

Western Zones Application August 4-9, 2015

Kihei, Maui (Hawaii)

Application must be submitted by 3 p.m. Monday, June 1, 2015

NOTE: Times achieved at meets through June 7th, 2015 will be considered when making team selections.

Application forms are available on the *Pacific Swimming website* and at the *Short Course Far Western Championship in Morgan Hill – at the All-Star Desk.*

Meet takes place on August 5-8, 2015 in Kihei, Maui (Hawaii). Team will depart on August 4th and return on August 9^{th.} Selection for the Western Zones All Star team will be made by mid-June. Athlete notification will be completed during the selections meeting or shortly thereafter. Notifications of selected swimmers will be by phone and via e-mail. Regrets will be notified via email.

A co-pay <u>check</u> of \$1,150 OR <u>credit card</u> information must be submitted with your application. Co-pays will not be cashed/charged until after team selections. Co-pay checks for swimmers not selected will be returned within 10 business days after team selections (credit card co-pays will only be charged if swimmer is selected for the team).

<u>Co-pays for selected swimmers are non-refundable</u>. If a swimmer must withdraw from the meet due to illness, a signed doctor's note must be provided in order to be refunded.

Submitting Applications:

• Applications can be mailed (must be labeled: NO SIGNATURE REQUIRED) to **Pacific Swimming's Travel Coordinator: Jeanette Soe, 1267 Chrismara Ct, San Jose, CA 95120.** Applications must be **received by 3:00 pm, Monday, June 1, 2015.**

OR

• Applications can be hand delivered to the All-Star Selection Desk (Saturday and Sunday ONLY) at the Short Course Far Western Championships hosted in Morgan Hill before the conclusion of prelims on Saturday, April 11, 2015 or on Sunday, April 12, 2015.

Submitted application must include:

- a. Letter of Intent
- b. Pacific Swimming Honor Code
- c. Pacific Swimming Family and USAS Home Coach Participation Guide
- d. Medical Release Forms
- e. Copy of medical insurance card
- f. Pacific LSC Travel Policy
- g. Athlete Privacy Letter
- h. Co-payment of \$1,150, check OR credit card only. If paying by check, make it out to "Pacific Swimming", if paying by credit card, fill out the credit card payment info on next page.

Best times achieved out of our LSC will not need to be submitted as they are in the SWIMMS database. For best times achieved outside of the USA, please contact Travel Coordinator, Jeanette Soe, for further instructions on how to prove the achieved times.

All forms must be completed and signed by the deadline for the swimmer to be eligible for selection. For questions regarding applications, please e-mail Jeanette Soe at travel@pacswim.org or call (408) 769-0565.

Selection Process Western Zones

- 1) A maximum of 60 swimmers will be selected to compete at Western Zones, August 5-8, 2015 in Kihei, Maui. Age groups are 10/under, 11-12, and 13-14 (up to 10 swimmers per age group and gender).
- 2) Qualifying times must be swum between August 11, 2014 June 7, 2015.
- 3) Swimmers who have competed <u>in more than one</u> (1) individual event at <u>any</u> USA Swimming U.S Open, Junior Nationals, or Senior National Championships **are ineligible** for the 2015 Pacific Swimming Western Zones All-Star Team. Please see specific meet rules for other meet requirements.
- 4) Eligible swimmers who earn 5 or more WZQTs will be **considered** for the team. If more than 10 swimmers per age group have 5 WZQTs, the coaching staff will select the 10 or more per age group who have the best ability to score at the meet based on prior meet top 10 times. If less than 10 swimmers are placed in the age group, then the remainder of the team will be selected by #5-9 below.
- 5) Eligible swimmers with 4 WZQTs are considered, regardless of age group. In the event of a tie for the final place, the tie-breaking method in the previous paragraph will be used.
- 6) Eligible swimmers with 3 WZQTs are considered, regardless of age group. In the event of a tie for the final place, the tie-breaking method stated above will be used.
- 7) At least 4 eligible swimmers will be selected to the team in each age group. If fewer than 4 swimmers are selected, then the remaining swimmers up to the minimum of 4 will be selected.
- 8) Once 4 swimmers have been selected in each age group, each age group will be considered to verify that there is a swimmer from each stroke (fly, back, breast, sprint free, middle distance free, distance free, and IM) represented. If the age group is void in a stroke, then the top swimmer in that age group, in that stroke from #3 above will be considered for the team.
- 9) Once all swimmers who have applied have been considered, there are at least 4 swimmers per age group, and all the strokes have been considered, if the coaching staff believes that there are no other swimmers with the potential to make finals or help the team's relays, then no other swimmers will be placed on the team, even if it is less than 60 swimmers.

