



CORAL SPRINGS SWIM CLUB

Swim Club Office • 954.340.5032

12441 Royal Palm Blvd., Coral Springs, FL 33065

..... www.csscswim.com



Welcome to the Coral Springs Swim Club!



Coral Springs Swim Club Swimmer // **Dara Torres**
Five-time Olympian (2008, 2000, 1992, 1988 & 1984);
12-time Olympic Medalist;
First American to swim in 5 Olympic Games.

The Coral Springs Swim Club is a year-round competitive swimming program for children, teenagers and young adults. CSSC is a member of the United States Swimming, the Olympic development program for competitive swimming. The Coral Springs Swim Club has consistently ranked in the top four swim clubs in the nation for teaching stroke excellence. In addition, CSSC won nine Florida Gold Coast Junior Olympics Championship titles in the past ten years, and in 2008, eight of the CSSC swimmers participated in the Beijing Olympic Games, including three-time silver medalist Dara Torres.

Coral Springs Swim Club Coaching Staff

National Team Head Coach // **Michael Lohberg**

Coach Michael is a ASCA level 5 coach as well as a 7-time Olympic Coach (1984–2008). For the 2008 Olympic Games in Beijing Michael was able to qualify 8 swimmers from the USA, Germany, Venezuela, Kazakhstan, U.S. Virgin Islands and Trinidad and Tobago, including the 5-time Olympian Dara Torres who won 3 silver medals. In addition, Michael's swimmers set over 100 National Records for numerous countries. He was a speaker at international coaches' clinics in Europe and the USA and has been the "FGC Senior Coach of the Year" 6 times in a row. Michael holds degrees of the University of Cologne (math), Germany, and the "Deutsche Sport Hochschule" in Cologne (physiology, physical education) and is internationally renowned for training monitoring using lactate tests.

National Team Assistant Coach // **Bruno Darzi**

Besides having been a national level swimmer, Coach Bruno Darzi as coached many age group and senior level swimmers in Brazil with outstanding results. He is a ASCA level 5 coach and has extensive knowledge in training science, lactate testing and sophisticated stroke techniques. Coach Bruno has held the head age group position at the Aquatic Complex since January 2004. His swimmers have produced multiple national top-16 times, CSSC and FGC records. He has won the "Coach of the year" award, from ASCA and Florida Gold Coast, for the years 2006 & 2009.

Senior I Coach // **Chris "Action" Jackson**

Coach Jackson was a top swimmer with CSSC for many years. He has been and still is running the Masters' Program in Coral Springs very successfully. He joined the CSSC coaching staff in March of 2001 and works closely with Michael producing a large number of Junior Olympic finalists, Sectional and Junior National qualifiers.

Mullins Park Head Coach // **Eddie Bernal**

Eddie Bernal's vast swimming experience derives from over 40 years of swimming. He has been teaching swimming since 1979 and coached all age groups for almost 10 years in his native country of Colombia. Eddie ran a successful Swim Academy in Colombia that produced several nationally ranked swimmers. He has been involved in the City of Coral Springs aquatic programs for two years.

SwimAmerica Program Director // **Birgit Lohberg**

"Biggi" is a former Olympic swimmer. Her credentials include being a finalist at the 1988 Olympic Games in Seoul, and a 6th place at the 1986 World Championships. She has been a multiple national champion and national record holder for Germany. "Biggi" is in charge of the SwimAmerica Program, preparing the children for the swim team, focusing on their stroke techniques.

Senior II Coach // **David Cowmeadow**

Coach Cowmeadow was a part of the 4 District High School Championships at Fort Lauderdale High School. He led his high school swim team as captain to a 25 -1 winning record. He also has been the head coach of the boys and girls JP Taravella High School Swim Team, qualifying several swimmers for the Florida High School State Championships every year. David brings fun, extensive knowledge and enthusiasm to his Senior II groups.

