



SAN DIEGO-IMPERIAL SWIMMING

2013 WESTERN ZONE CHAMPIONSHIPS TEAM APPLICATION

- Date of Meet:** August 7-10, 2013
- Location:** Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd., Roseville, CA 95747
- Cost:** \$650 for swimmers 13 and over.
Swimmers, 12 and under will make their own travel arrangements for the swim meet; the Zone Staff will select and enter the swimmers into the meet. They will also be responsible for their own lodging, food and transportation while at the meet. There may be a stipend of up to \$500, for those swimmers who meet all requirements that are set by the LSC and Zone Staff.
- Depart Date:** Tuesday August 6, 2013
- Return Date:** Sunday August 11, 2013
- Head Coach:** Sean Redmond (760) 728-9244 Email: seanmary@aol.com
1335 Via Del Oro, Fallbrook, CA 92028
- Eligibility:** All swimmers must have a minimum of two 2013 Western Zone qualifying times to apply and be considered for the team. Swimmers with five 2013 Western Zone qualifying times will be granted automatic selection when they apply. **The Zones Committee reserves the right to limit the team to up to 24 13-14 with a max of 48 swimmers from all age groups.**
- Entry deadline:** Swimmers must submit a **COMPLETE ZONE PACKET** by **Saturday, July 27, 2013**, at the conclusion of the prelims of the Junior Olympics. Updates will be accepted July 28th provided that a completed application is received by the 27th, by the end of prelims.
- Team Selection:**
- In order to apply the swimmer must have at least two (2) 2013 Western Zones qualifying times. Times must have been achieved since the 2012 Western Zone Championships through the application deadline. The qualify period for short course times is December 21, 2012 through the entry deadline.
 - Applications will be accepted after July 1, 2013. Applications must be received no later than July 27, 2013.
 - Applications may be sent to the SI Swimming Office until July 17; after July 17 send directly to the Head Coach (see address above), and must be received by Monday July 22, 2013.
 - Swimmers with 5 (five) or more, qualifying times who submit a complete and timely application, will automatically be selected to the team.
 - The coaching staff will select the best team from the qualified applicants. The coaching staff will enter the swimmers in the events that will be best for the overall team success. Swimmers are required to compete in all entered events, individual and relay. Selection of the swimmers will be based on the swimmers' times and compared to the placing of the top eight times of previous Zone Meets.
 - A maximum of four (4) swimmers with disabilities may be selected: two (2) 12/U and two (2) ages 13-18.
 - Swimmers 12 and under, may receive a stipend from SI Swimming of up to \$500 after the meet. Swimmers will be required to turn in receipts within 30 days to receive stipend. Swimmers not competing in all events that they are entered, not complying with all SI and Team Rules and Policies will not receive funds.
 - **SWIMMER'S COPY: PAGES 1-5** **ZONE STAFF COPY: PAGES 7-10**

- Swimmers and parent/guardians are required to read and sign the SI Swimming Code of Conduct. Swimmers must abide by the code at all times, failure to do so will result in disciplinary action.
- Swimmers must attend ALL sessions (regardless of their individual entries), meetings, workouts, etc as determined by the Head Zone Coach. Early departure from the Team or late arrival is NOT permitted.
- The SI Swimming Office will maintain a list of those calling and offering to take other swimmers and those looking for a chaperone for their child. **The SI Swimming Office is not responsible for arranging, coordinating or conducting of any such arrangements and will function as an information clearinghouse only.**
- Prior to departure, the Head Coach must be provided with swimmer's contact information including: lodging (phone number and name) and cell phone number (if available), etc.
- Team Staff, in a funded or unfunded role, must abide by the SI Swimming Code of Conduct.
- Any swimmer who within the 18 months prior to the start of the meet has participated in one individual event at a USA Swimming Championships as defined in Article 207s, excluding Disability Championships and Open Water Championships, may not compete in that event or the related relay leg. Any swimmer who within the 18 months prior to the start of the meet has participated in two (2) or more individual events at a USA Swimming Championships as defined in Article 207 of the USA Swimming Rules, excluding the Disability & Open Water Championships may not compete in the meet.
- *Swimmers selected for the 2013 SI Western Zones Team must agree not to compete in any athletic competition between July 29, 2013 and the beginning of Zones. Violation of this rule will result in dismissal from the team.*

