

# Quincy Country Club

## 2022 Aquatics Programs

*In the event of inclement or cold weather, please call the pool at 214-9003 or the club at 223-3452 for Hours of Operation.*

### Matthew Mulherin

Manager & CPO

Club: 217 223-3452

[m.mulherin@qcc1897.org](mailto:m.mulherin@qcc1897.org)

[qccaquatics@qcc1897.org](mailto:qccaquatics@qcc1897.org)

### Aquatics Director & CPO

Sawyer Mulherin

Club: 217 223-3452

[qccaquatics@qcc1897.org](mailto:qccaquatics@qcc1897.org)

### Stingrays

### Swim Team Coach

Allea Stone

[qccstingrays@gmail.com](mailto:qccstingrays@gmail.com)

### Assistant Swim Team Coach

Cassandra Courson

[qccstingrays@gmail.com](mailto:qccstingrays@gmail.com)

Pool: 217 214-9003

Club: 217 223-3452

[qccaquatics@qcc1897.org](mailto:qccaquatics@qcc1897.org)

# **Weekly Pool Schedule**

## **Mondays**

Pool Open	10:00am- 8:00 pm
H2O-X	11:15am - 12:00pm
Adult Lap Swim (in Lane 1)	12:00pm - 1:00pm

### **-On Days of Home Swim Meets-**

Stingrays Warm-Up	5:00pm - 5:30pm
Guests Warm-Up	5:30pm - 6:00pm
Home Swim Meet	6:00pm - 9:00pm

## **Tuesdays**

Pool Open	10:00am- 8:00 pm
H2O-X	11:15am - 12:00pm
Adult Lap Swim (in Lane 1)	6:00pm – 7:00pm

## **Wednesdays (Water Guns & Related Toys Allowed)**

Varsity Swim Team Practice	9:00am – 10:00am
JV Swim Team Practice	10:00am – 10:45am
Pool Open	10:00am- 8:00 pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Thursdays**

Varsity ONLY Swim Team Practice	9:00am – 10:00am
Pool Open	10:00am- 8:00 pm
TOTS	10:00am -10:30am
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Fridays (Rafts & Oversized Floats Allowed)**

Pool Open	10:00am- 8:00 pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Saturdays**

Varsity Swim Team Practice	9:00am – 10:00am
JV Swim Team Practice	10:00am – 10:45am
Pool Open	10:00am- 8:00 pm
H2O-X	11:15am - 12:00pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

## **Sundays**

Pool Open	10:00am- 8:00 pm
Adult Lap Swim (in Lane 1)	6:00pm - 7:00pm

# **SWIMMING COMPETENCY TESTS**

*\* To be administered by the Manager or Head Lifeguard (HLG) on Duty ONLY! \**

**I. Deep water privileges will be extended to those nine (9) years of age and under who pass the swimming competency test (to be administered only by the HLG on Duty or Aquatics Director):**

- swim one length (25 yards) of the pool without stopping or standing
- tread water for 30 seconds in the diving well
- jump into the diving well and swim to the ladder

**II. Children ages ten (10) to twelve (12) years of age may swim unaccompanied by an adult provided they have passed the Aquatics Director's Swimming Test - an emergency phone number will be provided to the Aquatics Director upon passing the test (to be administered only by the Aquatics Director):**

- swim one lap (50 yards) without stopping or standing
- tread water for two (2) minutes in the diving well
- jump into the diving well and swim to the ladder
- pass (80% or higher) the written Pool Rules & Regulations Test

## **Private Swim Lessons**

Swim lessons are offered privately and semi-privately. Each package is a total of 4 lessons. Typical starting age is 4 years old. Exceptions are possible and negotiable through discussions with your preferred swim instructor. Talk with a specially trained lifeguard, swim coach, or the Matthew, Manager to set up a package!

*Gold Package: \$80/ 4 lessons / \$160/ 8 lessons*

These lessons are taught by the Head Swim Coach.

*Silver Package: \$60/ 4 lessons / \$120/ 8 lessons*

These lessons are taught by the Assistant Swim Coach.

*Bronze Package: \$40/ 4 lessons / \$80/ 8 lessons*

These lessons are taught by a trained QCC lifeguard.

## **H<sub>2</sub>O-X- Allea Stone**

Water exercise classes (H<sub>2</sub>O-X) are offered to provide low impact whole body conditioning. You burn calories and get a cardiovascular challenge while decreasing stress on your muscles and joints. Instructors for this class are equipped with over 100 different exercises in a variety of formats. We promise you will never be bored or leave unsatisfied with your amount of physical activity in the water! Ages 13 and up. Free to members and \$5 per guest. See schedule for Days and Times.

