

# Registration Information

2020-2021



## Practice Locations

George Washington RECenter  
8426 Old Mt Vernon Road  
Alexandria, VA 22309  
703-780-8894

Mount Vernon RECenter  
2017 Belle View Blvd  
Alexandria, VA 22307  
703-768-3224

Lee District RECenter  
6601 Telegraph Road  
Alexandria, VA 22310  
703-922-9841

South Run RECenter  
7550 Reservation Drive  
Springfield, VA 22153  
703-866-0566



## *Read this page first*

Please read over all of the attached information carefully.

1. **Registration Requirements** – Please have:
  - a. Registration Agreement for the family
  - b. Medical Information and Emergency Release Form from **EACH** swimmer
  - c. Registration Fees & Dues (Make check payable to **FBST**)

Mail these forms and appropriate fees to FBST (address below) or turn in to the Coach on deck at practice. An invoice will be sent to you based on the practice group and your desired payment plan. Please fill out forms legibly and completely in black or blue ink.

*Register early to reserve your child's spot in the appropriate practice group.*

2. **Parent's Meetings** – The meetings are to inform club members about the coaching staff, to review club programs, schedules, and the FBST handbook information. Late registration can be turned in at the meetings but some practice groups may be filled by that time. The meeting times and locations are still to be determined.
3. **Payment Plans** – There are three payment plans this year:
  - a. Early Payment: All dues to be paid in full no later than August 15, 2020 (save 5% on dues).
  - b. Plan A: Full lump sum payment no later than August 15, 2020 or with submission of Registration Agreement (saves up to \$30 per swimmer – no processing fee)
  - c. Plan B: Three equal payments due on September 1, October 1, and November 1, 2020 respectively.
    - i. *Special accommodations are taken on a case by case basis for payment plans if approved by Coach Mark.*

If a swimmer is signed up after the season has begun, dues will be prorated. Payment can be made in a full lump sum (saving \$30 per swimmer) or over three months unless noted on the Dues Schedule. Registration/Meet fees and the first installment dues must be paid before the swimmer is allowed to practice with the team.

4. **Discounts on dues** – Civilian families are offered a 10% multiple family members reduction for each additional swimmer after the highest dues rate. Active duty military families are offered a 5% discount on 1<sup>st</sup> child & 10% for multiple family members. **Discounts do not apply to the Registration/Meet Fees.**
5. **Practice Dates** – Duration of each program is as noted on the Practice Schedule.
6. **Recruiting Incentives** – 10% of recruited swimmer's program dues upon payment is applied to the recruiter's program dues for the following season.
7. **Team Communication** – The primary means of communication within the club is via e-mails and the Team Website: [www.fbswim.org](http://www.fbswim.org) it is important for all club members, parents, and swimmers to list their email address on the registration forms. Please check your e-mail and the website frequently and remember to update your information the club when necessary.
8. **Questions** – For more information, please call the Head Coach at (703) 627-4796 or e-mail the team at: [mmurray@fbswim.org](mailto:mmurray@fbswim.org)



# 2020-2021 Registration Agreement

Swimmer's Last Name _____		Home Phone _____		<b>Group Assignment – For Team Use Only</b>					
Address _____				Swmr.	Group.	Day/s	Code	Time	Loc
City _____		State _____		#1	_____	_____	_____	_____	_____
				#2	_____	_____	_____	_____	_____
				#3	_____	_____	_____	_____	_____
				#4	_____	_____	_____	_____	_____

## I. PARENTS / GUARDIAN INFORMATION

Father/Guardian's Name: _____	Mother/Guardian's Name: _____
Work Phone: _____ Cell Phone: _____	Work Phone: _____ Cell Phone: _____
Email: _____ Branch/grade in military: _____	Email: _____ Branch/grade in military: _____

**Emergency Contact Information:** In the event of an emergency involving your child/ren and the coaches are not able to reach you, please provide name and phone number of an emergency contact:

Name: _____	Phone: _____
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Swimmer #1 Information			Swimmer #2 Information		
M: _____ F: _____ Returning: _____ New: _____			M: _____ F: _____ Returning: _____ New: _____		
<hr/>			<hr/>		
Last	First	M.I.	Last	First	M.I.
<hr/>			<hr/>		
Preferred Name	DOB	Current Age	Preferred Name	DOB	Current Age
<hr/>			<hr/>		
Current School	Grade		Current School	Grade	
<hr/>			<hr/>		
Doctor	Doctor's Phone		Doctor	Doctor's Phone	
<hr/>			<hr/>		
<b>Please List Any Medical Conditions:</b>			<b>Please List Any Medical Conditions:</b>		
<hr/>			<hr/>		
<b>Please List Any Medications:</b>			<b>Please List Any Medications:</b>		
<hr/>			<hr/>		