Selection Process for Swimmers with Disabilities

1) Two swimmers with disabilities who are 12 and under and two swimmers with disabilities who are 13-14 will be selected based on their best long course time achieved. Points are awarded, 1st through 6th place (30-15-5-3-2-1).

2015 WESTERN ZONE AGE GROUP TIME STANDARDS

	<u>WOMEN</u>		<u>10 & U</u>		ME	<u> N</u>
LCM	SCM	SCY	EVENT	LCM	SCM	SCY
0:33:19	0:32:39	0:29:19	50 Free	0:32:99	0:32:19	0:28:99
1:12:29	1:10:69	1:03:69	100 Free	1:12:49	1:10:89	1:03:89
2:38:09	2:34:89	2:19:59	200 Free	2:37:79	2:34:59	2:19:19
0:39:19	0:38:59	0:34:79	50 Back	0:39:39	0:38:79	0:34:99
1:24:29	1:23:09	1:14:89	100 Back	1:25:09	1:23:89	1:15:59
0:44:09	0:43:09	0:38:89	50 Breast	0:44:89	0:43:89	0:39:59
1:35:89	1:33:89	1:24:59	100 Breast	1:37:29	1:35:29	1:25:89
0:36:49	0:35:79	0:32:19	50 Fly	0:36:69	0:35:99	0:32:39
1:23:59	1:22:19	1:13:99	100 Fly	1:23:99	1:22:59	1:14:49
2:58:39	2:55:19	2:37:89	200 IM	2:58:79	2:55:59	2:38:19
						_
	<u>WOMEN</u>		<u>11 & 12</u>		<u>M</u> E	<u>N</u>
<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>
0:29:49	0:28:69	0:25:89	50 Free	0:29:49	0:28:69	0:25:89
1:04:79	1:03:19	0:56:89	100 Free	1:04:29	1:02:69	0:56:49
2:20:39	2:17:19	2:03:69	200 Free	2:19:99	2:16:79	2:03:19
4:56:19	4:49:79	5:31:79	400/500 Free	4:56:49	4:50:09	5:32:29
0:34:59	0:33:99	0:30:59	50 Back	0:34:69	0:34:09	0:30:69
1:14:09	1:12:89	1:05:69	100 Back	1:14:39	1:13:19	1:05:89
2:46:49	2:44:09	2:27:79	200 Back	2:43:69	2:41:29	2:25:39
0:38:49	0:37:49	0:33:79	50 Breast	0:38:19	0:37:19	0:33:49
1:23:99	1:21:99	1:13:89	100 Breast	1:24:09	1:22:09	1:13:89
3:09:29	3:05:29	2:46:89	200 Breast	3:05:99	3:01:99	2:43:99
0:32:29	0:31:59	0:28:49	50 Fly	0:32:39	0:31:69	0:28:59
1:12:29	1:10:89	1:03:89	100 Fly	1:12:69	1:11:29	1:04:29
2:49:69	2:46:89	2:30:39	200 Fly	2:46:59	2:43:79	2:27:59
2:38:69	2:35:49	2:20:09	200 IM	2:38:69	2:35:49	2:20:09
5:55:59	5:49:19	5:14:59	400 IM	5:50:59	5:44:19	5:10:09
	WOMEN		13 & 14		ME	N
<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>
0:28:89	0:28:09	0:25:29	50 Free	0:27:09	0:26:29	0:23:69
1:02:49	1:00:89	0:54:89	100 Free	0:58:69	0:57:09	0:51:49
2:15:09	2:11:89	1:58:89	200 Free	2:07:79	2:04:59	1:52:19
4:44:39	4:37:99	5:18:69	400/500 Free	4:31:49	4:25:09	5:04:19
9:51:49	9:38:69	11:02:79	800/1000Free	9:29:79	9:16:99	10:38:39
18:55:89	18:31:89	18:33:69	1500/1650 Free	18:08:09	17:44:09	17:46:69
1:11:09	1:09:89	1:02:89	100 Back	1:07:89	1:06:69	1:00:09
2:32:19	2:29:79	2:14:99	200 Back	2:25:99	2:23:59	2:09:39
1:20:89	1:18:89	1:11:09	100 Breast	1:15:69	1:13:69	1:06:39
2:53:69	2:49:69	2:32:89	200 Breast	2:44:49	2:40:49	2:24:59
1:09:09	1:07:69	1:00:99	100 Fly	1:04:89	1:03:49	0:57:19
2:35:19	2:32:39	2:17:29	200 Fly	2:26:59	2:23:79	2:09:59
2:33:49	2:30:29	2:15:39	200 IM	2:24:49	2:21:29	2:07:29
5:24:89	5:18:49	4:46:89	400 IM	5:08:09	5:01:69	4:31:79

