

2006 Zone Packet

Fresno, California
August 7 – 14, 2006

Letter to Colorado Coaches
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10 & Under Requirements
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CSI Priority Times
Authorization for Treatment
10 & Under Parent Chaperone Duties
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Chaperone Application

General Information:

There will be two flights to Fresno. The first will be for 13 and up swimmers departing from DIA on Monday, August 7th at 8:15am on Frontier flight #4292 arriving in Fresno at approximately 9:35am. The 13 and ups will return will return Monday, August 14th leaving Fresno at 10:05am and arriving in Denver at 1:10pm on Frontier flight #4295. The 11/12 year olds will depart from DIA on Tuesday, August 8th at 8:15am on Frontier flight #4292 arriving in Fresno at approximately 9:35am. The 11/12 year olds will return on Monday, August 14th leaving Fresno at 6:35am arriving at DIA at approximately 9:50am on Frontier flight #4299. Cost of the trip is \$550 per swimmer for 13 and ups and \$515 for 11/12 year olds. More information on the staggered flights is included in the packet. All paperwork (intent form, authorization of treatment, swimmer code of conduct, chaperone application) must be in by July 1st with your \$100 deposit payable to CSI. The balance is due by July 30th. Get your information in as early as possible if you are planning to participate at Zones.

Zone meet information is available at www.fresnodolphins.org.

Questions can be directed to the Age Group Chairs; Carmen Babcock at swimshady7@yahoo.com / 303-979-4070 ext. 124 (allow 24 hours for a return call) or Todd Schmitz at Starstodd@aol.com / 720-272-3146.

Dear Coach:

This is the 2006 Colorado Swimming Western Zone packet. We are asking for your assistance in dispersing this information to any swimmers on your team who you feel has a chance to qualify for the Zone meet or have already qualified. It is your responsibility to copy the packet and hand it out. Please give your potential Zone swimmers the entire packet. If you want a swimmer to attend the Zone meet, please follow up with the parents and encourage them to send their paperwork as soon as possible. If they have not fully qualified at this time still ask them to send in the paperwork; times can be updated throughout the summer and at the state meet. Those who volunteer to do the Zone trip planning and entries want to avoid the last minute frenzy at the state meet. It will help if as much planning as possible can be done early.

We have enclosed a list of FAQ's to help answer some common questions regarding the zone trip. If there are additional questions please contact Carmen Babcock (North Jeffco Swim Team) at Swimshady7@yahoo.com / 303-979-4070 ext. 124 (allow 24 hours for a return call) or Todd Schmitz (STARS) at starstodd@aol.com or 720-272-3146.

Zone meet information is available at www.fresnodolphins.org.

Thank you in advance for assisting us in the Zones process.

Make plans to attend a zones meeting at Long Course State Champs. The time and place will be announced during the meet and most likely will be between the prelim and finals sessions on the Sunday during the miles. This meeting will address questions, concerns and additional information.

Sincerely,

Carmen Babcock & Todd Schmitz
Co-Age Group Chairmen
Colorado Swimming, Inc.

ZONE FAQ'S

How does a swimmer qualify for the Zone meet?

There are three ways to qualify for Zones.

#1= Make 3 Zone qualifying times.

#2= Make 2 Zone qualifying times and place in the top 3 in one of your two qualifying events at the Colorado Long Course Championships this summer.

#3= Make 1 "priority" qualification time (these times are published in the Zone packet). Priority times must be swam long course meters. Converted short course times are not accepted as priority times.

**The qualification times must have been swum in the past year since the first day of Zones, August 10th, 2005. The times must be from a USA Swimming sanctioned meet or a Colorado high school state meet. Backstroke and IM times must be observed and signed off by the meet referee at high school meets. If the meet results are not on the Colorado Swimming website, provide a hard copy of meet results for proof of time.

When is the qualification deadline?

The deadline is the last day of the Colorado Long Course State Championship, July 30.

When is the meet?

