

2008

COLUMBIA FALLS SWIM TEAM

P.O. BOX 156, COLUMBIA FALLS, MT 59912



REGISTRATION PACKET

2008 COLUMBIA FALLS SWIM TEAM (CFST)

WELCOME SWIMMERS AND FAMILIES!

The officers would like to welcome all new and returning swimmers and families to the 2008 Columbia Falls Swim Team (CFST). We are anticipating another very exciting and productive swim season.

We are pleased to announce that Mike Nelson and Michelle Cronquist will be our new coaches this summer. Mike Nelson is looking forward to coaching the Columbia Falls Swim Team. Mike was a competitive swimmer, in this league, and then competed in USS swimming and High School swimming. Throughout college, Mike coached both USS swimming and High School swimming. He's expecting a fun and competitive season and has high hopes for the Columbia Falls Swim Team. Michelle is currently attending college at Seattle University. She graduated from Columbia Falls High School in 2007, and swam for CFST for five years. Michelle is very excited about coming back as an assistant coach! She enjoys reading, sports of any kind, and spending time with family and friends. They are excited for a summer of fun and swimming!

The tentative practice times by age group for the summer schedule are as follows:

6:00 am – 8:00 am	Ages 13 and over
8:00 am – 9:00 am	Ages 8 and under
8:30 am – 9:30 am	Ages 9 – 12

We will host the meet on July 5th and 6th this year, so there will be a lot of planning and preparation, and as always, lots of jobs that need volunteers. We ask each family to help at the meet. Thank you.

The following are the 2007-2008 CFST Officers. Please feel free to call on the Coach, President, or any of the Board Members with questions, comments or concerns that you have for the team.

Head Coach	Mike Nelson	892-1242
Assistant Coach	Michelle Cronquist	253-3713
President	Bryan Donner	892-3214
Vice President	Courtney Babcock	755-4509
Secretary	Susan Bartkoski	892-4921
Treasurer	Tani Newton	387-5024
Director 2 yr term	Mark Riffey	892-1726
Director 2 yr term	Mike Nelson	892-5822
Director 1 yr term	Bernadette Newton	892-3076
Director 1 yr term	Jami Ward	892-2798
Swimsuit Coordinator:	Jacki Riffey	892-1726

2008 COLUMBIA FALLS SWIM TEAM (CFST)

SWIM TEAM SCHEDULE 2008

April 27	Registration at the North Valley Community Center 6:00 pm to 8:00 pm
June 3rd	Potluck at the pool at 6:00 pm. Meet the Coaches. Bring a main course meal and dessert to share. Also, bring your own plates, silverware, drinks and chairs.
June 9th	First day of practice – place and time to be announced.
June 14 & 15	Open – Possible meet (Sunburst, Chester and Fairfield)
June 21 & 22	Swim Meet in Plains
June 28 & 29	Swim Meet in Bitterroot
July 5 & 6	Swim Meet in Columbia Falls
July 12 & 13	Swim Meet in Cut Bank
July 19 & 20	Swim Meet in Shelby
July 26 & 27	Divisional Swim Meet in Conrad
August 2 & 3	State Swim Meet in Fort Benton
August 7	End of Season Awards at Pinewood Pool Potluck and awards

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MEET INFORMATION

Cutbank: Follow Highway 2 from Columbia Falls east into Cutbank. About a 2 to 2.5 hour drive. In Cutbank, turn right on Third Avenue to get to the park and pool. We typically camp on the southeast corner. The dance is across town, so we carpool the kids.

Motels: Northern Motor Inn (873-5662), Corner Motel (873-5588), Glacier Gateway Inn (873-5544), Riverview RV Park (873-4151). They have Pizza Hut, Taco Johns and McDonalds.

