Dear Swim Coach:

We invite you to consider Plantation Aquatic Complex in South Florida for your next team training.

Our facility offers:

- Two outdoor, heated Olympic 50 meter x 25 yard training pools, side by side
- Pools configured for long course and short course practices.
- Opportunities to conduct informal dual or tri swim meets with other visiting teams
- Diving well with:
  - Three 1-meter springboards
  - Three 3-meter springboards
  - One 5-meter diving platform
- Each pool has men’s and women’s bathrooms and hot showers
- Two hospitals and two urgent care medical centers located nearby
- On-site locker rooms; rental locks available
- On-site Recreation Complex with gym and game room
- Outdoor basketball courts
- Adjacent Tennis Center
- One-mile outdoor track around Central Park Lake with Fitness Trail
- Walking distance to many area hotels
- Minutes to Ft. Lauderdale beaches and Atlantic Ocean open water swimming
- South Florida’s endless social and recreational activities
- Local, state, and national parks nearby
- Operating on Eastern Standard Time

Please carefully follow the instructions at the bottom of the enclosed Letter of Intent form. If you have any special needs, or wish to discuss your arrangements, please call 954-452-2527 weekday mornings, or e-mail sosenkowsk@plantation.org. For more information, check www.swimpst.com and www.plantation.org. Find Plantation Aquatic Complex on Facebook for additional photos and information.

The fine print: The scheduling of any meets must be approved in advance by facility management. Also, a Certificate of Liability insurance, following our guidelines, and admission fees apply to teams not already training at our facility. No hypoxic underwater training is permitted.

Using our facility for your team training needs is sure to get results! We hope to see you soon.

Sincerely,

Noel Acosta

Noel Acosta
Manager
PLANTATION AQUATIC COMPLEX

2018-2019 LETTER OF INTENT – NEW TEAMS

Fees: $10.00 per day per swimmer/diver, no charge for coaches, administrative fee of $95.00 per team.*

Team or Club Name ________________________________________________________________

Street Address ___________________________________________________________________

City ___________________________ State__________ Zip____________

Phone ( ) ______________ Fax ( ) __________ Email ________________________________

Dates of Use: Start Date: __________________________ End Date: ______________________

Requested start times: 1st choice ______ am ______ pm / 2nd choice ______ am ______ pm

Special Requests: _______________________________________________________________

Dates you will not be using facility during the above time period: _______________________

No. of Swimmers: _____________________ No. of Divers: ______________________________

Head Coach: ________________________ Asst. Coach: _________________________________

Head Coach Cell Phone: ______________ Asst. Coach Cell Phone: ______________________

Head Coach Signature: ___________________________________________________________

*DUE DATES and NOTICES for 2018:

1. April 1, 2018 (Sunday): Letter of Intent Form
   (Above) – Requests from any new teams will be accepted on a first come, first served basis beginning **Sunday, April 1st**. An invoice for your deposit will be emailed in late August.

2. September 28, 2018 (Friday):
   Travel Plan Form;
   Fees: $95.00 non-refundable administrative fee and a deposit of 50% of swimmer/diver fees.
   **Certificate of Insurance** with $1 million/$3 million coverage naming the City of Plantation as Additional Insured and covering the dates you will be using our facility, OR a letter attesting to your team’s status as self-insured and indemnifying the City of Plantation;
   **Proof of vehicle insurance** coverage for vehicles driven and parked at the Aquatic Complex.

3. October 31, 2018 (Wednesday): Final headcount
   Report final headcount for swimmers/divers. Team fees incurred will be based on this head count via phone or email to sosenkowskki@plantation.org; A Balance Due Invoice will be emailed within 1-2 business days.

4. December 7, 2018, (Friday): Any and all remaining fees are due by Friday, December 7th.

Notices:

- No refunds issued for reservation days cancelled or fewer swimmers/divers than reserved.
- Scheduling of swim meets must be approved by the Aquatics Manager. Participation of any outside teams will require that they submit insurance and admission fees in advance.
- Payments may be made in the form of cash, check, money order, AMEX, VISA, MasterCard, or wire transfer (wire transfers incur outbound and inbound wire transfer fees of $40 each).
- All fees subject to approval of Plantation City Council and subject to change.
TRAVEL PLAN FORM

Dear Coach:

We would appreciate the following information:

Team: _______________________________________

Date of Arrival: _______________________________

Time of Arrival: _______________________________

Date of Departure: _____________________________

Time of Departure: _____________________________

Accommodation Hotel: __________________________

Hotel Telephone No.: ___________________________

Coach’s Cell Phone No.: _________________________

Please submit this information at least 30 days prior to your arrival.

Sincerely,

PLANTATION AQUATIC COMPLEX

Noel Acosta

Noel Acosta
Manager
Plantation Aquatic Complex Rules

Pools & Facility
1. Follow the directions of the lifeguards.
2. Running is not allowed on the pool deck.
3. All patrons must shower before entering the pool.
4. Glass containers are not allowed within the swimming complex area.
5. Alcoholic beverages are not allowed at the pool or in public parks.
6. No smoking.
7. No underwater hypoxic training permitted.
8. No foul language.
9. Children younger than twelve (12) years of age must be accompanied by a responsible adult (16 years and older) to enter the pool.
10. U. S. Coast Guard approved floatation devices ONLY. Any child wearing a floatation device must be accompanied by a responsible adult within arm’s reach. Water wings and other inflatables are not permitted.
11. Proper swimming attire (conventional bathing suit) must be worn.
12. No horse play.
13. Diving and flips from the side of the pool are not allowed.
14. No pets of any kind are allowed at the pool or in public parks.
15. Changing diapers on pool deck is prohibited by state law. Changing tables are provided in locker rooms and restrooms. Children in diapers must have rubber pants and/or tight fitting suit covering diaper.
16. Nearest telephone for emergency use is located inside Lifeguard/Coaches office.
17. No food or drink on deck.
18. No squirt guns or water guns of any kind are permitted.
19. Short course lap swimming is always available. Lap swimmers may be required to share lanes.

Dive Well
1. Only one (1) person on diving board at a time. Go straight off the end and immediately swim away to the nearest ladder.
2. No more than one (1) bounce.
3. No backward or inward dives or jumps.
4. Only one (1) person at a time is allowed on ladder.
5. Use of the 5-meter platform is restricted to dive instruction with a certified coach.

Team Training
1. No underwater hypoxic training permitted.
2. Any planned dual meets require Facility Manager’s approval insurance and fees for outside teams.
3. The Aquatics Complex recognizes the international Code of Conduct for swimmers and coaches as set forth by FINA and USA Swimming. To wit, coaches and swimmers must refrain from “acts of misbehaviour including but not limited to abusive, violent conduct in a disturbing, ugly or provocative manner, unjustified interference including disobedience with obstruction of the orderly conduct of any sporting event within or outside of the venue(s), malicious alteration, damage or destruction of property or infliction of physical or mental harm on others.” (FINA, By Laws, Code of Conduct.) All visitors are required to exhibit appropriate sportsmanlike conduct.