The meet will be held August 8th through August 12th. The 13 and up Colorado Zone team will be flying to Fresno on August 7th and return on August 14th. The 11/12 year olds will be flying out on August 8th and return on August 14th. The only event on Tuesday, August 8th is the 13 & over mile. If the 13 & over team exceeds the 50, which is the number of seats Colorado Swimming has on the Monday flight, some of those not swimming the mile will be asked to fly in on the Tuesday flight until numbers are met. Final numbers will not be known until after finals on Sunday. 13 & up swimmers flying on Tuesday instead of Monday, will be contacted on Monday, July 31 and their fee for the trip will be \$515.

Where is the meet held?

This year the Western Zone Championship will be held at the Central Unified Aquatics Complex at Central High School located at 3535 North Cornelia Avenue, Fresno, CA.

When do I need to turn in the paperwork?

Paperwork should be in as soon as possible. The latest it may be postmarked is Friday, July 1st. The Zone coaches would like to get started on as much of the work as possible before the state meet. Even if the swimmer is not fully qualified at this time, please send in the paperwork if you plan to attend if you qualify. This will enable those planning the trip to get an estimate on numbers, suit sizes, etc. Please help us out by getting your paperwork in early. You can make changes to the information at the state meet. Updates may also be done by contacting Carmen Babcock up to the start of the state meet. A table will be set up at the state meet to make updates and complete paperwork and payment.

What is the cost and what does it include?

The cost this year is \$550 for 13 and ups and \$515 for 11/12 year olds. This includes transportation, food, lodging, meet entry fees, team uniform (suit, cap, t-shirts and team jacket), team picture and zone party. A \$100 deposit is due with your paperwork which must be postmarked by July 1st to ensure your spot on the zone team. Final payment will be due by the end of the Long Course State meet, Sunday, July 30th. The \$100 deposit check will be destroyed for those swimmers not qualifying for the zone meet unless the swimmer or parent picks up the check at the zone table at LC State meet.

Are the athletes required to travel with the zone team?

All 11 and up athletes are required to fly out with the team. Alternate arrangements for the trip home can be made, but will not affect the cost of the trip. Travel is an important part of the team building which will be fostered throughout the week. Please make sure someone is at DIA to pick up your swimmer at the arrival time on August 14th.

Do the athletes have to stay with the zone team?

Yes. The athletes stay at the hotel as a team and will be expected to stay with the team throughout the trip. Your child is expected to be with the team the majority of the week. There may be times between prelims and finals when swimmers are allowed to sign out with a parent. This is at the discretion of the Head Coaches and Team Managers. For the swimmers, representing their state is a great privilege and exciting experience and along with this comes the responsibility to be an active part of Team Colorado.

How are chaperones chosen?

Chaperones and Team managers will be chosen by a committee from the chaperone applications. If you are interested, submit a completed chaperone application, which can be found in the Zone packet. Please read the chaperone duties outlined in the packet before you apply. Priority will be given to chaperone applications of parents of swimmers who are qualified. If your swimmer is not qualified at the time of submitting the application but does qualify prior to the state meet, make sure to contact Carmen Babcock to update your swimmer's status.

How are each swimmer's events chosen?

Each LSC (Local Swimming Committee) may enter 400 individual events. No more than 160 entries may be slower than the Zone standards. Swimmers will be entered in the events they qualify first, and then non-qualifying swims will be entered, staying within the entry limit. Swimmers are entered into their non-qualifying events by their preference on the form in this packet. Swimmers are allowed to compete in up to 6 individual events. There is no guarantee every swimmer will swim a race they have not qualified for to stay within the guidelines. This will depend on the number of swimmers Colorado has attending. A team of 66 or smaller allows for all swimmers to be entered into 6 events, at 67 swimmers and up there will be some who will participate in 5 events. If the team exceeds 80 swimmers, the number of events for some swimmers drops to 4.

May a swimmer wear a suit other than the one provided by Colorado Swimming?

A swimmer may wear a suit other than the one provided if it is the same color and has the 2006 Colorado Zone logo. There are no exceptions. The cost, order placement, and pickup are your responsibility for the alternate suit. Team Colorado orders the suits through MI Sports. The cost of the trip remains the same whether the swimmer purchases their own suit or uses the suit provided by Colorado Swimming.