Head Age Group Coach // **Vlad Polyakov / Aquatic Complex Program**

Coach Vlad is a Two-time Olympic Finalist and 2006 World Champion. He has been with the program for the past 12 years. Vlad graduated from the University of Alabama with a degree in Marketing. Since January 2011 Vlad has been working with the top swimmers of our age group program. He is a true student of the sport, with the knowledge and the ability to help bring his swimmers to the next level.

Mullins Park Assistant // **Jessica Nugent**

Jessica is originally from New Hampshire and moved down to South Florida in 2005. She holds a Bachelor of Science Degree in Physical Education and Outdoor Recreation from Plymouth State University in N.H. Jessica has been certified through the American Red Cross as Swimming/Life-guarding Instructor, and has acquired years of experience coaching and teaching all levels of swimming from beginner to competitive.



Coral Springs Swim Club

Groups and Practice Information

Red Group // Eddie • Jessica

Four days per week at Mullins Park Pool

Monday–Thursday • 3:30–4:30 p.m.

This group's emphasis is mainly on developmental training with lots of drills, fun and games. Training sets will be introduced. Practices start with 15 minutes of stretching and dryland exercises. Children should attend 2–4 practices per week.

Green Group // Eddie • Jessica

Four days a week at Mullins Park Pool

Monday–Thursday • 4:30–5:45 p.m.

Interval training and stroke drills will be emphasized. This practice will still include stroke drills, fun and games, but more emphasis will be put on speed. Practices will start with 15 minutes of stretching and dryland exercises.

Gold Group // Eddie • Jessica

Four days per week at Mullins Park Pool

Monday–Thursday 5:45–7 p.m.

Interval training and stroke drills will be emphasized. This practice will still include stroke drills, fun and games, but more emphasis will be put on speed. Practices will start with 15 minutes of stretching and dryland exercises.

White Group // Vlad

Six days a week at Aquatic Complex

Monday–Friday • 3:45–5:15 p.m.

Saturday • 7:30–9:15 a.m.

Overall emphasis is on stroke technique, conditioning and to enjoying swimming. Practices include 15–20 minutes of dryland exercise and stretching.

Blue Group // Vlad

Six days a week at Aquatic Complex

Monday–Friday • 5:15–7:30 p.m.

Saturday • 9:15 a.m.–11:30 a.m.

This group represents the top age group level. Proper stroke technique is emphasized as well as speed work, interval training and aerobic conditioning. Dryland exercise and race strategy are included in the workout plan, as well as 20–30 minutes of stretching and dryland exercise.

Senior IIA // Dave

Monday–Thursday • 4:45–6:45 p.m.

Saturday • 7:30–9 a.m.

This group is for kids 13 years and older, ideal for high school swimmers who wish to train for their high school teams. Swimmers from this group will focus on strength training and developing techniques to make the transition to the Senior I group.

Senior IIB // Dave

Four days a week at Aquatic Complex

Monday–Thursday • 5:45–7:15 p.m.

This group is for kids 13 years and older who enjoy swimming, but do not necessarily wish to attend daily practice. This group is ideal for high school swimmers who wish to get or stay in shape for their school teams as well as for recreational swimmers.

Senior I // Chris

Six days per week at Aquatic Complex

Monday–Friday • 4–7:30 p.m.

Saturday • 8:30 a.m.–11:45 a.m.

Ambitious high school and upper-middle school swimmers make up this group. The focus is on aerobic conditioning and stroke technique to develop sound swimming skills. Goals are the Sectional Championships, the Junior Olympics, and the High School State Championships.

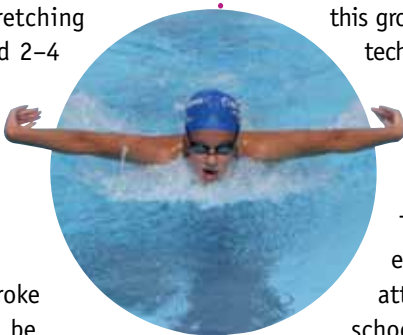
National Team // Michael • Bruno

Six days a week at Aquatic Complex

Monday–Friday • 4–7:30 p.m.