Swimmers who wish to apply for the team should have at least 1 of the time standards listed above in order to be **considered** for the Western Zone team.

PACIFIC SWIMMING Letter of Intent

Western Zones in Kihei, Maui, August 4-9, 2015.

This signed Letter of Intent, a signed Honor Code, a signed Parent/Coach Guidelines, completed Medical Release Forms, a signed Pacific LSC Travel Policy, Athlete Privacy letter, and a co-pay of \$1,150 must be on file with: Jeanette Soe by 3:00 pm, Monday, June 1, 2015.

Swimmer's Full Legal Name:			Birth	Date:	
	al First <u>Full N</u>		Last		MM/DD/YYYY)
USA Swimming Reg. #:			Sex	к: F М (circle	one)
Swimmer's Age on August 5, 201	5: Famil	ly Email Address	(please write clearly	y):	
Parent/Legal Guardian Names:			H	Home Phone:	
Address:					
Street	City		State	Zip Code	
Father's Cell Phone:		Father's Worl	k Phone:		
Mother's Cell Phone:					
Swimmer's Cell:					
Club Team (Abbreviation):	Coach Name:	Cc	pach Email:	Coach	Phone #:
Additional Information:					
T-Shirt Size (Circle One) : YL YXL	AS AM AL XL	Shorts Size -	– they run big in size (Cir	r cle One) : YL <i>A</i>	4S AM AL XL
Sweatshirt Size (Circle One): YL	/XL AS AM AL XL				ack in 2014? YES NO handed out every 2 years)
Sandwich Preference (Circle One)	: Ham Turkey Veg	getarian			
Have you ever competed in more: Y/N (Circle One) If YES, v					
ONLY if you are submitting your Credit Card Information (Visa,					
Name on Card:					
Credit Card #:			Expiration Date: _		CSV #:
Billing Address:					
Str	eet	City	Sta	te	Zip Code
		<u>AGREEMENT</u>			
If selected we agree to participate and Parent/Coaches Guidelines, P in our liability and obligation to re (check) will be returned by mail b	acific LSC Guidelines are eimburse Pacific for exp	nd furthermore ເ	understand and agre	e that failure to	participate may result
Signature of Swimmer			Signature of Parent/	ll ogol Cuerdian	

PACIFIC SWIMMING HONOR CODE

This Honor Code and any additional guidelines regarding conduct will be reviewed by the Head Coach at the first team meeting.