**Any questions or concerns can be answered at the state meet in July. A table will be set up throughout the prelims sessions on Friday, Saturday and Sunday and final session on Sunday. A zone meeting will be held during the state meet to update information and answer questions. This meeting will most likely take place between prelims and finals on Sunday during the miles.

Can I bring team gear to the meet?

Swimmers at zones are part of Team Colorado so no team gear should be brought to the meet. The only exceptions are parkas and backpacks or bags with a team's name on it. The uniform will be passed out to the swimmers at the airport before boarding the plane. This includes two t-shirts, team jacket, suit and cap. The swimmer should leave room in their carry on luggage for these items. Frontier allows two carry on bags. Team Colorado items will be required to be worn for the duration of the trip.

Where will Team Colorado be staying for zones?

Team Colorado will be staying at the Best Western Garden Court, located at 2141 North Parkway Drive, Fresno, California 93705. The phone number for the hotel is 1-800-437-3766. No rooms have been reserved for parents.

What is the after meet activity on Sunday?

On Sunday Team Colorado will be visiting Boomers Park, attractions includes go karts, arcade, bumper boats, miniature golf, laser tag and rock wall. Please send \$25 for the activity with your swimmer. For \$25 each swimmer gets unlimited rides, 10 tokens a piece of pizza and a drink.

Where do I send the intent form and other zone information?

Send the intent form, list of events, authorization for treatment of a minor and the swimmer code of conduct to the address below (10 & under's information needs to include the 10 & under parent chaperone duties).

**Do not send the information using a method requiring a signature for pickup. Please waive any signature requirements.

NJST

Attn: Carmen Babcock

P.O. Box 746396

Arvada, CO 80005-6396

10 & UNDER REQUIREMENTS

Colorado coaches voted in 2002 to have 10 & unders travel and stay with their parents for Zone trips. *The following information pertains to 10 & under swimmers only.*

Cost:

A \$100 deposit must accompany the swimmer's Intent to Participate form. The balance for anything requiring payment will be due at the end of the long course championships, those items are discussed later. CSI assists in covering a portion of the swimmer's costs which include suit, team picture, cap, uniform, entries and zone party.

The \$100 deposit check is destroyed after the zone trip if it is not part of the total cost due for your swimmer to participate in any of the optional activities with the team, unless the swimmer or parent picks up the check at the zone table during the state meet.

Lodging:

All 10 & unders are required to stay at the team's hotel. Rooms with double beds are being held for 10 & unders and their parents by Colorado Swimming. The rate Colorado Swimming was able to negotiate is \$75.00 / night. Parents will incur the cost of the room. The phone number for the Best Western Garden Court is 1-800-437-3766. Do not call to make a reservation. A room in your name will be reserved after the state meet by Colorado Swimming, at check in you must produce a credit card to pay for the room.

Food:

10 & unders are not required to eat with the team. If you want your swimmer to eat with the team, include \$150 for each person (ie. parent and swimmer = \$300) with the intent to participate form. A breakfast buffet is available at the hotel in the mornings. Meals will be catered to the pool for the team. Parents are responsible for the cost of meals.

Transportation:

CSI does not require 10 & unders to travel with the team. Parents and swimmers wanting to fly with the team can do so if there are seats available. Colorado Swimming was able to secure seats for \$241.00. If more swimmers and parents wish to fly with the team than are seats available, a lottery will be used to pick families to fly with the team. Notification of who was selected in a lottery situation will be done first thing Monday, July 31st. On the swimmer intent form mark that you wish to fly with the team if space is available. A 10 & U parent meeting will be held at the pool on Tuesday during the miles, you and your swimmer do not have to be in Fresno until Tuesday afternoon. A preliminary timeline of Tuesday's events will be available at the zone meeting at the state meet on Sunday to assist in booking flights or making arrangements to the meet.

CSI will not cover expenses of ground transportation or make reservations.

Transportation to the activity on Sunday and zone party is also the responsibility of the parent.