- Notification:** All applicants will be notified of their team status by 9:00 pm, July 28, 2012.
- Team Meeting:** All team members will be required to attend a **mandatory meeting** on Saturday, August 3 at Kit Carson Park in Escondido at 4:00PM.
- Travel Rules:** All 13-14 year old swimmers must remain part of the team from departure until the conclusion of the meet. At the conclusion of the meet, a swimmer may be released to his/her parents only if a written request is submitted to the team manager or head coach at least **48 hours PRIOR to departure from San Diego.**
12 and under swimmers are responsible for their own arrangements (travel, lodging and supervision, etc.), and must be present for the entire meet, as determined by the Head Coach.
- Uniform:** Team members entered into the Zone Meet, including the 12/U, will receive the following: Team Shirts and Team caps. **Swimmers must supply their own solid navy blue team suit or other approved suit for competition and must wear the team uniform in all competitions.** During workouts and warm-ups other suits may be worn.
- Code of Conduct:** Each swimmer will be required to sign the San Diego-Imperial Code of Conduct. Swimmers must follow staff instructions at all times.
- General Information:** Bring extra money (\$60.00) for extra meals and souvenirs. Swimmers are required to sit with the team at all times, when at the meet. **The team area will only be for the swimmers, coaches and chaparones**
- Saturday evening there will be an end of the meet social event at the Golfland Sunsplash, 1893 Taylor Road, Roseville, CA 95661. 916-784-1273. This activity is open to all participants, coaches, chaperones and officials of the meet. The LSC will pay for the SI zone team swimmers and SI zone team staff. ***This is also open to swimmers families and payment; \$25 per person; must be made when the application is turned in.***



Code of Conduct

This code of conduct shall apply to all those representing San Diego-Imperial Swimming.

The following shall be prohibited at all times:

1. Possession of, use of, or knowledge of use of illegal substances by those representing SI Swimming or use in the presence of those representing SI Swimming.
2. Inappropriate or destructive behavior, or knowledge (without immediate reporting) of same.
3. Smoking by athletes (or use of other tobacco products) while representing SI Swimming. Knowledge of use is to be considered use (unless immediately reported).
4. Use by athletes, knowledge of use of, or providing alcohol to or use around swimmers.
5. Use of alcohol by those having direct responsibility for swimmers is also prohibited.
6. Violation by any representative of the laws, regulations, rules, etc. is included.

Note: Persons present while any of the above mentioned prohibited activities occur must leave the area immediately and report the situation immediately to the Team Manager, a coach or chaperone or considered to be a participant by choice.

TRAVEL TRIPS

The following are mandatory and the responsibility of the Head Coach or designee:

1. A nightly curfew will be established and enforced.
2. All athletes and individuals representing SI Swimming shall be housed in an appropriate manner.
3. Coaches and athletes must attend all team meetings and/or required functions.
4. The Team Manager/Head Coach shall have in his possession a signed "Consent to Treat" form for all minors on the trip.

Further, all swimmers who have been designated as part of the team representing SI Swimming are to remain as part of that team from the time of departure until reaching the return destination (San Diego County). The swimmers must at all times follow the team staff's instructions as it relates to swimming, lodging, meals, team meetings, social events or any other incidentals or directions that may be given.

A swimmer can only be released to his/her parents prior to the completion of all travel events if such release has been requested in writing by the parent and addressed to and received by the Team Manager at least 48 hours prior to the team's departure. If the Team Manager grants approval for early release, such approval will be provided to the parent(s) in writing and signed by the Team Manager. Verbal approval will not be given or accepted.

KEEP FOR YOUR RECORDS

2012 8 th place	WOMEN			MEN		
	2013 zone cut	AGE/EVENT	2013 zone cut	2013 zone cut	2012 8 th place	
	YARDS	LCM	10 & UNDER	LCM	YARDS	
32.17	29.29	33.29	50 FREE	33.09	29.09	32.33
1:11.41	1:03.69	1:12.39	100 FREE	1:12.39	1:03.69	1:12.76
2:38.73	2:20.29	2:38.89	200 FREE	2:38.39	2:19.79	2:33.95
38.63	34.89	:39.29	50 BACK	39.49	35.09	38.94
1:23.04	1:15.19	1:24.69	100 BACK	1:25.39	1:15.79	1:24.06
43.39	38.99	44.19	50 BREAST	44.89	39.59	45.62
1:32.59	1:25.09	1:36.49	100 BREAST	1:37.89	1:26.39	1:37.64
34.69	32.49	36.69	50 FLY	36.79	32.59	34.97
1:22.31	1:14.89	1:24.59	100 FLY	1:24.79	1:15.09	1:22.06
2:55.57	2:37.89	2:58.39	200 IM	2:59.69	2:38.99	2:59.62