Saturday • 8:30 a.m.–11:45 a.m.

The National Team is a group of top swimmers with high ambitions and strong commitment to succeed on a high level. The goals include: Junior Nationals, Senior Nationals and top international meets. Practice includes all aspects of sophisticated, modern training, including lactate testing.



SWIM CLUB OFFICE

12441 Royal Palm Blvd.

Coral Springs, FL 33065

954.340.5032



MULLINS PARK POOL

10180 N.W. 29 St.

Coral Springs, FL 33065

954.345.2170

Coral Springs Swim Club

Questions and Pricing Information

1. What and when are tryouts?

The purpose of tryouts is to determine in which group he/she would fit best based on his/her skills.

Our professional coaching staff will then recommend the best program for your child.

Please bring a swimsuit, towel, cap and goggles.

TRYOUTS: Tryouts are by appointment only at the Aquatic Complex. Please call 954.340.5032 to make an appointment.

2. What do I have to do to receive a free week trial?

- i. Fill out the CSSC and United States Swimming registration forms.
- ii. Attach a check, payable to Coral Springs Swim Club, for the amount of \$160.

The initial payment covers the annual club membership of \$100 as well as \$60 for the USA Swimming membership for the year.

*Please remember these are annual fees. The registration form and a check for the proper amount must be submitted **BEFORE** your child starts his/her free week trial. If during the trial week, you decide not to join the Swim Club, please call **954.340.5032** for the return of your check.*

3. What do I have to do to join the Coral Springs Swim Club?

When signing up for the free week trial, you took care of most of your paperwork. The only paperwork left is signing up for the Aquatic Complex membership in the office at the Aquatic Complex. At this time, you also have to pay the monthly coaching fees.

4. What are the fees for members of the Coral Springs Swim Club?

Monthly coaching fees

These fees are due before the 5th of each month at the Aquatic Complex office.

New swimmers registered after the 15th of the month will have their coaching fees prorated at 50% for their first month only. Families with more than one child registered with CSSC will receive a \$5 discount on their coaching fees for each additional child. The fees are as follows:

Red: \$68 • Green/Gold \$73 • White \$83 • Blue \$90 •

Senior I \$98 • Senior IIA • \$78/Senior IIB: \$73 • National \$120 • Dryland Nationals \$37

All monthly coaching fees and Aquatic Complex membership payments are to be paid to: City of Coral Springs.

The monthly fees are due by the 5th of each month. If they are not paid by then, a late fee of \$10 will be added.

If the dues are not paid by the 10th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, a Reinstatement Fee (equal to one month of coaching fees) must be paid in addition to the dues for the month in which the swimmer returns to the program.

Aquatic Complex Membership

(Please choose one):

Basic Pool Membership:

3 months: \$42.34

12 months: \$86.92

Pool and Fitness Center:

12 months: \$143.10 (Under 18 years of age)

Required for Senior I • National Team

12 months: \$227.50 (Over 18 years of age)



Coral Springs Swim Club Registration Form

Fees Include:

- A) USA-Swimming registration, insurance, and Splash magazine **\$60 per year**
- B) CSSC Annual Membership **\$100 per year**

Please make checks payable to CSSC in the amount of \$160.00

Team assigned to: _____

Your free trial period will end one week from: _____

At the end of the trial period, my check will be automatically deposited, unless I decide not to join CSSC. In that case I will call the registration chairperson at 954-340-5032 and inform CSSC of my decision not to join CSSC.

Photo // Video // Audio Release:

I hereby confer on the City of Coral Springs and/or its affiliate, the Coral Springs Swim Club, the absolute, irrevocable right and permission to use my child's image, in print, digital (web), or broadcast (video) format for the purpose of public information, public awareness or historical documentation of City events and programs. I give my consent freely, with the understanding that no remuneration or compensation will be forthcoming.

All information is required.