At the meet:

10 & unders will travel to the pool with their parents. Once at the pool, 10 & unders are to be left with the chaperones and coaches at the team tent until their last event is swam. Swimmers can visit with their parents in the stands during the meet. Chaperones and coaches will make sure the swimmer gets to their event and snacks & water is available to them.

Team Activity:

10 & unders are encouraged to participate in the team activity on August 13th. Parents should plan on supervising their 10 & under at the activity. Information on the activity is in the attached FAQs.

Expectations:

At the 10 & under meeting on Tuesday, August 8th, 10 & under parents will receive a timeline of events for the week. Although 10 & unders are supervised by their parents, they are part of the Zone team. The 10 & under parent chaperone duties state the parent is responsible for ensuring their swimmer is present at all team activities. Questions regarding the day's events should be directed to the Team Manager or Head Coach. No deviations are accepted. There is "free time" when parents may take their swimmers. Swimmers are required to check in and out with the 10 & under coach and Team Manager. Please read these expectations carefully and the swimmer Code of Conduct. **NO EXCEPTIONS WILL BE MADE!** Deviations or requests for the 2006 Zone trip must be presented in writing to the Age Group Chairmen when the Intent to Participate form is delivered. Decisions regarding deviations are made by the Age Group Chairmen with input from the General Chair and their decisions are final.

Missing an event at the Zone meet may result in dismissal from the remainder of the meet. This decision may be made by the Head Coach or Zone meet officials.

If there are questions or assistance is needed at the Zone meet or prior to it, please ask the Head Coach or Team Manager.

Intent to Participate and Vital Information

Swimmer's Name: _____ Home Club _____

Address: _____

Current 2006 USA #: _____ Age as of August 8th, 2006: _____

Phone #: home: _____ work: _____ cell: _____

Email: _____

Name of Parent(s): _____

Uniform: (Adult sizes only)

Jacket: XL L M S (Circle one)

T-shirt size: XXL XL L M S (Circle one)

Suit Size:

Speedo "Aquablade" suit size: _____ Boys: Speedo or Jammer (Circle One)

Check here if you are going to take care of getting your own suit. _____

Is there anything else we should know about you besides what is on your Medical Form? _____

10 & Under Swimmer Information:

I wish to include _____ # of people for meals with the team at a cost of \$150 per person.

I wish to include _____ # of people to fly with the team if space is available at a cost of \$241.00 per person.

Full payment for all activities is due prior to the end of the state meet. Forms without full payment will not be included in the events they marked for participation in with the team.

All checks should be made out to Colorado Swimming.

Event List and Best Times

Complete this information even if you have not achieved a Zone cut. Fill this section out completely and accurately. Please ask your home coach for assistance. List your first 6 choices in order of preference (no more than 2 races per day). Write down your best times for another 4 events in your age group at the Zone meet. Entry constraints may force us to enter you in an “off” event. When selecting events, priority will be given to events which make the Zone cut. Mark your selections with one of the following: P for a CSI Priority Time, Z for a zone standard, or N for a non-qualifying time. Altitude adjust if necessary for any time 200 yards/meters or over. Priority Times must be longcourse meter swims; no conversions. Swims done in yards must achieve the yards standard and those done long course meters, must achieve the LCM standard. Qualification times must have been swum since August 8th, 2005. Zone meet information is available at www.fresnodolphins.org.

	(P), (Z), (N) Time	Event	Times achieved in LCM	Times achieved in SCY	Altitude adjusted time (if applicable)	Where time was achieved	Date of achieved time
1							
2							
3							
4							
5							
6							
7							
8							
9							

**Home coach's signature (mandatory) _____

These forms need to be completely filled out and postmarked by July 1st with the \$100 deposit made out to CSI. Failure to do so may exclude you from the zone team. The \$100 deposit is destroyed if the swimmer does not qualify.