Fort Benton: Take Highway 2 east to Chester, turn right on Highway 223 south to Fort Benton, or go to Great Falls and take Highway 87 north to Fort Benton. Drive down into town and go left to find the park next to the river. We usually park on the west end; look for the 7 plates. There is a lot of history here and some good fishing for those interested. **Make Reservations Early!**

Fort Benton Motels: Grand Union (622-1882), Pioneer Lodge (622-5441)
Fort Motel (622-3312)

Fort Benton RV Park: 406-622-5015 (about 4 blocks from the pool)

Great Falls Motels: Great Falls is only 38 miles from Fort Benton.

Fairfield Inn (454-3000), Hampton Inn (453-2675), Heritage Inn (761-1900)
Holiday Inn (727-7200), Townhouse Inn (761-4600)

Plains: Plains is about a 2 to 2.5 hour drive from Columbia Falls. Take Highway 93 south on the west side of Flathead Lake, turn right onto 28 at Elmo Bay. When you get to the Highway 200 junction, turn right and go into Plains. About halfway through town, turn left across the RR tracks and go about 4 blocks to the park and pool. We usually stay in the southeast corner of the park.

Motels: Crossroads Motel and RV Park (826-3623), Tops Motel (826-3412), Quinn's Hot Springs Resort (826-3150)

Bitterroot: Drive south on 93 for about 4 hours, straight to Hamilton. Turn left at the first stop light as you come into Hamilton. This is Fairgrounds Road. About a half mile down the road, turn right on Kurtz Lane. Hamilton High School will be on your left, complete with large parking area. Bitterroot Aquatic Center (new pool) is about halfway down this street (Kurtz Lane) on the right.

Motels: Holiday Inn Express/139 Bitterroot Plaza (375-2525), just off Highway 93 as you come into town. To get to it, turn right at the First Interstate Bank. It's straight ahead. Super 8/1325 N. 1st (Hwy. 93) (363-2940), Comfort Inn/1113 N. 1st (363-6600), Both Super 8 and Comfort Inn are a bit further down Highway 93 on the right side of the street. Super 8 is next to Albertsons, and Comfort Inn is right by 4B's and Town Pump. City Center Motel/415 W. Main (363-1651)

The City Center Motel is on Main Street and used to be across the street from the old pool site, which is now a parking lot. Holiday Inn Express has a good breakfast bar in the mornings.

Shelby: On Highway 2 east, just about 3 hours. Turn right at the Crossroads Motel to get to the pool.

Motels: Glacier Motel and RV Park (434-5181), Comfort Inn of Shelby (434-2212) pool, Totem Motel (434-2930), O’Haire Manor Motel (434-5555), Crossroads Motel (434-5134) pool

Conrad: Take Highway 2 east to Shelby and turn south on Interstate 15, about a 3 hour trip. Some people take Highway 2 to 89 to 44 to 15. The exit off of 15 goes right on to Main in Conrad, go down to 6th Avenue SW and turn right, a block to the park(s). We usually congregate on the south side of the park. The shower house is open late. The dance is about 7 blocks north and a couple west.

Motels: Super 8 (278-7676), Northgate Motel (278-3516), Motel Conrad (278-7544). There is a small mall with a grocery store across the street, and the Keg Restaurant has the best chicken.

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TEAM BREAKFAST: Each morning (Sat/Sun), breakfast is prepared for the swimmers and families (by the Dads). Breakfast usually consists of pancakes or French toast, coffee, hot chocolate, and occasionally sausages and/or fresh fruit. The time is set by the Coach, and the cost is \$1 per person. We use the money to purchase the perishable foods, but would like the rest of the groceries donated. Please plan on donating some of the following items at least once during the summer: pancake mix, syrup, paper plates, forks, napkins, coffee, hot chocolate. Those who wish to donate perishable items (sausages, fruit, eggs, bread, milk) should bring them to the meet and notify the breakfast host ahead of time. There will be a sign-up sheet to pull the trailer containing all the breakfast items.

POTLUCKS: We will be having potlucks throughout the summer, to be announced. Families participating in the potlucks should bring a main dish item, as well as a salad or dessert. Also, please bring your own beverages, plates, utensils, and chairs.

