



V_1.0_Application

Training Program

■ GOLDEN PLAN	(Month fee: \$ 6000) Three times a week training/month (黃金計畫：一週三次訓練/月)
■ SILVER PLAN	(Month fee: \$ 4400) Two times a week training/month (白金計畫：一週二次訓練/月)
■ COPPER PLAN	(Month fee: \$ 2600) One time a week training/month (銅金計畫：一週一次訓練/月)
■ SINGLE PLAN	(One time fee: \$ 1000) One time (單堂計畫：單堂一次訓練)

Training time: Tuesday and Thursday 20:30-22:00, Saturday 17:00-18:30 (訓練時間：週二,週四20:30-22:00,週六17:00-18:30)

CHOOSE YOUR PLAN (選擇你的訓練方案)

- | | |
|--|---|
| <input type="checkbox"/> GOLDEN PLAN (Month fee: \$ 6000) | <input type="checkbox"/> COPPER PLAN (Month fee: \$ 2600) |
| <input type="checkbox"/> SILVER PLAN (Month fee: \$ 4400) | <input type="checkbox"/> SINGLE PLAN (One time fee: \$ 1000) |

CHOOSE YOUR TRAINING DAYS (選擇你的固定訓練日)

- | | |
|--|--|
| <input type="checkbox"/> Tuesday (星期二) | <input type="checkbox"/> Saturday (星期六) |
| <input type="checkbox"/> Thursday (星期四) | |

Swimmer Profile

First Name (名)

Last Name (姓)

Date of Birth (西元出生年月日)

Gender (性別)

Swimmer ID (Official) (官方填寫)

Phone Number (電話或手機號碼)

其他注意事項：

1. 每個月可重新選擇方案及訓練日期。
2. 插班學員如當月剩下2堂課，則必須連同下個月的方案費用一起繳納。
3. 當月如果想要加課訓練則統一使用單堂1000元之方案做計算。
4. 如遇重大疾病發生或身體重大意外請附醫生診斷即可延期訓練，最長為3-6個月。

健康聲明切結書

本人_____，參加卡拉蒂水上運動國際成人競技游泳隊訓練，確定無患有氣喘、心臟血管疾病、癲癇症或重大疾病等不適合運動競賽訓練之情形。

一、患有氣喘、心臟血管疾病、癲癇症等不適劇烈運動者，不宜參加運動競技訓練，如有發生任何意外，本人願自行負責。

二、當日訓練若有身體不適不宜繼續訓練，願服從現場教練指示停止訓練並服從場館安排後續就醫事宜。

謹此

隊員簽名:

未滿20歲隊員之法定監護人簽名:

西元 年 月 日



Athlete Code of Conduct

All Galatea athletes are apprised of this Code of Conduct and the USA Swimming Code of Conduct is displayed in Article 304 of the USA Swimming rulebook. A signature on this document constitutes unconditional agreement to comply with the stipulations of both codes.

1. When training, competing in meets, traveling on trips, and attending other team related functions, athletes are representing both themselves and the Galatea swim team. Athletes are encouraged to contribute to the positive image of the team by conducting themselves with dignity.
2. Athletes are to display proper respect and sportsmanship toward teammates, coaches, officials, administrators, fellow competitors, and the public at all times.
3. Athletes will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
4. Unlawful use of alcohol, tobacco and illegal substances products by any athlete is prohibited.
5. The possession, use, sale, or distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
6. While representing Galatea swim team, athletes shall reflect the high standards of the club and refrain from inappropriate physical contact, using inappropriate language, engaging in social media, cell phone, or computer related activities and dialogue that is detrimental to the team, or be in possession of obscene materials digitally or otherwise.
7. Athletes are to adhere to team uniform policies.
8. Athletes will be respectful of their teammates' feelings and personal space. Swimmers who exhibit racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
9. Athletes will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
10. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary actions. Such discipline may include, but not be limited to: suspension from the team, disqualification from future meets or events, or dismissal from the team.

Athletics (Signature)

Date

運動員行為守則

所有卡拉蒂的運動員都被告知此行為守則，以及USA Swimming規則手冊第304條中展示的美國游泳隊行為守則。在此文件上簽名表示無條件同意遵守這兩項守則的規定。

1. 在訓練、比賽、旅行和參加其他團隊活動時，運動員代表自己和卡拉蒂游泳隊，應以尊嚴行事，為團隊樹立正面形象。
2. 運動員應隨時對隊友、教練、官方人員、管理人員、同行競爭者和公眾表現出適當的尊重和體育精神。
3. 運動員應避免任何非法或不當行為，以免損害團隊形象或對其表現目標造成不利影響。
4. 嚴禁運動員非法使用酒精、煙草和非法物質。
5. 嚴禁擁有、使用、銷售或分發任何受控或非法物質或任何形式的武器。
6. 代表卡拉蒂游泳隊時，運動員應體現俱樂部的高標準，避免不當的身體接觸、使用不當語言、參與對團隊不利的社交媒體、手機或電腦相關活動和對話，或擁有猥褻材料。
7. 運動員應遵守團隊制服政策。
8. 運動員應尊重隊友的感受和個人空間。表現出種族主義、恐同或其他不當行為的游泳者將面臨後果。
9. 運動員應尊重所有設施和財產（包括更衣室）。
10. 不遵守本行為守則可能導致紀律處分，包括但不限於：暫停團隊資格、取消未來比賽或活動資格、或被開除出團隊。

運動員 (簽章)

日期

The purpose of the Galatea Swim Team Code of Conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand it's essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

1. As a parent / guardian I will set the right example for my child/ren by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, fellow parents and all facilities.
2. As a parent / guardian I will refrain from coaching my child/ren from the stands during practices or meets.
3. As a parent / guardian I understand criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and / or any participating swimmer will not be tolerated.
4. As a parent / guardian I will respect the integrity of the officials, coaches, staff, and fellow parents.
5. As a parent/guardian I will time at meets that my child is participating in.
6. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary actions. Such discipline may include, but not be limited to suspension from the team or dismissal from the team.
7. As a parent/guardian have reviewed the Minor Athlete Abuse Prevention Policy (MAAPP) linked [here](#) and I agree to its terms.

Parent (Signature)

Date

家長行為守則

卡拉蒂游泳隊為家長制定的行為守則旨在建立家長行為的一致預期。作為家長/監護人，我明白孩子參與所帶來的重要成長和發展支持，也理解尊重教練團隊並賦予其指導權的重要性。我同意以下聲明：

1. 作為家長/監護人，我會以身作則，展現體育精神，隨時尊重隊員、教練、競爭者、官方人員、其他家長和所有設施。
2. 作為家長/監護人，我會避免在訓練或比賽期間從看台上指導孩子/孩子們。
3. 作為家長/監護人，我明白對教練、官方人員、志願者和/或任何參與的游泳運動員進行批評、辱罵、使用侮辱性語言或手勢是不被容忍的。
4. 作為家長/監護人，我將尊重官方人員、教練、工作人員和其他家長的完整性。
5. 作為家長/監護人，我將在孩子參與的內部比賽中計時。
6. 不遵守本行為守則可能導致紀律處分，包括但不限於暫停團隊資格或被開除出團隊。
7. 作為家長/監護人，我已審閱了未成年運動員虐待預防政策 ([MAAPP](#)) 並同意其條款。

家長/監護人 (簽章)

日期