Mail To: NJST
 Attn: Carmen Babcock
 P.O. Box 746396
 Arvada, Colorado 80006

2006 Western Zone Swimming Championships Order of Events

TUESDAY

1-2	13/14	*1500 Freestyle	*1500/800 events will be swum 13-18 combined fastest to slowest, alternating women and men.
3-4	15/16	*1500 Freestyle	
5-6	17/18	*1500 Freestyle	

WEDNESDAY

7-8	10/under	100 Backstroke	27-28	10/under	50 Freestyle
9-10	11/12	100 Backstroke	29-30	11/12	50 Freestyle
11-12	13/14	200 Backstroke	31-32	13/14	50 Freestyle
13-14	15/16	200 Backstroke	33-34	15/16	50 Freestyle
15-16	17/18	200 Backstroke	35-36	17/18	50 Freestyle
17-18	10/under	100 Breaststroke	37-38	10/under	200 Medley Relay
19-20	11/12	100 Breaststroke	39-40	11/12	400 Medley Relay
21-22	13/14	200 Breaststroke	41-42	13/14	400 Medley Relay
23-24	15/16	200 Breaststroke	43-44	15/16	400 Medley Relay
25-26	17/18	200 Breaststroke	45-46	17/18	400 Medley Relay

THURSDAY

47-48	11/12	400 Freestyle	65-66	10/under	200 Individual Medley
49-50	13/14	100 Butterfly	67-68	11/12	200 Individual Medley
51-52	15/16	100 Butterfly	69-70	13/14	400 Individual Medley
53-54	17/18	100 Butterfly	71-72	15/16	400 Individual Medley
55-56	10/under	50 Butterfly	73-74	17/18	400 Individual Medley
57-58	11/12	50 Butterfly	75-76	11/12	200 Freestyle Relay
59-60	13/14	200 Freestyle	77-78	13/14	200 Freestyle Relay
61-62	15/16	200 Freestyle	79-80	15/16	200 Freestyle Relay
63-64	17/18	200 Freestyle	81-82	17/18	200 Freestyle Relay

FRIDAY

83-84	10/under	100 Butterfly	103-104	10/under	200 Freestyle
85-86	11/12	100 Butterfly	105-106	11/12	200 Freestyle
87-88	13/14	200 Butterfly	107-108	13/14	400 Freestyle
89-90	15/16	200 Butterfly	109-110	15/16	400 Freestyle
91-92	17/18	200 Butterfly	111-112	17/18	400 Freestyle
93-94	10/under	50 Breaststroke	113-114	11/12	200 Medley Relay
95-96	11/12	50 Breaststroke	115-116	13/14	200 Medley Relay
97-98	13/14	100 Breaststroke	117-118	15/16	200 Medley Relay
99-100	15/16	100 Breaststroke	119-120	17/18	200 Medley Relay
101-102	17/18	100 Breaststroke			

SATURDAY

121-122	10/under	50 Backstroke	141-142	13/14	200 Individual Medley
123-124	11/12	50 Backstroke	143-144	15/16	200 Individual Medley
125-126	13/14	100 Backstroke	145-146	17/18	200 Individual Medley
127-128	15/16	100 Backstroke	147-148	13/14	*800 Freestyle
129-130	17/18	100 Backstroke	149-150	15/16	*800 Freestyle
131-132	10/under	100 Freestyle	151-152	17/18	*800 Freestyle
133-134	11/12	100 Freestyle	153-154	10/under	200 Freestyle Relay
135-136	13/14	100 Freestyle	155-156	11/12	400 Freestyle Relay
137-138	15/16	100 Freestyle	157-158	13/14	400 Freestyle Relay
139-140	17/18	100 Freestyle	159-160	15/16	400 Freestyle Relay
			161-162	17/18	400 Freestyle Relay