TEAM PICTURES: Team pictures will be held during the season. Our Coach will announce the date/time of picture day(s) during practice.

2008 COLUMBIA FALLS SWIM TEAM (CFST)

COLUMBIA FALLS SWIM TEAM CODE OF CONDUCT

As a member of the Columbia Falls Swim Team, you will be expected to conduct yourself in a manner acceptable to the general standards of good behavior. In particular:

1. All swimmers must display good sportsmanship in practice and in meets, as well as at all times when representing the Swim Team. This includes behaving with grace and dignity in both victory and defeat.
2. Swimmers shall not use profanity at any time during a Swim Team function (practices, meets, dances, camping areas, etc.)
3. All swimmers shall be supportive and respectful of their teammates, opponents, officials, coaches and parents.
4. All swimmers shall contribute to the setup and tear-down of all practices. This means active participation daily.
5. All swimmers shall put the success of the team ahead of individual goals.
6. Swimmers must make all practices in order to compete in the swim meets. (Exceptions can be arranged with the Coach.)
7. Swimmers must notify the Coach of participation in the coming swim meet by the end of practice on Tuesday of the same week.
8. Use of tobacco products, performance enhancing drugs, illicit drugs, and alcohol by team members is strictly prohibited.

Any violation of the above rules may result in dismissal from the team. There shall be no warnings necessary. All team members shall be required to agree to the above rules as a condition to their participation on the Columbia Falls Swim Team.

Swimmer's Signature _____ Date _____

Parent's Signature _____ Date _____

2008 COLUMBIA FALLS SWIM TEAM (CFST)
2008 CFST REGISTRATION AND RELEASE FORM

PLEASE READ AND COMPLETE ALL SECTIONS CAREFULLY!

NAME _____ BIRTHDATE _____ SEX _____
NAME _____ BIRTHDATE _____ SEX _____
NAME _____ BIRTHDATE _____ SEX _____
NAME _____ BIRTHDATE _____ SEX _____
PARENT/GUARDIAN _____
MAILING ADDRESS/CITY/ZIP _____
HOME PHONE _____ EMAIL _____
PARENT WORK PHONE _____ CELL PHONE _____
INSURANCE COMPANY _____ POLICY/GROUP# _____

I, the parent or guardian of _____ (full name(s) of swimmer(s)), give my approval for his/her participation in any of the organized and supervised activity program conducted by CFST with the full understanding of the following conditions:

1. I understand that the possibility of major and/or minor injuries is an inherent danger in all sports activities. Sprains, fractures, joint injuries and bruises are a few of the more common, but not all inclusive dangers. Swimming can result in injuries that may include, but is not limited to, head, neck or joint injuries, bruised organs, fractures, and in severe cases, paralysis or even death.
2. I understand that no member of the Board of Directors (Officers) of the CFST, or any employee or representative thereof, will under any circumstances, be held liable for accident, illness, fatality, or medical bills incurred as a result of participation in the activity program or associated trips.
3. I understand that the CFST carries only secondary insurance on my child and the insurance will pay only for partial payment once my own insurance runs out. If I carry no insurance, I understand this secondary insurance may not cover my child entirely.
4. I understand that I am granting permission for my child to participate in any Swim Team supervised activity except (list exceptions if they exist) _____

5. I understand that my child's Coach(es)/sponsor reserves the right to remove them from the team or take disciplinary action for any infraction that is considered by the coach/sponsor as being a detriment to the team and/or its members, (refer to code of conduct).
6. In the event that my child is injured and needs medical attention and I am not present, I give my permission for medical procedures to start while efforts are being made to contact me. I understand efforts will continue to be made to contact me and I accept responsibility for all costs related to such treatment. Please initial one:

YES _____ NO _____

7. Please list medical conditions or allergies should your child need medical attention: _____

I certify that I have read and completed this form to the best of my knowledge and that I have a full understanding of its conditions.

