



## **2009 Week in the Creek Summer Camp** **Important Information**

**WHEN: July 31<sup>st</sup> to August 4, 2009:** Campers should plan to arrive the morning of July 31st, and depart the evening of August 4th. (If your camper would like to depart the morning of August 5th, accommodations may be arranged for an additional fee.)

**WHERE WE SWIM: Las Lomas High School aquatics facility.** 1460 South Main St., Walnut Creek, CA 94596. This is an outdoor pool. Ample shaded areas and an indoor classroom will be provided.

**WHERE WE SLEEP AND EAT:** The Embassy Suites on Treat Blvd in Walnut Creek, CA. Campers will rest safely and comfortably and will be fully chaperoned. A full and healthy breakfast buffet is served daily in the Hotel. Lunch, dinner and snacks are also provided.([www.embassysuites.com](http://www.embassysuites.com))

**HOW WE GET AROUND:** Transportation will be provided once the camper arrives. This includes transportation to and from Oakland and San Francisco International Airports.

**WHO WILL COACH YOU:** US and National Team Coaches and Athletes, The WCA coaching staff, and experts in choreography, land training, and swimming! Including:

- ✓ **Kim Probst:** WCA Head Coach, 2008 Olympian and ten-time US National Team member including the 2006 World Cup Team.
- ✓ **Tammy McGregor:** 2008 Olympic Head Coach, 2000 Olympian, 1996 Olympic Gold Medalist, USA National Team I and Olympic Team Coach, and 2004 US Junior World Team and Czech Republic Olympic Head Coach previous Head Coach of WCA.
- ✓ **Tammy deClerq:** 2004 Olympic Bronze Medalist – and lift specialist.
- ✓ **Gina Pietras:** Eight-time US National Team member and 2004 Swiss Junior World Team Coach.
- ✓ **National Team athletes and the WCA coaching staff**

**WHAT YOU WILL LEARN:** You will be combined with campers of similar level and age group. We will provide sessions in Figure and Element Technique, Choreography, Transitions, Lifts, Flexibility, Swimming Technique, and Mental Preparation. We will also provide a unique opportunity for your camper to be inspired by working with Olympic Medalists!

**FOR ADDITIONAL INFORMATION/QUESTIONS:** Please email [weekinthecreek@astound.net](mailto:weekinthecreek@astound.net)

**HOW TO REGISTER:** please see our website at [www.aquanuts.org](http://www.aquanuts.org) for our 2009 registration form.

**TUITION COST:** With this form I have enclosed:

- ( ) Discounted payment of \$635.00 (if payment received by June 1, 2009)
- ( ) Full payment of \$655.00 (if payment received after June 1, 2009)
- ( ) Partial payment of \$355.00 (the remaining \$300.00 is due by July 1, 2009)

We also welcome commuter campers at the following prices!

- ( ) Discounted payment of \$555.00 (if payment received by June 1, 2009)
- ( ) Full payment of \$575.00 (if payment received after June 1, 2009)
- ( ) Partial payment of \$300 (the remaining \$275.00 is due by July 1, 2009)

**ALL TUITION MUST BE PAID IN FULL BY JULY 1, 2009**

# WEEK IN THE CREEK SUMMER CAMP REGISTRATION FORM

## SWIMMER INFORMATION

NAME: \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

SWIMMER CELL PHONE #: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

COUNTRY (IF NOT US): \_\_\_\_\_

ARE YOU A CURRENT US SYNCHRO MEMBER? YES

NO

If not, you will need to register before camp

CLUB AFFILIATION: \_\_\_\_\_

NAME OF COACH: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

NUMBER OF YEARS IN SYNCHRO: \_\_\_\_\_

## PARENT INFORMATION

PARENT 1 NAME: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

ADDRESS (IF DIFFERENT FROM SWIMMER) \_\_\_\_\_

PARENT 2 NAME: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

ADDRESS (IF DIFFERENT FROM SWIMMER) \_\_\_\_\_

## CAMPER INFORMATION

1) NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

2) CLUB: \_\_\_\_\_ REGION: \_\_\_\_\_ ZONE: \_\_\_\_\_

3) WHAT WAS YOUR BEST TOTAL FIGURE SCORE THIS YEAR? \_\_\_\_\_

4) WHAT WAS YOUR BEST ROUTINE SCORE THIS YEAR? \_\_\_\_\_

5) IN WHICH EVENT(S) DO YOU COMPETE? \_\_\_\_\_

6) WHAT IS YOUR HIGHEST LEVEL OF COMPETITION? \_\_\_\_\_

7) WHAT IS YOUR ULTIMATE GOAL IN SYNCHRO? \_\_\_\_\_

8) WHAT IS YOUR GOAL FOR THIS CAMP? \_\_\_\_\_

9) IF YOU ARE A RESIDENT CAMPER, DO YOU HAVE A ROOMATE PREFERENCE? YES / NO \_\_\_\_\_  
IF YES, WHO? \_\_\_\_\_

We encourage campers to meet new friends from other parts of the country - and different countries! The final rooming list will be given the first day of camp. We will do our best to meet your request but, we cannot guarantee your first choice