2012 8 th place	WOMEN			MEN		
	2013 zone cut	AGE/EVENT	2013 zone cut	2013 zone cut	2012 8 th place	
	YARDS	LCM	11-12	LCM	YARDS	
29.19	25.89	29.39	50 FREE	29.59	25.89	28.77
1:03.96	56.99	1:04.89	100 FREE	1:04.29	56.49	1:02.51
2:22.22	2:03.79	2:20.59	200 FREE	2:19.49	2:02.79	2:16.26
4:55.11	5:32.49	4:56.79	400/500 FREE	4:55.69	5:31.29	4:49.97
33.23	30.69	34.59	50 BACK	34.89	30.89	34.02
1:11.43	1:05.79	1:14.29	100 BACK	1:15.09	1:06.59	1:12.86
	2:31.59	2:50.59	200 BACK	2:46.59	2:27.99	
37.67	33.89	38.59	50 BREAST	38.09	33.39	36.77
1:23.26	1:13.99	1:24.19	100 BREAST	1:24.29	1:14.09	1:19.16
	2:49.99	3:12.69	200 BREAST	3:08.89	2:46.59	
31.15	28.49	32.39	50 FLY	32.39	28.49	31.34
1:11.86	1:04.09	1:12.49	100 FLY	1:12.59	1:04.19	1:09.03
	2:32.29	2:51.79	200 FLY	2:46.39	2:27.39	
2:40.95	2:20.19	2:38.79	200 IM	2:38.89	2:20.29	2:37.83
	5:22.69	6:04.59	400 IM	5:56.09	5:15.09	

2012 8 th place	WOMEN			MEN		
	2013 zone cut	AGE/EVENT	2013 zone cut	2013 zone cut	2012 8 th place	
	YARD	LCM	13-14	LCM	YARDS	
28.30	25.39	28.89	50 FREE	27.29	23.89	26.90
1:01.73	55.09	1:02.69	100 FREE	58.99	51.69	1:09.98
2:14.88	1:59.09	2:15.39	200 FREE	2:08.09	1:52.49	2:07.04
4:44.33	5:19.19	4:44.89	400/500 FREE	4:32.89	5:05.69	4:35.06
9:45.51	11:05.09	9:53.59	800/1000 FREE	9:30.09	10:38.69	9:22.48
19:10.53	18:33.29	18:55.49	1500/1650 FREE	18:10.89	17:49.49	17:57.11
1:13.47	1:03.29	1:11.49	100 BACK	1:07.99	1:00.09	1:06.32
2:30.71	2:15.79	2:33.09	200 BACK	2:25.99	2:09.39	2:24.09
1:20.90	1:11.29	1:21.19	100 BREAST	1:16.09	1:06.69	1:14.48
2:55.83	2:33.29	2:54.09	200 BREAST	2:45.49	2:25.49	2:45.62
1:07.45	1:01.29	1:09.39	100 FLY	1:05.09	57.39	1:03.67
2:33.90	2:17.39	2:35.29	200 FLY	2:26.89	2:09.79	2:23.09
2:36.05	2:15.79	2:33.89	200 IM	2:25.39	2:09.09	2:25.45
5:21.92	4:47.79	5:25.79	400 IM	5:09.49	4:33.09	5:08.06

Schedule of Events

Wednesday

Warm up 9:00, meet starts at 10:00. Relays will start 2 hours after the 1500 Free

1-2	11/12	400 IM	7-8	11/12	400 Freestyle Relay
3-4	13/14	1500 Freestyle	9-10	13/14	400 Freestyle Relay
5-6	10/under	400 freestyle relay			