Upon notification of any violation of the Honor Code, a review committee (consisting of the Age Group Chairman or his delegate, the Head Coach, the Age Group Coach(es) of the individual(s) involved, a female athlete, a male athlete, and a non-coach member) shall promptly investigate the circumstances of the violation, notify the individual(s) charged of a time for hearing, and shall conduct an informal hearing on the evidence. This review committee shall then promptly determine what disciplinary action, if any, shall be taken. Violations and disciplinary actions will be reported to the Pacific Swimming Board of Review. , as a member of Pacific Swimming understand and will comply with the following as (Athlete) approved by the Pacific Board of Directors: 1. The possession or use of alcohol, tobacco products or controlled substances is prohibited throughout the designated duration of the trip. 2. Curfews will be established and adhered to during the trip. 3. Attendance is required at all team functions which include, but are not limited to, meetings, practices, exhibitions, press conferences, and competitions unless otherwise excused or instructed by the head coach, the vice chairman, or designated person in charge of the team. 4. The hallway door will be left fully open (so the interior of the room can be viewed from the hallway) when any athletes other than those assigned to occupy the room are in the room. 5. Uniform requirements established for the trip will be followed. 6. Proper respect, sportsmanship and courtesy towards coaches, officials, administrators, competitors and the public will be displayed. 7. The manner in which one behaves will present a positive image of Pacific and will provide an atmosphere to meet the competitive performance objectives. 8. Additional guidelines may be established as needed to assure the safety and well-being of the team members and will be adhered to during the trip. I understand that failure to comply with the Pacific Swimming Honor Code as set forth in this document or additions necessary for the safety and well-being of the team members may result in disciplinary action which may include but is not limited to the following: 1. Disqualification from one or more swimming activities. 2. Dismissal from team and return home at my own expense. 3. The infraction(s) will be reported to the Pacific Swimming Board of Review who may take additional disciplinary action including but not limited to disqualification from future Pacific Swimming sponsored activities. I may appeal any disciplinary action in accordance with Part Four of USA Swimming Rules and Regulations and Article 10 of the Pacific Swimming Bylaws.

Competition: Western Zones Location: Kihei, Maui Date: August 4-9, 2015

(Signature)

(Signature)

(Date)

(Date)

(Printed Name of Athlete)

(Printed Name of Parent or Legal Guardian)

PACIFIC SWIMMING ALL STAR TRIPS FAMILY AND U.S.A.S. HOME COACH PARTICIPATION GUIDELINES

Congratulations to you as a major supporter of your swimmer, who is rightfully proud and excited to be applying for a place on this year's Pacific Swimming All Star Team. We as the team coaches and managers are looking forward to the coming competition, and are expecting a high level of cooperation and performance from all the athletes on the team. We know you share these aspirations with us.

This is an All-Star Team trip, where our first priority is to promote the best interest of the individual athlete in particular and of the team as a whole. This priority includes safety, fairness of competition for all athletes and the personal growth of each individual in contributing to the team.

You, as a parent and /or coach, have already contributed enormously to the success of your athlete. In order to help and encourage you to continue this support while your athlete is with the Pacific Swimming All Star Team, we offer you the following guidelines and ask that you sign them. If you have questions please speak to a manager or the Head Coach.

- 1. Please, if you can, travel to the meet as an official, timer, or spectator. Your personal presence and support is important to the team.
- 2. All team-housing areas are restricted to trip athletes and staff. Request for access to an athlete's area must be made in writing to the head coach.
- 3. During the trip family members are asked not to visit with the athletes. The athletes are on the trip to perform to the best of their ability and to become a cohesive team. Team functions are designed with this in mind. Since the schedule must remain flexible the athletes must stay in the team designated areas.
- 4. Arrangements for telephone calls between the athlete and family/coach should be set up ahead of time, initiated by the athlete and limited to no more than five minutes per call. If you need to get in touch with your athlete please contact a staff member to relay a message (they will be glad to help).
- 5. The "team area" during competition is restricted to swimmers and staff members. <u>Parents and home coaches may not be involved with the swimmers on the pool deck.</u>
- 7. Any concerns that may arise during the course of the competition need to be referred immediately to the appropriate staff member. They are in place to help the athletes.

I have read and understand the guidelines set for me as a parent/coach.