10) PLEASE TELL US SOMETHING ABOUT YOURSELF THAT YOU WOULD LIKE US TO KNOW:  
\_\_\_\_\_  
\_\_\_\_\_

11) WHAT IS YOUR ADULT T-SHIRT SIZE? S M L XL \_\_\_\_\_

# MEDICAL INFORMATION

CAMPER'S NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_ GROUP NUMBER: \_\_\_\_\_

NAME ON INSURANCE CARD: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

FAMILY DOCTOR: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

DATE OF LAST TETNUS SHOT: \_\_\_\_\_ ARE YOU FULLY IMMUNIZED? \_\_\_\_\_

Do you have any special medical needs? Yes/No: \_\_\_\_\_ List: \_\_\_\_\_

\_\_\_\_\_

Do you take any medication? Yes/No: \_\_\_\_\_ List \_\_\_\_\_

\_\_\_\_\_

Do you have any serious allergies? Yes/No: \_\_\_\_\_ List: \_\_\_\_\_

\_\_\_\_\_

**A)** I give my permission for Camp Staff to give my child the following over the counter medications, if needed: (please "X" the box preceding the medication that you approve)

Tylenol     Advil     Sudafed     Cough Drops     Tums     Pepto Bismal

**B)** In an emergency, when I cannot be reached and our family physician is not available, I give my permission to use the closest

medical personnel available.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## TRAVEL ARRANGEMENTS

A) IF YOU WILL BE DRIVING TO THE CAMP PLEASE ARRIVE AT 1:30PM FRIDAY, JULY 31st

LOS LOMAS POOL  
 LAS LOMAS HIGH SCHOOL  
 1460 SOUTH MAIN STREET  
 WALNUT CREEK, CA

YOU WILL BE GIVEN A DETAILED CAMP SCHEDULE AT THAT TIME SO THAT YOU KNOW WHEN TO RETURN FOR PICK U.P

B) IF YOU WILL BE FLYING TO CAMP PLEASE FILL OUT THE FLIGHT INFORMATION BELOW. A CLUB VOLUNTEER WILL MEET YOU AT THE AIRPORT AND ESCORT YOU TO EITHER THE HOTEL OR THE POOL DEPENDING ON YOUR ARRIVAL TIME. OAKLAND IS THE NEAREST AIRPORT TO WALNUT CREEK.

ORIGIN CITY:			
AIRLINE/CARRIER		FLIGHT NUMBER	
DEPARTURE DATE:			
DEPARTURE TIME:			
CONNECTION CITY:		AIRLINE/FLIGHT #	
DEPARTURE TIME:			
ARRIVAL AIRPORT:			
OAKLAND OR SAN FRANCISCO (please indicate one of these airports)			
ARRIVAL TIME:			

DEPARTURE. AIRPORT:			
OAKLAND OR SAN FRANCISCO (please indicate one of these airports)			
AIRLINE/CARRIER		FLIGHT NUMBER	
DEPARTURE DATE:			
DEPARTURE TIME:			
CONNECTION CITY:		AIRLINE/FLIGHT #	
DEPARTURE TIME:			
ARRIVAL AIRPORT:			
ARRIVAL TIME:			

PLEASE ARRIVE NO LATER THAN 12:00 NOON FRIDAY JULY 31 AND DEPART AFTER 2:00 PM TUESDAY AUGUST 4.

IF YOUR CHILD REQUIRES AN OVERNIGHT STAY EITHER THURSDAY OR TUESDAY PLEASE INDICATE BELOW:  
**AN ADDITIONAL CHARGE OF \$75.00 WILL BE ASSESSED PER NIGHT FOR ADDITIONAL HOUSING AND MEALS**

- MY CHILD REQUIRES ROOM AND BOARD STARTING TUESDAY JULY 30      FEE:    \$75.00
- MY CHILD REQUIRES ROOM AND BOARD UNTIL WEDNESDAY AUGUST 5      FEE:    \$75.00

## PERMISSION TO TRANSPORT YOUR CHILD:

I, (parent/guardian \_\_\_\_\_  
grant permission for my child \_\_\_\_\_ to ride

the Acalanes School District bus. I understand that my child will be fully chaperoned by an adult Camp Staff Member or Camp Parent Volunteer at all times during transit. Bus drivers are SPBA and CHP certified drivers. My child will be instructed as to the transportation rules and will be expected to stay with her group and follow directions from her chaperone and bus driver.