## **TOTS- Cassandra Courson**

Toddlers on Thursdays is a fantastic program to help introduce your kiddo(s) to water basics, becoming comfortable in the water, and water safety. This class incorporates fun songs and games into basic swimming skills such as breath control, arm, and leg action, as well as entering and exiting the pool safely. A parent or guardian (15 or older) must accompany each child in the water for the duration of the class. Ages 6 months to 3 years is recommended. 8 lessons for \$45.

# Stingrays Swim Team

2022

## **Junior Varsity:**

\$100

Swimmers ages five (5) through ten (10) years old will be introduced to competitive swimming by learning how to circle-swim, proper starts, turns, and finishes, stroke development, terminology, drills, how to read a work-out, and more.

*Prerequisites:* Swimmer must be able to swim 25 yards continuous front crawl (not doggy paddle).

Goggles required. Swimmers must be at least five (5) years old by May 24<sup>th</sup>, 2020.

## **Varsity:**

\$100

Swimmers eleven (11) through eighteen (18) years old will focus on improving endurance, speed, and technique, while continuing to work on stroke development, drills, workouts, and terminology.

*Prerequisites:* must be able to swim 50 yards continuous legal freestyle and backstroke per USA Swimming Standards. Goggles required. Swimmers must be at least eleven (11) years old by May 24<sup>th</sup>, 2020.

*\*Varsity/JV specifications are decided upon skill level and the swimmer's drive to learn and compete. These specifications will be partially based off of the Pre-Season Swim Clinic in May. \**

## **Weekly Practice Schedule**

*\*all practices are as follows unless specifically stated otherwise in 2022 Dates to Remember\**

### ***Monday – On Days of Home Swim Meets –***

Stingrays Warm-Up 5:00pm - 5:30pm

Guests Warm-Up 5:30pm - 6:00pm

Home Swim Meet 6:00pm - 9:00pm

### ***Tuesday – On Days of Away Swim Meets –***

Travel information and start times will be provided as it becomes available to the swim coaches. Stay connected with the Remind app for quick and easy updates for this information.

### ***Wednesday***

Varsity Swim Team Practice 9:00am – 10:00am

JV Swim Team Practice 10:00am – 10:45am

### ***Thursday***

Varsity ONLY Swim Team Practice 9:00am – 10:00am

### ***Friday***

NO SWIM TEAM PRACTICE/EVENTS

### ***Saturday***

Varsity Swim Team Practice 9:00am – 10:00am

JV Swim Team Practice 10:00am – 10:45am

### ***Sunday***

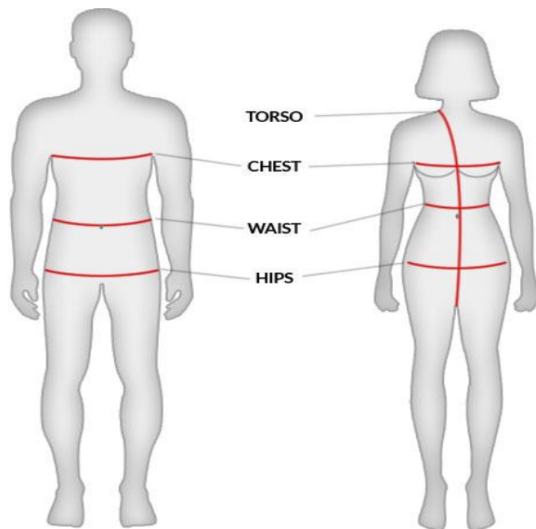
NO SWIM TEAM PRACTICE/EVENTS

# Necessary Equipment

## One-piece Swimsuit

### How to measure

Getting a suit that fits well starts with taking accurate body measurements. The measuring tape should be fitted snug against the skin and body for all measurements. We suggest taking measurements in a swimsuit or undergarments (not over clothing) for accuracy.



ENSURE TAPE MEASURE IS TIGHT AGAINST THE SKIN

#### 1. Torso Measurement

Starting at one shoulder, wrap the measuring tape down your body, between your legs right against the leg crease, bringing the tape up your back to the point where you started.

#### 2. Chest Measurement

Measure around the fullest part of your bust straight across the back.

#### 3. Waist Measurement

Measure around your natural waist (smallest part of the waist).