Parent/Legal Guardian Signature	Date

Authorization to Consent to Emergency Treatment of Minor

I/we, the undersigned parent(s)/legal guardian(s) of	, USA Swimming Registration#, a minor, do
my behalf to consent to any emergency transport, x-ray examo care which is deemed advisable, and is to be rendered under legal guardian cannot be immediately contacted. I/we grant to my child. In addition, I/we grant permission to the physicinecessary treatment of my child. This information may be traor other form of media not listed here. It is understood that hospital care being required but is given to provide authority	h, Team Managers and Coaching staff as agents for the undersigned to act on mination, anesthetic, medical or surgical diagnosis or treatment and hospital r the general supervision of any licensed physician and surgeon when parent or t permission to the physician and/or appropriate medical personnel to attend ian/All-Star staff to release and receive medical information pertaining to the ansmitted via telephone, personal interview, electronic mail, postal service, fax this authorization is given in advance of any specific diagnosis, treatment or y and power on the part of the agent to give specific consent to any and all the aforementioned physician in the exercise of his/her best judgment may gust 4-9, 2015.
(Parent/Legal Guardian Signature)	(Date)
Parents' Permission/ Acknowle	edgement of Risk for Athletic Participation
program and athletic events. I know that the risk of and from meets. I/we have had the opportunity	ed athlete, I/we give consent for his/her participation in Pacific Swimming's f injury to my child comes with participation in sports and during travel to to understand the risk of injury during participation in sports through means. My/our signature(s) below indicates that to the best of my/our e complete and correct.
directly to athletic participation at Pacific Swimming	staff to release such information regarding my child's records that pertain g. I also grant permission for the PC athletic trainer to receive medical child's athletic injury information for the continuity of care.
(Parent/Legal Guardian Signature)	(Date)
Emer	gency Information
Swimmer's Name:	
Emergency Contact	
Name:	Relationship:
Home Phone:Work Phone:	Cell Phone:
Physician Name:	Phone:
Dentist Name:	Phone:
Medical Insurance:	Policy Number:
Patient ID#	
Phone # of insurance company to obtain authorization for en	mergency treatment:
(Parent/Legal Guardian Signature)	(Date)

Swimmer Medical History/Permission to Treat

Allergies and Sensitivities

Is there a history of any reaction or sickness following injection or oral administration of:

Penicillin	YES	NO
Morphine, Codeine, Demerol, or other Narcotics	YES	NO
Novocain or other Anesthetics	YES	NO
Aspirin, Emperin or other Pain Remedies	YES	NO
Sulfa Drugs	YES	NO
Tetanus, Antioxin or other Serums	YES	NO
Adhesive Tape	YES	NO
lodine or Methiolate	YES	NO