Swimmer's Signature _____ Date _____

Parent/Guardian's Signature _____ Date _____

REGISTRATION COST \$75.00 FIRST CHILD, \$50.00 EACH ADDITIONAL CHILD

REGISTRATION COSTS: _____

SWIM SUIT COSTS: _____

SWIM CAP COSTS: _____

TEAM WEAR COSTS: _____

POOL PASS: _____

TOTAL COSTS DUE ; PAYABLE TO CFST: _____

All fees are due by the first meet in June.

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SWIM SUIT ORDER

PARENT'S NAME _____ PHONE _____

PLEASE INDICATE NUMBER OF EACH SUIT IN SPACES BELOW, SUBTOTALS TO THE RIGHT SIDE OF PAGE, AND TOTAL AT THE BOTTOM.

NOTE: ADD TOTAL COSTS TO REGISTRATION SHEET

MALE SUIT SIZES ARE AT THE HIP.

YOUTH JAMMER 22 _____ 24 _____ 26 _____ 28 _____ X \$25 ea _____
ADULT JAMMER 30 _____ 32 _____ 34 _____ 36 _____ 38 _____ X \$25 ea _____

FEMALE SUIT SIZES – A SIZING CHART IS AVAILABLE FROM BERNADETTE.

YOUTH 22 _____ 24 _____ 26 _____ 28 _____ X \$35 ea _____
ADULT 30 _____ 32 _____ 34 _____ 36 _____ 38 _____ 40 _____ X \$35 ea _____

SWIMMER NAME	SUIT SIZE	# OF EACH	COST
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TOTAL SWIM SUIT COSTS: _____

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SWIM CAPS – Blue, Silicone \$8.00 each

SWIMMER NAME	QUANTITY	COST
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TOTAL SWIM CAP COSTS: _____

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SWIM GOGGLES

SINCE IT IS EASY TO FIND GOGGLES IN THE AREA STORES (TARGET, SPORTSMAN, COSTCO) AND EVERYONE'S TASTE IS DIFFERENT, PLEASE PURCHASE THESE ON YOUR OWN.

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TEAM WEAR ACCESSORIES

NAME _____ PHONE _____

**CHOICE OF ROYAL BLUE OR ASH
NAMES – ADD \$2.00**

T-SHIRT

ADULT \$11.00 SIZE _____ COLOR _____ COST _____
YOUTH \$10.00 SIZE _____ COLOR _____ COST _____

SWEATSHIRTS

ADULT \$18.00 SIZE _____ COLOR _____ COST _____
YOUTH \$14.00 SIZE _____ COLOR _____ COST _____

HOODY WITH STRIPE ON ARM

ADULT \$29.00 SIZE _____ COLOR _____ COST _____
YOUTH \$26.00 SIZE _____ COLOR _____ COST _____

HOODED SWEATSHIRT

ADULT \$25.00 SIZE _____ COLOR _____ COST _____
YOUTH \$19.00 SIZE _____ COLOR _____ COST _____

SWEATPANTS

ADULT \$16.00 SIZE _____ COLOR _____ COST _____
YOUTH \$15.00 SIZE _____ COLOR _____ COST _____

JERSEY KNIT SHORTS

(XS-4XL) NAVY OR HEATHER GRAY ONLY

UNISEX \$20.00 SIZE _____ COLOR _____ COST _____

FLEECE ITEMS

JACKET \$27.00 SIZE _____ COLOR _____ COST _____

VEST \$22.00 SIZE _____ COLOR _____ COST _____

BLANKET \$19.00 (BLUE ONLY) COST _____

VISORS \$10.00 COLOR _____ COST _____

TOTAL TEAMWEAR COSTS: _____

RETURN FORM TO: TANI NEWTON
5107 RABE ROAD
COLUMBIA FALLS, MT 59912
387-5024

ALL ITEMS ARE EMBROIDERED WITH THE TEAM LOGO