Name of Child: _____

Parent's Name: _____

Parent's Signature: _____

Occupation: _____

Parent's Email: _____

Swimmer's Email: _____

Date: _____

MUST GIVE COPY OF COMPLETED FORM TO THE COACH BEFORE YOUR FIRST PRACTICE!



USA SWIMMING

2011 ATHLETE REGISTRATION APPLICATION
LSC: FLORIDA GOLD COAST SWIMMING

REG. DATE / OFFICE USE ONLY

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|--|--|--|--|--|--|
| | | | | | |
|--|--|--|--|--|--|

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

| | | |
|-----------|------------------|-------------|
| LAST NAME | LEGAL FIRST NAME | MIDDLE NAME |
| | | |

| | | | | | |
|----------------|-----------------------------|-----------|-----|-----------|----------------------------|
| PREFERRED NAME | DATE OF BIRTH (MO./DAY/YR.) | SEX (M/F) | AGE | CLUB CODE | NAME OF CLUB YOU REPRESENT |
| | | | | | |

| | | | |
|---------------------------|----------------------------|---------------------------|----------------------------|
| FATHER/GUARDIAN LAST NAME | FATHER/GUARDIAN FIRST NAME | MOTHER/GUARDIAN LAST NAME | MOTHER/GUARDIAN FIRST NAME |
| | | | |

MAILING ADDRESS

| | | |
|------|-------|----------|
| CITY | STATE | ZIP CODE |
| | | |

| | | | |
|-----------|---------------|---------------------------------|--|
| AREA CODE | TELEPHONE NO. | FAMILY/HOUSEHOLD E-MAIL ADDRESS | U.S. CITIZEN? |
| | | | <input type="checkbox"/> YES <input type="checkbox"/> NO |

- DISABILITY:**
- A. Legally Blind or Visually Impaired
 - B. Deaf or Hard of Hearing
 - C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
 - D. Cognitive Disability such as mental retardation, severe learning disorder, autism

- RACE AND ETHNICITY** (You may make up to two choices if appropriate):
- Q. Black or African American
 - R. Asian
 - S. White
 - T. Hispanic or Latino
 - U. American Indian & Alaska Native
 - V. Some Other Race
 - W. Native Hawaiian & Other Pacific Islander

MAKE CHECK PAYABLE TO:

Florida Gold Coast Swimming

MAIL APPLICATION & PAYMENT TO:

Florida Gold Coast Swimming
951 U.S. Hwy #1
North Palm Beach, FL 33408
(ONLY Swim Club Check or Money Order)

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION? YES NO

IF YES, WHICH FEDERATION: _____

| REGISTRATION FEE | |
|------------------|----------------|
| USA Swimming Fee | \$47.00 |
| LSC Fee | \$13.00 |
| TOTAL DUE | \$60.00 |

YEAR LAST REGISTERED: _____. IF YOU REGISTERED WITH A DIFFERENT USA SWIMMING CLUB IN 2010, ENTER THAT CLUB CODE: _____ LSC CODE: _____ AND THE DATE OF YOUR LAST COMPETITION REPRESENTING THAT CLUB: _____

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

SIGN
HERE x _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)

Coral Springs Swim Club CODE OF CONDUCT

The undersigned athlete and parent/guardian of that athlete participating on the Coral Springs Swim Club agrees to abide by the standards of conduct outlined below in addition to those established by the coaching staff for both the short and long course seasons. All team members are expected to:

1. Offer congratulations to opponents, win or lose, and cheer on their teammates.
2. Wear the designated team suit, cap, and other clothing as prescribed by the coaches.
3. Follow the directions of the coaching staff during practice, meets, and other team activities.
4. Refrain from all illegal or inappropriate behaviors that would detract from a positive image of the team or be detrimental to its performance objectives.
5. Not remove or take **any** article that does not belong to them, such as clothing, jewelry, or money.
6. Respect the property of the Coral Springs Aquatic Complex or any other facility the team may visit or use. No swimmer shall tamper with or cause damage to any such facility.
7. Display proper respect and sportsmanship toward team members, coaches, officials, and administrators, fellow competitors, parents, volunteers and the public. The following are strictly prohibited by CSSC swim team members at Club functions (Practices, banquets, meets, travel trips and any other Club sponsored activities):
 - a. Cursing, swearing, racial remarks or any other form of verbal abuse.
 - b. Fighting or any other form of physical abuse.
 - c. Use or possession of any non-prescription controlled substance or intoxicants.
 - d. Use or possession of any weapon.
 - e. Use of tobacco products.
8. Promote positive team spirit and morale, which includes being humble in victory and courageous in defeat. Deal justly, kindly, impartially, and intelligently with all fellow team members.
9. Be 100% financially responsible for any damage to any part of their room or hotel when out of town meets require staying at a hotel.
10. Always obey the directions of the coaches and chaperones at travel meets. And, specifically, remember that male and female swimmers may not be in the same hotel room at any time during a travel meet unless it is a fully chaperoned meeting held by the coach or chaperone in charge.

Failure of either swimmer or parent to comply with the Code of Conduct may result in, but not necessarily be limited to: A. Being prohibited from participating in some or all team activities. B. Immediately being sent home at their expense from a travel meet. C. Being temporarily or permanently dismissed from the team.

The coach in charge, along with the Head Coach and the Swim Club Booster President, will make the final decision in matters of discipline or dismissal based on the degree of violation of the above code.

By signing this agreement, both athlete and parents/guardians agree to abide by the CSSC Code of Conduct.

Swimmer's Name (Print)

Swimmer's Signature

Parent's Signature

Date

Coaching Fee Policy

The monthly coaching fees are due before the 5th of each month at the Aquatic Complex office. New swimmers registered after the 15th of the month will have their coaching fees prorated at 50% for their first month only. Families with more than one child registered with CSSC will receive a \$5.00 discount on their coaching fees for each additional child. The fees are as follows:

**Red: \$68 • Green/Gold \$73 • White \$83 • Blue \$90 • Senior I \$98 •
Senior IIA \$78/Senior IIB: \$73 • National \$120 • Dryland Nationals \$37.**

If dues are not paid by the 5th of each month, an additional late fee of \$10.00 will be added to the account. Late fees are non-refundable. If the dues are not paid by the 10th of the month, the swimmer will not be allowed to participate in their group's practice until the dues are paid. If a swimmer does not participate in practice for one month or longer, due to other activities, holidays, vacations, or for any other reason, a Reinstatement Fee (equal to one month of coaching fees) must be paid in addition to the coaching fees for the month in which the swimmer returns to the program.

Refunds: We do not offer credits, refunds, or make-ups for missed classes.

I, _____ acknowledge receipt of this information.

Parent/Guardian Signature

CORAL SPRINGS SWIM CLUB



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CSSC Parent Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in CSSC meets/practices by following this Parents' Code of Ethics:

I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches, and officials at every meet, practice or other CSSC event.

I will be aware that to host a swim meet involves the work of many volunteers and I will volunteer as often as I can to set a good example and to enrich my child's swimming experience.

I will place the emotional and physical well being of my child ahead of my personal desire to win.

I will insist that my child swim in a safe and healthy environment.

I will require that my child's coach be trained in the responsibilities of being a swim coach and that the coach upholds the Coaches' Code of Ethics.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a swim environment for my child that is free from drugs, tobacco and alcohol.

I will remember that the sport is for youth - not adults.

I will do my very best to make swimming fun for my child.

I will ask my child to treat other swimmers, coaches, fans, volunteers and officials politely and with respect, regardless of race, sex, creed or ability. And I will do the same. Taunting, harassing or other impolite behavior will result in discipline.

I will expect my child to follow the rules set by the coaches and chaperones on any travel trip and will provide transportation home from any trip where my child's behavior is in violation of those rules.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan.

CSSC Parent Code of Ethics

Please return this portion with your registration papers

Name of Swimmer: _____

Signed _____ Signed _____

Parent Name

Parent Name

(Print Name) _____ (Print Name) _____

Date _____