#### 4. Hips Measurement

Stand with your heels together using a tape measure around the fullest part of your hips and rear. Use a mirror standing sideways to ensure you are at the fullest point.

## Dolphin Solid Poly DBX Back



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★★★★★ 19 Reviews Add Your Review

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Color Forest



Size

Choose an Option...

Qty

1

Add to Cart

Availability: Usually Ships within 24 hours

## SIZE CHART

(IN INCHES)

### Women's Competition Sizes

COMPETITION SIZES	20	22	24	26	28	30	32	34	36	38	40
CHEST	20-22	22-24	24-26	26-28	28-30	30-32	32-34	34-36	36-38	38-40	40-42
WAIST AT NARROWEST	19-20	20-21	21-22	22-23	23-24	24-25	25-27	27-29	29-31	31-33	33-35
HIP AT FULLEST	26-27	27-28	28-29	29-31	31-33	33-35	35-37	37-39	39-40.5	40.5-42	42-44
TORSO	N/A	51	52.5	54	55.5	57	58.5	60	61.5	63	64.5

## Dolphin Poly Solid Jammer



IN STOCK SKU 8150C

★★★★★ 3 Reviews [Add Your Review](#)

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**Color** Forest



**Size**

Choose an Option...

**Qty**

1

**Add to Cart**

**Availability:** Usually Ships within 24 hours



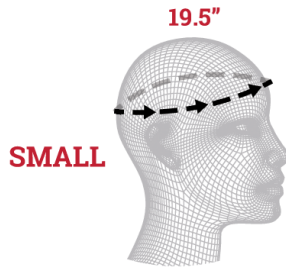
## SIZE CHART

(IN INCHES)

### Men's Competition & Shorts

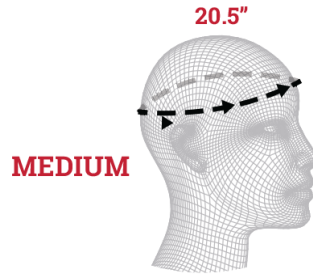
COMPETITION SIZES	18	20	22	24	26	28	30	32	34	36	38	40
SHORT SIZES	N/A	N/A	N/A	XS	XS	S	S	M	M	L	L	XL
CHEST	24	26	28	30	32	34	36	38	40	42	44	46
WAIST	20-22	22-24	24-25	25-26	26-28	28-30	30-32	32-34	34-36	36-38.5	38.5-41	41-43
HIP	24-26	26-28	28-30	30-32	32-33	33-35	35-37	37-39	39-41	41-43	43-45.5	45.5-4

# Swim Cap



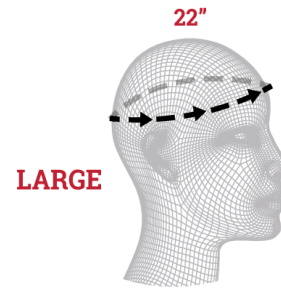
**SMALL**

Head circumference measured  
1" above the ear



**MEDIUM**

Head circumference measured  
1" above the ear



**LARGE**

Head circumference measured  
1" above the ear

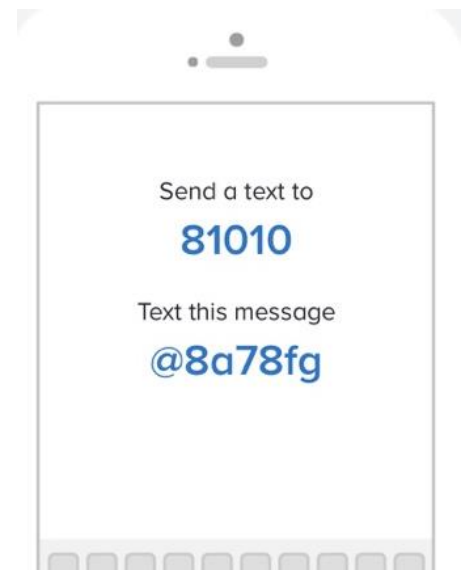
## Sport Swim Goggles

Sport goggles have a better 'shelf-life' than regular goggles, or 'fun' goggles. Please ensure that your swimmer has access to a pair of sport swim goggles. The particular pair shown below can be found at Walmart, Dicks Sporting Goods, or Speedo online. Your swimmer does not have to goggles in this exact model; similar goggles are sufficient.



### Staying Connected

An application known as "Remind" will be heavily utilized this 2021 swim season. Stay up to date as information becomes available to coaches. Reminders and rare last-minute developments will be communicated readily through this platform. Please send a text to 81010 with the message "@8a78fg". This will connect you to the QCC Stingrays 2021 classroom.