***If you have additional swimmers please print pages 12 & 13***

I (we) hereby give permission for \_\_\_\_\_ to participate in practice and travel with FBST to local and out-of-town meets throughout the current (2020-2021) swim season. Although I expect all reasonable safety procedures to be followed, I will not hold the coaches of FBST nor any chaperon or volunteer working with or traveling with the group personally liable for any accident which may occur.

In case of minor emergency (cuts, scratches, headache, etc.), I (we) give permission to the coaches or chaperons to treat these as they deem necessary. In the event of a more serious emergency, I give permission for it to be handled in the best manner as determined by the chaperons or coaches of FBST until I am able to be contacted.

TO THE ATTENDING PHYSICIAN OR HOSPITAL: Permission is hereby granted for you, at the discretion of the coaches or chaperons of FBST, to perform whatever care is necessary for the welfare of my child until such time as you are able to reach me personally.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

***How did you hear about FBST?*** \_\_\_\_\_



*This agreement applies to all programs offered by FBST*

## **II. AGREEMENT**

The undersigned parent or guardian (“Parent”) and FBST agree as follows:

### **1. Dues and Registration Fee**

In consideration of the participation of the swimmer(s) in FBST swim program, the Parent agrees to pay the Dues and Registration/Meet Fees for each Swimmer’s practice level that are set forth on the attached Dues Schedule. The Registration Agreement must be submitted with a designated choice of payment plan. If the undersigned parent choose Early Pay payment plan, all dues are to be paid in full no later than August 15, 2020. Plan A requires full payment no later than August 15, 2020 or with the submission of this agreement. Plan B requires three equal payment with additional processing fee of \$10 per payment due on September 1, 2020, October 1, 2020 and November 1, 2020 OR first payment with agreement, with subsequent installments due the first of the following two months (refer to Dues Schedule).

If the swimmer is transferred to a different practice team by the coaching staff, the difference in dues for the two practice levels shall be prorated as needed.

All payments required to be made under paragraph (a) shall be non-refundable in the case of a swimmer’s withdrawal from the swim program except for instances where the withdrawal was for medical reasons (with a physician’s note) or due to the swimmer’s family’s moving outside the Washington, D.C. metropolitan area. Any refund will be prorated as needed.

If all dues payments is not received by the fifteenth day of the month due, a late fee of \$50 per month will be assessed to the family’s dues account.

No Swimmer will be registered who has an outstanding account balance with FBST from the previous season or has not paid the applicable Registration/Meet Fees. Meet fees will be deducted from account per your confirmation entry. A meet surcharge of \$5.00 will also be part of each meet entry, for a la carte meet participants (i.e. meet participants who do not pay meet fees up front). Please note that in various meets FBST participates there are meets surcharges associated on top of meet entry fees, this is a separate surcharge than the FBST meet surcharge for a la carte swimmers.

### **2. Suspension**

(a) If any dues payment is not received in full by the last day of the month due, a notice of delinquency will be mailed. If Parent fails to pay any delinquent dues or assessment, including late fees, within 14 days from the date of written notice of delinquency, the Swimmer shall be suspended from further participation in all FBST activities until financial obligations have been satisfied.

(b) If an account becomes delinquent in payment of dues assessments because of financial hardship or other extenuating circumstances, parents may apply to the Board of Directors for a waiver of late fees and

suspension. A waiver may be granted by FBST if satisfactory arrangements are made for payment of the delinquent accounts.

### **3. Group Assignments**

The assignments of the Swimmer(s) to practice group shall be the decision of the coaching staff. Once a swimmer has been assigned to a practice group he or she may not practice with another practice group without the consent of the FBST Head Coach. An assignment may be modified during the swim season if the coaching staff believes a different practice group would be more appropriate for Swimmers. FBST also reserves the right to cancel or to consolidate practice groups as needed.

### **4. Release of Liability**

Parent hereby releases FBST, its employees, officers, directors or volunteers and any facility used by FBST from any liability arising out of an injury to the Swimmer(s) which may occur while the Swimmer(s) is/are participating in the FBST swim program, including, but not limited to, practices, meets, travel trips and other team activities, or while the Swimmer(s) is/are using facilities owned, leased or used by FBST.