**Zones
Priority Times
Long Course Meters**

Girls

Event	10 & under	11/12	13/14	15/16	17/18
50 Free	32.55	29.15	28.67	28.71	29.00
100 Free	1:10.93	1:03.43	1:02.02	1:02.42	1:03.40
200 Free	2:33.91	2:18.00	2:12.94	2:13.89	2:17.70
400 Free		4:50.19	4:38.51	4:40.46	4:48.25
800 Free			9:26.79	9:40.50	10:01.40
1500 Free			18:09.15	18:25.11	18:51.07
50 Back	38.86	33.94			
100 Back	1:22.09	1:12.78	1:11.12	1:11.27	1:14.84
200 Back			2:31.59	2:31.64	2:38.70
50 Breast	42.06	37.14			
100 Breast	1:32.91	1:20.84	1:19.79	1:20.30	1:23.17
200 Breast			2:49.80	2:53.11	2:58.21
50 Fly	35.92	31.53			
100 Fly	1:23.90	1:11.06	1:08.48	1:08.57	1:11.27
200 Fly			2:32.32	2:33.70	2:46.55
200 IM	2:55.49	2:35.89	4:32.46	2:33.90	2:36.84
400 IM			5:17.12	5:21.20	5:30.22

Boys

Event	10 & under	11/12	13/14	15/16	17/18
50 Free	32.34	28.58	26.22	25.78	25.95
100 Free	1:10.43	1:02.62	57.71	56.23	56.41
200 Free	2:32.78	2:14.72	2:05.72	2:02.55	2:03.40
400 Free		4:43.92	4:27.01	4:21.37	4:24.51
800 Free			9:02.26	8:55.00	9:03.10
1500 Free			17:28.64	17:22.82	17:39.25
50 Back	38.57	33.82			
100 Back	1:22.14	1:11.94	1:06.44	1:05.47	1:05.92
200 back			2:24.09	2:21.39	2:21.95
50 Breast	43.40	37.03			
100 Breast	1:33.97	1:20.71	1:13.41	1:13.24	1:12.89
200 Breast			2:40.51	2:38.40	2:40.73
50 Fly	35.20	31.22			
100 Fly	1:21.64	1:09.46	1:02.99	1:02.04	1:01.64
200 Fly			2:22.04	2:19.63	2:21.85
200 IM	2:52.68	2:32.99	2:22.77	2:20.36	2:21.85
400 IM			5:03.15	4:57.39	5:02.75

**AUTHORIZATION FOR TREATMENT OF A MINOR
(August 7-14, 2006)**

I, _____, being the parent or legal guardian of _____ hereby give my consent for emergency medical and/or surgical treatment of this minor in a licensed hospital/medical facility by a licensed physician should his/her condition so require it in my absence. I understand and that in such a case reasonable attempts would first be made to contact me; time and conditions permitting.

As long as the medical/surgical treatment considered necessary in the situation is in accordance with generally accepted standards of medical practice, I impose no specific limitations or prohibitions regarding treatment other than those that follow. (If none, then state so.)

My swimmer is taking the following prescribed medication on this schedule: (If none, then state so.)

SIGNATURE OF PARENT OR GUARDIAN

EMERGENCY INFORMATION

Mother's Name: _____
Daytime Phone: _____ Evening Phone: _____

Father's Name: _____
Daytime Phone: _____ Evening Phone: _____

INSURANCE (You may attach a copy of your insurance card)

Type of Insurance: _____
Policy Holder's Name: _____
Policy #: _____ Social Security #: _____
Family Doctor: _____ Phone: _____

DISCIPLINE AGREEMENT

I agree to follow the rules and expectations set forth for this trip. I understand and so do my parents, that if I break the rules I can be sent home immediately at my own expense.

Swimmer' Signature: _____

Parent's Signature: _____

If disciplinary action must be taken, and the swimmer's parent(s) cannot be reached, the following person will be contacted. If parent(s) are out of town the following person will be responsible for the swimmer if he/she must be sent home.

Contact Person: _____ Phone : Day _____ Evening _____

COLORADO SWIMMING 10 & UNDER PARENT CHAPERONE DUTIES

Parent chaperones of 10 & unders of the Western Zone Colorado Swimming Team must comply with the following duties.