# **Pool Rules and Regulations**

## **I. Hours of Operation/Weather Related Topics**

- A. The pool will be open every day at 10:00 am. Lifeguards will be on deck as long as members are present. The pool season is Memorial Day weekend through mid-September.
- B. The pool may be closed at the discretion of the Club Manager, Aquatics Director, and/or Head Lifeguards during inclement weather that is forecasted to last the entire day.
- C. The lifeguards may suspend swimming during periods of heavy rain, fog, and/or when electrical storms are in the area. The minimum waiting period is thirty (30) minutes for thunder and/or lightning.
- D. Lifeguards are mandated by IL State Law to clear the entire pool deck on the inside of the fencing when thunder and/or lightning is present.

## **II. Lifeguards**

- A. Non-employees are not permitted in the lifeguard office/pool house, storage rooms, Plaza kitchen, lifeguard stands, or behind the check-in desk.
- B. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents or guardians are responsible for the supervision of their children. Lifeguards may suspend swimming privileges if a swimmer(s) is deemed negligent of rules or safety of themselves and others.

## **III. Proper Swim Attire & Health Awareness**

- A. Proper swim attire is required to enter the pool. Cut-off shorts are not allowed. All swimmers should shower prior to entering the pool.
- B. No one who is ill, has recently been injured, or has an open sore or skin disease may go in the pool.
- C. Children wearing diapers are required to wear swim diapers while they are in the pool. The cabana has swim diapers available for purchase.
- D. All accidents and diaper problems (no matter how minor) must be reported to the Aquatics Director, Head Lifeguards, and/or nearest lifeguard on duty.

## **IV. Pool Usage Policies, Procedures, & Tests**

- A. All members must register daily along with their guests upon entering the pool area via the check-in desk.
- B. The Guest Fee for the use of the swimming pool is five dollars (\$5.00) per day. Guests are limited to eight (8) visits per year, regardless of which member brings them. Records will be maintained.
- C. All children under ten (10) years of age must be supervised by a competent person (16 years or older) at all times. Children 10 through 12 may swim unaccompanied by an adult provided they have passed the pool's Swimming and Pool Rules & Regulations Tests. An emergency phone number will be provided to the Aquatics Director/Head Lifeguards to be kept on record. The appropriate swimming test per child's age will be administered by the Aquatics Director/Head Lifeguards.
- D. Babysitters for children under twelve (12) shall not be considered guests when present in lieu of a parent, and they will not be charged guest fees. The Aquatics Director shall be informed if a babysitter will be used on a routine basis.
- E. Outside food is not allowed and will be enforced. Food and Drinks provided by the Club are allowed in the pool area provided they are non-glass. Glass containers of any kind are not permitted in the pool area. Please throw your trash away. All users of the pool must deposit their trash in the receptacles provided for this purpose.



**V. Pool Toys**

- A. The following toys are allowed in or around the pool area on the following days and times:
  - 1. over-sized floats (will be allowed every Friday after 5:00 pm)
  - 2. water guns, Super Soakers, and squirt toys (will be allowed every Wednesday)
  - 3. bicycles, scooters, skateboards, and hover-boards (should be locked up by the Tennis Courts)
- B. The Aquatics Director/Head Lifeguard has the authority to revoke these privileges if a member or guest's personal conduct becomes inappropriate or hazardous due to these toys.

**VI. Adult Lap Swim**

- A. Adult Lap Swim is from 12:00 – 1:00 p on Mondays and 6:00 – 7:00 p daily.
- B. If there are no lap swimmers present, the area will be open to all swimmers.
- C. During Adult Lap Swim, swimming is not permitted in any lap lane by children 17 or under without permission from the Aquatics Director, Head Lifeguards, or either Swim Coach.

**VII. Private Swimming Parties**

- A. All arrangements for private swimming parties should be scheduled with the Club Manager.
- B. The Club Manager should be given the number of guests so appropriate lifeguard coverage can be scheduled.
- C. The pool will not be closed for private parties unless authorized by the Club Manager for exceptional circumstances.
- D. There is an extra fee and staff charges for any party held after regular pool hours.