Thursday

Warm TBA; meet starts at 8:30. Finals start time TBA

11-12	10/under	200 Freestyle	27-28	13/14	100 Breaststroke
13-14	11/12	200 Freestyle	29-30	10/under	200 Individual Medley
15-16	13/14	200 Freestyle	31-32	11/12	200 Individual Medley
17-18	10/under	50 Butterfly	33-34	13/14	400 Individual Medley
19-20	11/12	50 Butterfly	35-36	11/12	200 Backstroke
21-22	13/14	100 Butterfly	37-38	10/under	200 Freestyle Relay
23-24	10/under	50 Breaststroke	39-40	11/12	200 Freestyle Relay
25-26	11/12	50 Breaststroke	41-42	13/14	200 Freestyle Relay

Friday

Warm TBA; meet starts at 8:30. Finals start time TBA

43-44	10/under	100 Freestyle	59-60	13/14	100 Backstroke
45-46	11/12	100 Freestyle	61-62	11/12	200 Butterfly
47-48	13/14	100 Freestyle	63-64	11/12	400 Freestyle
49-50	10/under	100 Breaststroke	65-66	13/14	400 Freestyle
51-52	11/12	100 Breaststroke	67-68	10/under	200 Medley Relay
53-54	13/14	200 Breaststroke	69-70	11/12	200 Medley Relay
55-56	10/under	50 Backstroke	71-72	13/14	200 Medley Relay
57-58	11/12	50 Backstroke			

Saturday

Warm TBA; meet starts at 8:30. Finals start time TBA

73-74	13/14	200 Individual Medley	89-90	11/12	100 Backstroke
75-76	10/under	50 Freestyle	91-92	13/14	200 Backstroke
77-78	11/12	50 Freestyle	93-94	11/12	200 Breaststroke
79-80	13/14	50 free	95-96	13/14	800 Freestyle
81-82	10/under	100 Butterfly	97-98	10/under	400 Medley Relay
83-84	11/12	100 Butterfly	99-100	11/12	400 Medley Relay
85-86	13/14	200 Butterfly	101-102	13/14	400 Medley Relay
87-88	10/under	100 Backstroke			

- Finals will be swum in A/B format consisting of the top 16 qualifying times of each event from prelims.
- The 11/12 200 backstroke, 200 Butterfly, 200 Breaststroke and 400 IM are timed final events.
- The 13/14 800 free and 1500 free are timed final events, will be swum fastest to slowest, alternating women and men.
- All relay events will be timed finals and swum at the end of each final session.

SWIMMING



Code Of Conduct Declaration

I have read and understand the San Diego-Imperial Swimming Code of Conduct and accept all the rules, regulations and conditions as outlined therein (including this declaration). I further agree to follow all directions as they are given by the Team Staff.

I agree to wear the team uniform during all competition and to supply this suit at my own expense.

I understand that any violation of any part of the Code of Conduct (attached), Staff direction or team information sheets (including this declaration), can result in any or all of the following:

1. Being scratched from any or all remaining events.
2. Being sent home, at once, at either my or my parent's expense.
3. Not being allowed to represent SI Swimming on any future team or receive SI Swimming team travel funding.
4. All other disciplinary actions as deemed appropriate by SI Swimming and team staff.

I understand that I have the right to appeal disciplinary actions through the processes established in the USA Swimming and SI Swimming codes.

Swimmer Signature

Date

I, the undersigned Parent/Guardian of _____
have read and understand the Code of Conduct, this form and all other team information sheets and have ensured that my son/daughter fully understands the content. I declare that I agree to and support the Code of Conduct, this form and all other team information sheets and all consequences as they relate to non-compliance.

Parent Signature

Date

Contact numbers:

Daytime: _____

Name

Relationship

Number

Evening: _____

Name

Relationship

Number

Special diet request: _____

Roommate request: _____



Authorization To Treat A Minor

I/we, the undersigned parent(s) or legal guardian of _____, a minor, do hereby authorize San Diego-Imperial Swimming, Inc. or its designated representative to consent to any x-ray examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care rendered under the general or special supervision and upon the advise of a duly licensed physician or dentist. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached. This authorization is given pursuant to the provisions of section 25.8 of the Civil Code of California.