### **5. Volunteer Requirement**

As a parent run non-profit organization, FBST relies on the volunteer efforts of parents to enable the team to provide quality services at a reasonable price. Each family is encouraged to provide at least ten (10) hours of adult volunteer services annually. From time to time, FBST and/or PVS will provide opportunities for parents to perform such volunteer services.

### **6. Cessation of Team Business**

In the event that FBST terminates or ceases to operate its swimming program due to (i) act of God, (ii) act of war, or (iii) any other cause that the Board of Directors deems sufficient, FBST, to the extent reasonably practicable under the circumstances, will refund members' dues prorated as needed.

### **7. Governing Law**

This Agreement shall be governed by the laws of the Commonwealth of Virginia.

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Parent's or Guardian's Signature

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Date

Swimmer's First Name	Practice Group	Total Dues	Early Pay/ Military Discount	Registration Fees	Meet Fees: See Dues Schedule	Payment Plan		
						A.	B.	C.
						Lump Sum	3 Equal Payments	Monthly
				\$150				
				\$150				
				\$150				
				\$150				

<p><b>Swimmer #3 Information</b></p> <p>M: _____ F: _____ Returning: _____ New: _____</p> <hr/> <p>Last                      First                      M.I.</p> <hr/> <p>Preferred Name                      DOB      Current Age</p> <hr/> <p>Current School                      Grade</p> <hr/> <p>Doctor                      Doctor's Phone</p> <hr/> <p><b>Please List Any Medical Conditions:</b></p> <hr/> <p><b>Please List Any Medications:</b></p> <hr/>	<p><b>Swimmer #4 Information</b></p> <p>M: _____ F: _____ Returning: _____ New: _____</p> <hr/> <p>Last                      First                      M.I.</p> <hr/> <p>Preferred Name                      DOB      Current Age</p> <hr/> <p>Current School                      Grade</p> <hr/> <p>Doctor                      Doctor's Phone</p> <hr/> <p><b>Please List Any Medical Conditions:</b></p> <hr/> <p><b>Please List Any Medications:</b></p> <hr/>
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Swimmer #5 Information

M: \_\_\_\_\_ F: \_\_\_\_\_ Returning: \_\_\_\_\_ New: \_\_\_\_\_

\_\_\_\_\_  
Last                      First                      M.I.

\_\_\_\_\_  
Preferred Name                      DOB      Current Age

\_\_\_\_\_  
Current School                      Grade

\_\_\_\_\_  
Doctor                      Doctor's Phone

**Please List Any Medical Conditions:**

**Please List Any Medications:**

Swimmer #6 Information

M: \_\_\_\_\_ F: \_\_\_\_\_ Returning: \_\_\_\_\_ New: \_\_\_\_\_

\_\_\_\_\_  
Last                      First                      M.I.

\_\_\_\_\_  
Preferred Name                      DOB      Current Age

\_\_\_\_\_  
Current School                      Grade

\_\_\_\_\_  
Doctor                      Doctor's Phone

**Please List Any Medical Conditions:**

**Please List Any Medications:**





## 2020-2021 Masters Program

Swimming for adults age 18 and over, programs available for beginners, former collegiate, and triathlete swimmers

### George Washington RECenter September 14, 2019 – May 22, 2020

<b>Days</b>	<b>Morning</b>		<b>Evening</b>	<b>Location</b>
Monday				GW
Tuesday	5:00am – 6:30am	9:30am – 10:30am		GW
Wednesday				GW
Thursday	5:00am – 6:30am	9:30am – 10:30am		GW
Friday				GW
Saturday	6:00am – 8:00am			GW

George Washington RECenter  
8426 Old Mt Vernon Rd  
Alexandria, VA 22309  
703-780-8894

Masters 1 - \$40.00 per month for once a week

Masters 2 - \$80.00 per month for more than once a week

\$45/year 2020 United States Masters Swimming (USMS) fee, covers insurance periodicals and allows meet entries. This is completed on-line at [www.usms.org](http://www.usms.org) register under Potomac Valley and FBST

Dues are collected monthly so you are never over committed financially.