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

I, (parent/guardian \_\_\_\_\_  
grant permission for my child \_\_\_\_\_

to ride as a passenger in a motorized vehicle of a licensed adult Camp Staff Member or Volunteer, if necessary.

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

I or someone I designate will transport my own child to and from each camp activity.

The camp runs from 2:00PM Friday July 31 to Tuesday August 4 at 2:00PM.

## DIETARY NEEDS

As an athletic camp, we feel it is our duty to provide a menu full of healthy choices and to teach our campers the value of maintaining a healthy, balanced diet. Although we understand that not all children enjoy all foods, we will encourage campers to try before rejecting food provided at camp.

Please answer the questions below so that we can best meet your child's dietary needs.

- 1) Do you have food allergies? If so, please list all foods which cause an allergic reaction:

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What sort of reaction occurs to these foods? \_\_\_\_\_

What is your medical treatment? \_\_\_\_\_

- 2) What is your favorite fruit? \_\_\_\_\_

- 3) What is your favorite vegetable? \_\_\_\_\_

- 4) Are you a vegetarian or vegan? \_\_\_\_\_

If not, what is your favorite meat? \_\_\_\_\_

- 5) What foods do you absolutely despise? \_\_\_\_\_

- 6) What is your very favorite food? \_\_\_\_\_

- 7) Any medical conditions associated with foods, like diabetes or hypoglycemia?

If so, what is your illness and treatment? \_\_\_\_\_

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- 8) Do you currently or have you had a history of any eating disorder? \_\_\_\_\_

If so, what is your condition and treatment? \_\_\_\_\_

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- 9) Any other food issue you think we should know? \_\_\_\_\_

## Summer Camp Release

Aquanuts Synchronized Swimming Booster Club, a California non-profit corporation

(hereinafter referred to as "WCA"), on the one hand, and \_\_\_\_\_

or in the case of a minor, \_\_\_\_\_ parent or legal guardian

of \_\_\_\_\_ (collectively known as the "Athlete", on the

other hand.)

### RECITALS

WHEREAS, during the dates July 31, 2009 through August 4, 2009, WCA will be holding its annual synchronized swimming summer camp (hereinafter referred to as "Summer Camp") in the City of Walnut Creek, County of Contra Costa, California; and

WHEREAS, the Athlete desires to attend the Summer Camp and will participate in activities administered and provided by WCA;

WHEREAS, it is required for attendance at the Summer Camp that all Athletes pay the stated attendance fees and agree to release WCA from all causes of action, claims, controversies, and disputes that may arise out of attendance at the Summer Camp pursuant to the terms set forth herein below.

NOW, THEREFORE, IN RELIANCE UPON THE AFORESAID RECITALS, AND IN CONSIDERATION OF THE TERMS AND CONDITIONS HEREIN, IT IS AGREED BY AND BETWEEN THE UNDERSIGNED PARTIES AS FOLLOWS:

1. Athlete agrees to defend, indemnify and hold harmless WCA from any and all third party obligations, debts, claims, losses, and liabilities arising out of Athlete's attendance of the Summer Camp.
2. Athlete agrees to release, acquit and forever discharge WCA, its successors and assigns, agents, partners, and coaches, from any and all obligations, debts, claims, loss, liabilities, damages, costs, expenses, attorneys' fees, demands, causes of action and lawsuits of every kind, nature and description, whether or not now known, suspected or unknown, fixed or contingent, which Athlete, ever had, or now has, or may hereafter acquire, by reason of any matter, cause or thing whatsoever, including but not limited to, those arising out of, or in any way related to the Summer Camp.
3. The Athlete hereto agrees that, as part of the consideration for any inducement to the execution of this Release, the Athlete, with full knowledge and with the specific intent to release all claims, both known and unknown, do hereby specifically waive the provisions of Section 1542 of the California Civil, which reads as follows:

**A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS FAVOR AT THE TIME OF EXECUTING THE RELEASE, WHICH IF KNOWN BY HIM MUST HAVE MATERIALLY AFFECTED HIS SETTLEMENT WITH THE DEBTOR.**

Notwithstanding the provisions of Section 1542, and for the purpose of implementing a full and complete release, the Athlete expressly acknowledges that this Release is intended to include in its effect, without limitation, all claims, known or unknown, that the Athlete may have by reason of any matter, cause or thing whatsoever arising out the Action, and that this Release contemplates the extinction of any and all such claims, except those arising from a breach of this Release. The Athlete hereto expressly waives any right hereafter to assert that any claim has, through ignorance or oversight, been omitted from this Release, and further assumes full responsibility for any injury, damages, losses or liability of any kind or nature whatsoever that the Athlete hereto has, from the above-specified waiver.

4. The Athlete specifically acknowledges and agrees that the consideration for this Release is given in reliance upon the representation and warranty that the parties have not assigned any claim covered hereby to any other person or authorized any other person or entity to assert any such claim on their behalf.