- Can your athlete administer their own medication, if any is required? Y___ N___
- Does the Team Manager or chaperone staff have your permission to administer prescription or non-prescription medication to your athlete if necessary? Y___ N___

For Athletes/ Patient's Protection:

1. Allergies and sensitivities: Is there a history of skin or other untoward reaction or sickness following injection or oral administration of:

Penicillin	Yes	No	Iodine or methiolate	Yes	No
Morphine, codeine, demerol or other narcotics	Yes	No	Hypotensives (blood pressure medications)	Yes	No
Lidocaine or other anesthetics	Yes	No	ACTH	Yes	No
Sulfa drugs	Yes	No	Anticoagulants	Yes	No
Tetanus antitoxin or other serums	Yes	No	Cortisone	Yes	No
Tranquilizers	Yes	No			

2. Has swimmer ever received treatment for (if yes, circle condition) Asthma? Rheumatism? Rheumatic Fever?
3. Any other drug or medication? (Describe): _____
4. Any food allergies such as egg, peanuts, milk, chocolate? (Describe): _____
5. Allergy to insect bites, bee stings, other? (Describe): _____
6. Date of last Tetanus booster? _____
7. Other physical conditions of which we should be aware? _____

Emergency Information

Home Address: _____

Father: _____ Phone # Home: _____ Work: _____

Mother: _____ Phone # Home: _____ Work: _____

Other Contact: _____ Phone # Home: _____ Work: _____

Email Addresses: _____

Primary Care Physician: Phone #: _____

Medical Insurance: _____ Policy Number: _____

Dental Insurance: _____ Policy Number: _____

Phone # of insurance company to obtain authorization for emergency treatment (usually an 800 number): _____

Parent /Guardian Name (Print) _____

Signature _____

Date _____

Please staple a copy of the insurance card to the right hand corner of this page.

CHECK # _____ USA# _____ Age as of 8/7/13 _____ SEX _____

NAME _____ PHONE (____) _____

ADDRESS _____ TEAM _____

City _____ Zip _____

E-Mail _____ Swimmer's Cell # _____

T-SHIRT SIZE _____ After Meet Social _____ How many (\$25 per person) _____

PLEASE FILL OUT THIS APPLICATION COMPLETELY. **SUBMIT ALL YOUR BEST TIMES SINCE THE 2012 WESTERN ZONES CHAMPIONSHIPS FOR ALL EVENTS.** EACH SWIMMER WILL BE SWIMMING IN UP TO SIX INDIVIDUAL EVENTS AND ON RELAYS. **WRITE IN TIMES ONLY IF TIMES NOT IN SWIMS.**

↓ NUMBER YOUR EVENTS IN ORDER OF PREFERENCE

EVENT	PREFERENCE	LONG COURSE TIME	SHORT COURSE TIME	DATE	QUALIFYING MEET
50 FREE		CUT: Y N			
100 FREE		CUT: Y N			
200 FREE		CUT: Y N			
4/500 FREE		CUT: Y N			
8/1000 FREE		CUT: Y N			
1650/1500 FR		CUT: Y N			
50 BACK		CUT: Y N			
100 BACK		CUT: Y N			
200 BACK		CUT: Y N			
50 BREAST		CUT: Y N			
100 BREAST		CUT: Y N			
200 BREAST		CUT: Y N			
50 FLY		CUT: Y N			
100 FLY		CUT: Y N			
200 FLY		CUT: Y N			
200 IM		CUT: Y N			
400 IM		CUT: Y N			

**SAN DIEGO-IMPERIAL
SWIMMING**



2013 CLUB COACH QUESTIONNAIRE REGARDING ZONE PARTICIPANT

1. Does the swimmer require a special type of warm-up for prelims and/or finals?

2. Are there special instructions regarding their races (splits etc)?

3. Are there any special considerations or needs that need to be addressed regarding your swimmer?

4. Has your swimmer been working out the entire 2013 Long Course Season?

Yes No _____
Coaches' signature

If no, please give duration of workouts during the 2013 Long Course Season.

5. _____
Team Coach Signature



2013 WESTERN ZONE CHAMPIONSHIPS TEAM APPLICATION

CHECK LIST

- _____ COPY OF INSURANCE CARD (FRONT AND BACK) STAPLED TO PAGE 8
- _____ PRINT OUT OF BEST LC TIMES FROM USA SWIMMING WEBSITE STAPLED TO PAGE 9
- _____ PRINT OUT OF BEST SC TIMES FROM USA SWIMMING WEBSITE STAPLED TO PAGE 9
- _____ PAGES 7-10 COMPLETED WITH SIGNATURES