Contact Head Coach Mark Murray for more information

703-627-4796

[mmurray@fbswim.org](mailto:mmurray@fbswim.org)

**FBST 2020-2021 DUES SCHEDULE**
[WWW.FBSWIM.ORG](http://WWW.FBSWIM.ORG)

GROUP	CODE	MAXIMUM PARTICIPATION PER WEEK	FALL DUES 11 MONTHS SEPT 2020 – AUG 2021	REGISTRATION FEES	MEET FEES
SENIOR NATIONAL	SN	6+	\$4,229	\$150	\$255
JUNIOR NATIONAL	JN	4+	\$3,781	\$150	\$255
AGE GROUP 1	AG 1 F	4	\$3,357	\$150	\$230
	AG 1 P3	3	\$3,022	\$150	\$230
	AG 1 P2	2	\$2,686	\$150	\$230
AGE GROUP 2	AG 2 F	4	\$2,885	\$150	\$230
	AG 2 P3	3	\$2,607	\$150	\$230
	AG 2 P2	2	\$2,317	\$150	\$230
AGE GROUP 3	AG 3 F	3	\$2,310	\$150	\$230
	AG 3 P2	2	\$2,077	\$150	\$230
	AG 3 P1	1	\$1,846	\$150	\$230
AGE GROUP 4	AG 4 F	3	\$1,821	\$150	\$230
	AG 4 P2	2	\$1,638	\$150	\$230
	AG 4 P1	1	\$1,455	\$150	\$230
*HIGH SCHOOL PREP	HS1	1 DAY PER WEEK \$357		N/A	
	HS2	2 DAYS PER WEEK \$530		N/A	
	HS3	3 DAYS PER WEEK \$705		N/A	
*SPRING/SUMMER PREP	SP1	1 DAY PER WEEK \$487		N/A	
	SP2	2 DAYS PER WEEK \$793		N/A	
	SP3	3 DAYS PER WEEK \$1098		N/A	
GROUP	CODE	MAXIMUM PARTICIPATION PER WEEK	FALL DUES 11 MONTHS SEPT 2020 – AUG 2021	REGISTRATION FEES	MEET FEES
*SPECIAL 1-DAY A WEEK PROGRAM	WP1	1 DAY PER WEEK	\$1,096	\$150	\$135
SHARK SCHOOL 1	SS1	1 DAY PER WEEK	\$738	\$150	\$135
SHARK SCHOOL 2	SS2	2 DAYS PER WEEK	\$1,109	\$150	\$135
SHARK SCHOOL 3	SS3	3 DAYS PER WEEK	\$1,480	\$150	\$135

GROUP	CODE	MAXIMUM PARTICIPATION PER WEEK		REGISTRATION FEES	10 WEEK FEE
Homeschool 1 Day	HP1	1 DAY PER WEEK		\$150	\$200
		Discount: 10% additional children; Additional 5% Military Discount			
Homeschool 2 Day	HP2	2 DAYS PER WEEK		\$150	\$276
		Discount: 10% additional children; Additional 5% Military Discount			
Homeschool 3 Day	HP3	3 DAYS PER WEEK		\$150	\$353
		Discount: 10% additional children; Additional 5% Military Discount			
GROUP	CODE	MAXIMUM PARTICIPATION PER WEEK	FALL DUES 11 MONTHS SEPT 2020 – AUG 2021	REGISTRATION FEES	MEET FEES
MASTER SWIM PROGRAM	M1	1 DAY PER WEEK	\$40	\$45 USMS FEE	PER MEET ANNOUNCEMENT
	M2	2 OR MORE PER WEEK	\$80	\$45 USMS FEE	PER MEET ANNOUNCEMENT
<p>NOTES:</p> <ol style="list-style-type: none"> <li>Athletes who join team after October 3, 2020 will have dues prorated based upon participation.</li> <li>Early pay discount of 5%</li> <li>10% discount on each additional swimmer</li> <li>Active duty military discount of 5%</li> <li>After August 15, 2020 – only one discount applies</li> <li>Referral incentives offered</li> </ol> <p>*See Actual Practice Schedule</p>					
<p>Payment Plan:</p> <ul style="list-style-type: none"> <li>Two discounts can be taken at Early Pay payments in full by 8/15/20 (IE 5% early pay + 5% military pay)</li> <li>Plan A – Single payment by August 15, 2020 or with submission of Registration Agreement</li> <li>Plan B – Equal payment with additional processing fee of \$10 per payment due September 1, 2020, October 1, 2020 and November 1 2020 OR first payment with Registration Agreement with subsequent Installments due the first of following two months</li> </ul>					