

- All subs prepared with individual packs of Lettuce, Tomatoes, Onions (optional), and include a condiment packet.
- Italian Sub and Italian Pretzel Sandwich are prepared with Cooked Ham, Cooked Salami, Hard Salami, and Provolone Cheese.
- All other Subs and Pretzel Sandwiches are prepared with White American Cheese, except the Ham & Swiss Pretzel Sandwich which is prepared with Swiss Cheese.

R&K Subs 1301 East Cherry Street, Palmyra, PA 17078 phone: 717-838-5907 fax: 717-838-5488 info@randksubs.com www.randksubs.com



Full service fundraising offering Italian subs and sandwiches since 2005

Pretzel Sandwich Order Form

| | | | |
|-----------------------------------|---------------------------|----------------------------|-----------------|
| Order #: 50154 | Pickup Start Time: | Organization Name: | Phone #: |
| Order Due Date: 05/08/2021 | 4:00 PM | Mount Joy Swim Team | |
| Delivery Date: 05/26/2021 | Pickup End Time: | Salesperson Name: | |
| Delivery Time: 4:00 PM | 6:00 PM | | |



| Name | Pretzel Sandwiches | | | | | | | | | Total Pretzel | Each | Total Cost |
|--------------|--------------------|--------------|-------------|-----------------|---------------------|-----------------------------|------------|---------------|-----------|---------------|--------|---------------|
| | Italian | Ham & Cheese | Ham & Swiss | Turkey & Cheese | Roast Beef & Cheese | Sweet Lebk Bologna & Cheese | All Cheese | Chicken Salad | Egg Salad | | | |
| | | | | | | | | | | | \$5.00 | |
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| TOTAL | | | | | | | | | | | | \$5.00 |

Ingredients:

- Condiment packet included with each sandwich.
- All sandwiches are prepared with White American Cheese, except:
- Italian Pretzel Sandwich is prepared with Cooked Ham, Cooked Salami, Hard Salami, and Provolone Cheese
- Ham & Swiss Pretzel Sandwich is prepared with Swiss Cheese.
- All Cheese Pretzel Sandwich is prepared with Provolone and White American Cheeses.
- Chicken Salad, Egg Salad, and Tuna Salad, are not prepared with cheese.



Full service fundraising offering Italian subs and sandwiches since 2005

Sub Order Form

| | | | | |
|-----------------|------------|--------------------|---------------------|--|
| Order #: | 50154 | Pickup Start Time: | Organization Name: | |
| Order Due Date: | 05/08/2021 | 4:00 PM | Mount Joy Swim Team | |
| Delivery Date: | 05/26/2021 | Pickup End Time: | Salesperson Name: | |
| Delivery Time: | 4:00 PM | 6:00 PM | Phone #: | |

| Name | 12" Italian Sub Roll | | | | | | 12" Whole Grain Roll | | Total Subs | Each | Total Cost | | |
|--------------|----------------------|-----------|-------------|-----------|-------------|-----------|----------------------|-----------|-------------|-----------|------------|----------------|-------------------|
| | Italian | | Ham | | Turkey | | Roast Beef | American | | | | Turkey w/Onion | All Cheese/ Onion |
| | With Onions | No Onions | With Onions | No Onions | With Onions | No Onions | With Onions | No Onions | With Onions | No Onions | | | |
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| TOTAL | | | | | | | | | | | | | \$6.00 |



Ingredients:

- All subs prepared with individual packs of Lettuce, Tomatoes, Onions (optional), and include a condiment packet.
- Italian Sub is prepared with Cooked Ham, Cooked Salami, Hard Salami, and Provolone Cheese.
- Ham, Turkey, and Roast Beef Subs are prepared with White American Cheese.
- American Sub is prepared with Cooked Ham, Cooked Salami, Bologna, and White American Cheese.
- Subs prepared on **Whole Grain Roll**: Turkey with White American Cheese or an All Cheese Sub prepared with Provolone and White American Cheeses.