1. On the date of departure I will board the designated transportation with my team member.
2. I will account for my team member at all times.
3. Upon arrival at the hotel and everyday thereafter, I will;
 - a. Make sure my team member is present and in their assigned rooms;
 - b. Get instructions from the head coach or team manager in charge of the team of any special instructions for the following day;
 - c. Make sure my team member has all the required uniform, caps, goggles, and other special uniform items ready for the next competition;
 - d. Make sure all trash is picked up and properly disposed of from our assigned rooms before departure from the hotel;
 - e. Make sure my team member is at all team functions including team meetings, practices, team photo, warm ups, competitions, etc. unless otherwise instructed by the Head Coach or Team Manager.
5. Everyday, at the competition location, I will;
 - a. Make sure my team member is present and in the proper uniform;
 - b. Make sure I can account for my team member when not being observed by team chaperones during the competition session;
 - c. Make sure my team member can account for their belongings at the end of the competition and the area occupied by our team is clean.
6. Additional assigned duties:
7. I will comply with the duties set forth in this document and/or additional duties necessary for the safety and well being of my team member. Any infraction of the above may result in disciplinary action as set forth in the Colorado Swimming Chaperone Code of Conduct.

Signature: _____ Date: _____

Competition location: _____

Dates of competition: _____

COLORADO SWIMMING SWIMMER CODE OF CONDUCT

As a member of the Colorado Swimming Western Zone/All Stars Team, I understand and will comply with the following as approved by the Colorado Swimming Board of Directors:

1. I understand possession or use of alcohol, tobacco products, or controlled substances is prohibited.
2. I understand curfews will be established and must be adhered to.
3. I will only be allowed to leave my assigned room with my chaperone or teammate(s), or an adult who has received prior approval from the Head Coach or Team Manager in charge of the team.
4. I understand my parents or members of the opposite sex will not be allowed to enter my room at any time.
5. I understand attendance is required at all team functions, including but not limited to, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the Head Coach or Team Manager in charge of the team.
6. I understand uniform requirements established for the trip must be followed.
7. I will show proper respect, sportsmanship, and courtesy toward coaches, officials, administrators, competitors, chaperones, and the public.
8. I will behave in a manner that presents a positive image of Colorado Swimming and will strive to promote an atmosphere conducive to meeting the competitive performance objectives.
9. I understand additional guidelines may be established as needed to ensure the safety and well-being of the team members, and subsequently must be adhered to.
10. Failure to comply with the Colorado Swimming Swimmer Code of Conduct as set forth in this document may result in disciplinary action, which may include but is not limited to the following:
 - a. Disqualification from one or more events of the competition.
 - b. Dismissal from the team with a timely scheduled return home, at my own expense.
 - c. Disqualification from future Colorado Swimming-sponsored activities at the recommendation of the Head Coach.

Any disciplinary action taken may be appealed in accordance with Part Four of the U.S. Swimming Rules and Regulations and Article 10 of the Colorado Swimming Bylaws.

Athlete Signature: _____ Date: _____

Signature: _____ Date: _____

*(parent or legal guardian and if under 18)

Competition/location/dates: _____

COLORADO SWIMMING CHAPERONE DUTIES

The chaperone selected to the Western Zone/All Stars Team, must comply with the following duties. All chaperones will attend a planned meeting at least one week prior to the departure to the designated team competition:

1. On the date of departure, I will assist the Head Coach and Team Manager(s) in charge of the team with processing the swimmers and other assigned duties. I will board the designated transportation with my assigned team members.
2. I will provide, the assigned Team Manager(s) in charge of the team a head count of all my assigned team members at departure and upon boarding after every stop thereafter to include the days of competition.
3. I will account for and remain with my assigned team members at all times.
4. Upon arrival at the hotel and everyday thereafter, I will;
 - a. Make sure all my assigned team members are present and in their assigned rooms;
 - b. Get instructions from the head coach or team manager in charge of the team of any special instructions for the following day;
 - c. Make sure all my assigned team members have all the required uniform, caps, goggles, and other special uniform items ready for the next competition;
 - d. Make sure all trash is picked up and properly disposed of from our assigned rooms before departure from the hotel.
 - e. I will assist the team manager(s) in charge of the team and/or other chaperones with bed check after lights out.
5. Everyday, at the competition location, I will;
 - a. Make sure all my assigned team members are present and in the proper uniform;
 - b. Make sure I can account for each team member at all times during the competition session;
 - c. Make sure all my assigned team members know every event, heat, and lane number for that particular session;
 - d. Make sure all my assigned team members are ready for their next event and direct them to their next event;
 - e. Make sure all my team members can account for their belongings at the end of the competition and the area occupied by our team is clean.
6. Additional assigned duties:
7. I will comply with the duties set forth in this document and/or additions necessary for the safety and well being of the team members. Any infraction of the above may result in disciplinary action as set forth in the Colorado Swimming Chaperone Code of Conduct.