5. This Release shall be governed by and construed in accordance with the laws of the State of California, applicable to contracts entered into and performed entirely within the State of California, and the exclusive place of jurisdiction shall be the County of Contra Costa, State of California.

6. This Release shall inure to the benefit of and be binding on the parties hereto and their respective representatives, heirs, successors and assigns.

7. The parties acknowledge and agree that no representation, promise or other agreement not expressly contained herein has been made to induce the execution of this Release.

8. The parties hereto shall execute all documents necessary to effectuate this Release.

9. This Release may be executed in multiple counterparts which, taken together, shall constitute one original instrument.

IN WITNESS WHEREOF, the parties hereto have duly executed this Release, to be effective on the date written below.

Dated: \_\_\_\_\_, 2009 \_\_\_\_\_  
Month, Date (Attendee)

\_\_\_\_\_  
Parent or Guardian if minor

Dated: \_\_\_\_\_, 2009 Walnut Creek Synchronized Swimming  
Month, Date Swimming Booster Club

2009 WEEK IN THE CREEK  
CAMPER CONTRACT

Our Camp Rules follow the general ethic of the Golden Rule, “do unto others as you would have them do unto you”. We have also added a few more rules for the safety of all campers. We want to make this camp a wonderful experience for campers and staff alike and hope that all will work together to make that goal happen.

Camp Rules:

- Always be willing to try something new and be open to new ideas
- Treat your fellow Campers and Camp Staff with respect and kindness
- Do not use profane language
- Do not bring or use Alcohol or Drugs at Camp
- Do not go anywhere alone and always ask permission of your Camp Coach or Chaperone before excusing yourself from any camp activity.
- Campers are expected to observe the authority of Camp Staff at all times.

Consequences:

Any camper who displays willful disobedience of the above camp rules is subject to immediate dismissal from camp. All costs associated with such a dismissal will be at the expense of the participant and/or her family.

Minor infractions will receive a warning followed by a phone call to the Camper’s Parent or Guardian.

I have read and understand all of the above rules and consequences. I agree to follow all camp rules and willfully accept the consequences of misconduct.

Camper’s Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Camper’s Name (Print): \_\_\_\_\_

(If the camper is under age 18)

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

Date: \_\_\_\_\_

Parent or Guardian Name (Print) \_\_\_\_\_

## PACKING LIST

1. Please note: pack your carryon bag “ready to swim”. Please include your swimsuit, goggles, noseclip, cap, towel, flip flops, and a small supply of sunscreen (remember the 3 oz limit for airport security check). Also, you will likely wear whatever you come in to dinner the first evening. It is not fancy, so whatever you wear on the airplane should be fine. Having these items in your carryon make it easier for you on arrival. We will be heading straight to the pool for our first session, so we want to make it easy for you without having to go through your checked baggage.
2. United States Synchronized Swimming Identification Card. (If you have not yet received your card for 2009, please bring your USSS registration number.
3. At least 2 swimsuits in good condition – Two Piece athletic swimsuits are permitted, but we ask that you not practice in a beach-style bikini.
4. Goggles, cap, nose clips – It is a good idea to bring a spare of each one.
5. Swim towel – The hotel will provide towels for use in the hotel, but hotel towels are NOT to be taken outside of the hotel.
6. Casual pool clothes for the week – Temperatures are likely to be mid 80’s to mid 90’s, low-mid humidity, so dress accordingly. We ask that campers are fully dressed while in public areas – including hotel areas outside of your room. So please bring clothes that cover your midriff, chest, and buttocks completely.
7. Casual out of the pool clothes – jeans, shorts, tops, skirts, socks, under garments, shoes – just enough for the week. You will spend most of the day in your swim suit, so likely one outfit will last you a couple of days. ☺
8. Toiletries – Including Sunscreen of at least 25 SPF. PreSun Cream 28 and Baby Magic work very well.
9. Swim Bag – Bring a swim bag that is easy to pack, keep organized, and carry. Remember, you will pack and carry it, not your Parent.
10. Small prop or costume materials – We will have a talent show at Gina’s Birthday Party Sunday July 30. If you have a special talent or skit idea – please bring any needed materials.
11. Extra spending cash or money card – This is completely at the discretion of the parent. Please instruct your child about how she is allowed to spend any extra money.
12. Good attitude – Be ready to try anything with a Smile! ☺

Please do NOT bring the following:

- a. Anything too big or heavy for you to carry by yourself. You will need to be able to carry your swim bag at least 4-5 blocks without strain.
- b. Valuable jewelry or other valuables.
- c. Drugs or Alcohol

Be sure to write your name or initials in permanent marker on goggles, suits, towels, etc., so that we can properly find the owner of any misplaced item.