**VIII. Personal Conduct**

- A. Personal conduct within the pool area must be such that the safety of self and others is not jeopardized. Running, rough play, and personal conduct endangering the safety of self and/or others are prohibited.
- B. Splashing others with the fountains or squirt guns will not be allowed.
- C. Spitting, spouting of water, blowing the nose, or otherwise introducing bodily contaminants into the swimming facility is not permitted.
- D. No dunking or hanging on the Pool Shot (basketball hoop).
- E. No shoving, pushing, or pulling others into the pool at any time.
- F. No running on the pool deck at any time.

**IX. Wading & Therapy Seat Areas**

- A. The wading area is for babies and very small children. Please be mindful here and avoid running in this area when it is occupied, please.
- B. No child may sit or play on top the flat fountain area or the therapy seat wall. Adults are permitted to sit on the top of the therapy seat wall with no fountains as long as they are not a hazard to themselves or others.

**X. Diving & Diving Board Rules**

- A. Diving in water less than 6 feet deep is not permitted.
- B. No more than one person is allowed on the diving board at any time. Wait until the swimmer is out of the way before you go off.
- C. Swimmers should only bounce one time while on the diving board.
- D. No sitting or hanging on the diving board. This will be strictly enforced. Lifeguards have the authority to revoke swimming privileges in the form of a timed suspension no more than twenty (20) minutes. The only exception to this is found in Section II.
- E. The diving well is strictly for diving board use only, except at the :45 for fifteen (15) minutes every hour.

# **SWIM PROGRAMS REGISTRATION FORM**

*\*Please fill out one (1) form per child & return to the appropriate department head\**

## **SWIMMER INFORMATION**

Swimmer's Name\*: \_\_\_\_\_ Member #\*: \_\_\_\_\_

Age\*: \_\_\_\_\_

Home Phone\*: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail\*: \_\_\_\_\_

Swimmer's Skill Level (Self-Assessment): TOTS      JV      VARSITY

Program:

- ☐ Swim Team
- ☐ TOTS

*NOTE:* swimmers will be placed according to skill level seen during the first days.

## **IMPORTANT INFORMATION**

- Dress in proper swim attire
- Goggles are recommended
- Nose plugs, flotation devices (i.e., "water wings") and water shoes are not permitted, as they hinder the overall performance and progress of the swimmer – proper flotation devices that help the swimmer's progress will be provided.

## **EMERGENCY CONTACT & HEALTH INFORMATION**

Emergency Contact's Name\*: \_\_\_\_\_

Relationship\*: \_\_\_\_\_

Phone Number\*: \_\_\_\_\_

Does the swimmer have any allergies, chronic illnesses, or medical conditions that could/would limit high-level activity?    \_\_\_ yes    \_\_\_ no

If yes, please explain:

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## **PARENTAL PERMISSION FOR EMERGENCY TREATMENT:**

- ☐ In the event of illness or accident, I give my permission for emergency treatment by qualified personnel for my child.

## **RELEASE OF LIABILITY**

- ☐ Although the safety of all sport activities is the primary concern, sport activities through Quincy Country Club Programs may cause injuries and/or death. I expressly assume the risk of injury, death, and/or illness arising from any cause, and agree to waive the right to pursue any claim against the Quincy Country Club Programs and the persons in charge.
- ☐ **I have read and agree to the above conditions\*:**

Signature of Parent or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# Quincy Country Club Photo Consent Release Form

Without expectation of compensation or other remuneration, now or in the future, I hereby give my consent to Quincy Country Club, its affiliates, and agents, to use my image and likeness and/or any interview statements from me in its publications, advertising, or other media activities (including the Internet). This consent includes, but is not limited to:

- (a) Permission to interview, film, photograph, tape, or otherwise make a video reproduction of me and/or record my voice.
- (b) Permission to use my name; and
- (c) Permission to use quotes from the interview(s) (or excerpts of such quotes), the film, photograph(s), tape(s), or reproduction(s) of me, and/or recording of my voice, in part or in whole, in its publications, in newspapers, magazines and other print media, on television, radio and electronic media (including the Internet), in theatrical media and/or in mailings for educational and awareness.

This consent is given in perpetuity and does not require prior approval by me.

Child's Name: \_\_\_\_\_

Member #: \_\_\_\_\_ Date: \_\_\_\_\_

The below signed parent or legal guardian of the above-named minor child hereby consents to and gives permission to the above on behalf of such minor child.

Signature of Parent or Legal Guardian: \_\_\_\_\_

\_\_\_\_\_  
*The following is required if the consent form has to be read to the parent/legal guardian:*

I certify that I have read this consent form in full to the parent/legal guardian whose signature appears above.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Quincy Country Club Management Signature