Signature: _____ Date: _____

Competition/location: _____

Dates of competition: _____

COLORADO SWIMMING CHAPERONE CODE OF CONDUCT

As a chaperone of the Western Zone/All Stars Colorado Swimming Team, I understand and will comply with the following as approved by the Colorado Swimming Board of Directors:

1. I will perform all my duties under the supervision of the Head Coach and/or the Team Manager(s) in charge of the team.
2. The possession or use of alcohol, tobacco products, or controlled substances by any swimmer is prohibited throughout the designated duration of the trip and I will report any violation to the Head Coach or Team Manager(s) in charge of the team.
3. I will actively enforce all curfews established for the trip.
4. I may leave my assigned room to assist other chaperones with duties necessary for the safety and well-being of the team members. During my absence, another chaperone, the Head Coach, or Team Manager(s) in charge of the team will be charged to monitor my room.
5. I understand the Head Coach or Team Manager(s) in charge of the team, at times, may allow male and female athletes in the same room. In such instances, the dorm, hallway, or hotel door will remain open at all times, and occupants must be under direct chaperone, Team Manager(s) in charge of the team, or Coach supervision.
6. I will attend all team functions, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the Head Coach or Team Manager(s) in charge of the team.
7. I will comply with all uniform requirements established for the trip.
8. I will behave in a professional manner that presents a positive image of Colorado Swimming and will strive to promote an atmosphere conducive to meeting the competitive performance objectives.
9. Additional guidelines may be established to ensure the safety and well-being of the team members and subsequently must be adhered to.

Failure to comply with the Colorado Swimming Chaperone Code of Conduct as set forth in this document may result in disciplinary action, including but not limited to the following:

- a. Dismissal from the team with a timely scheduled return home, at my own expense.
- b. Disqualification from future Colorado Swimming-sponsored activities at the recommendation of the Head Coach.

Any disciplinary action may be appealed in accordance with Part Four of the U.S. Swimming Rules and Regulations and Article 10 of the Colorado Swimming Bylaws.

Signature: _____ Date: _____

Competition/location: _____

Dates of competition: _____

CHAPERONE APPLICATION

Thank you for your interest in helping with this aspect of the 2006 Zone trip. If you've ever done this before you realize it is a lot of work, and if you've never done it before---get ready! Chaperones will stay in the rooms with swimmers. It is a lot of work and long hours, but it is very rewarding. CSI will pay your for your transportation, food and lodging. If you choose to apply, please read this entire packet thoroughly, as you will need to know its contents as well as the coaches do. One of your main duties will be to enforce the rules set for the team. Coaches will determine consequences, but all chaperones need to know the rules and penalties for behavior. You may be asked to drive, if this is a problem let us know before hand. A chaperone meeting will be set up prior to zones. All chaperones are required to attend this meeting. If you have any questions as you fill out this form or make this decision, please contact Carmen Babcock at swimshady7@yahoo.com or 303-979-4070 ext. 124 (allow 24 hours for a response by phone) or Todd Schmitz at Starstodd@aol.com or 720-272-3146. Thanks in advance for you interest.

Applicant's Name: _____

Your Swimmer's Name: _____

Home Phone: _____ **Work Phone:** _____

Best time to call me: _____

Email: _____

What is your motivation for going on this trip?

Do you have previous chaperone experience? Please list and special interests or talents that would be useful on this trip?

Can you drive a van load of swimmers should the need arise? If yes, enclose a copy of your driver's license.