Any foods such as gluten, eggs, milk, chocolate? (Describe)	Any other drugs or	r medications? (Describe)					
Allergy to insect bites, bee stings, other? (Describe)	Any foods such as	gluten, eggs, milk, chocolate? (Describe)					
Date of last Tetanus booster:	Any special diet? (Describe)					
Drugs Taken Recently Within the past 6 months has swimmer taken: Cortisone ACTH	Allergy to insect bi	ites, bee stings, other? (Describe)					
Within the past 6 months has swimmer taken: Cortisone ACTH	Date of last Tetani	us booster:					
Cortisone ACTH Anticoagulants YES NO Tranquilizers Hypotensives (high blood pressure medications) YES NO Hypotensives (high blood pressure medications) YES NO Has swimmer ever received treatment for: Asthma Rheumatism YES NO Rheumatic Fever YES NO Other physical conditions of which we should be aware of? (Circle One) YES NO List Conditions: May the following be given to my child for the immediate relief of pain/illness? Pepto Bismol or similar products Advil or Motrin YES NO Tylenol YES NO Tums or similar products YES NO	Drugs Taken Rece	ntly					
Anticoagulants Tranquilizers Hypotensives (high blood pressure medications) Has swimmer ever received treatment for: Asthma Asthma Rheumatism Rheumatic Fever Other physical conditions of which we should be aware of? (Circle One) Way the following be given to my child for the immediate relief of pain/illness? Pepto Bismol or similar products Advil or Motrin Tylenol Tums or similar products PYES NO Tums or similar products PYES NO Tylenol Tums or similar products PYES NO Tylenol Tums or similar products PYES NO Tylenol Tyles NO Tylenol Tums or similar products PYES NO Tyles Tyles Tyles NO Tyles Tyles Tyles NO Tyles Tyles Tyles NO Tyles	Within the past 6	months has swimmer taken:					
Tranquilizers YES NO Hypotensives (high blood pressure medications) Has swimmer ever received treatment for: Asthma YES NO Rheumatism YES NO Rheumatic Fever YES NO Other physical conditions of which we should be aware of? (Circle One) YES NO List Conditions: May the following be given to my child for the immediate relief of pain/illness? Pepto Bismol or similar products YES NO Advil or Motrin YES NO Tylenol YES NO Tums or similar products YES NO Benadryl YES NO		Cortisone ACTH	YES	NO			
Hypotensives (high blood pressure medications) Has swimmer ever received treatment for: Asthma Rheumatism Rheumatic Fever Other physical conditions of which we should be aware of? (Circle One) YES NO List Conditions: Pepto Bismol or similar products Advil or Motrin Tylenol Tums or similar products Peps NO Tums or similar products PYES NO Tums or similar products PYES NO Tyles NO Tyles NO Tums or similar products PYES NO Benadryl PYES NO		Anticoagulants	YES	NO			
Has swimmer ever received treatment for: Asthma Asthma Rheumatism Rheumatic Fever Other physical conditions of which we should be aware of? (Circle One) YES NO List Conditions: May the following be given to my child for the immediate relief of pain/illness? Pepto Bismol or similar products Advil or Motrin Tylenol Tums or similar products PYES NO Tums or similar products PYES NO Benadryl YES NO		Tranquilizers	YES	NO			
Asthma Rheumatism Rheumatic Fever Rheumatic Fever Rheumatic Fever Rheumatic Fever Rheumatic Fever Rheumatic Fever YES NO Other physical conditions of which we should be aware of? (Circle One) YES NO List Conditions: Pepto Bismol or similar products Advil or Motrin YES NO Tylenol Tums or similar products Pepto Benadryl YES NO Tyes NO		Hypotensives (high blood pressure medications)	YES	NO			
List Conditions: May the following be given to my child for the immediate relief of pain/illness? Pepto Bismol or similar products Advil or Motrin Tylenol Tums or similar products YES NO Tums or similar products YES NO Benadryl YES NO		Rheumatism	YES	NO			
May the following be given to my child for the immediate relief of pain/illness? Pepto Bismol or similar products Advil or Motrin Tylenol Tums or similar products YES NO Tums or similar products YES NO Tums or similar products Benadryl	Other physical cor	nditions of which we should be aware of? (Circle One) YES NO					
Pepto Bismol or similar productsYESNOAdvil or MotrinYESNOTylenolYESNOTums or similar productsYESNOBenadrylYESNO	List Conditions: _						
Advil or Motrin YES NO Tylenol YES NO Tums or similar products YES NO Benadryl YES NO	May the following	be given to my child for the immediate relief of pain/illness?		<u> </u>			
Advil or Motrin YES NO Tylenol YES NO Tums or similar products YES NO Benadryl YES NO		Pepto Bismol or similar products	YES	NO			
Tums or similar products YES NO Benadryl YES NO	·						
Tums or similar products YES NO Benadryl YES NO	Tylenol YES						
Benadryl YES NO	· ·						
· ·							
		Cough Drops YES NO					

Pacific LSC Travel Policy

Swimmers and their parents/legal guardians must read, agree to, and sign the following before traveling:

- Travel Policy (this document)
- Code of Conduct
- Medical consent and release
- Liability release, waiver, or permission to participate

Chaperones and coaches must also sign a travel policy.

By signing this travel policy, participants agree to the following rules and policies:

- 1) When only one athlete and one coach travel to a competition, the athlete must have written permission from his or her parents/legal guardian in advance to travel alone with the coach. The coach must bring the signed form on the travel trip. (USA swimming, rule 305.5.3)
- 2) Athletes, parents, coaches, and other adults traveling with a club must sign that club's travel policies. (Required by the USA swimming rulebook, rule 305.5.4)
- 3) In the event of any violations of the travel code, Code of Conduct (article 304), or USA Swimming Athlete Protection Policies (article 305), the chaperone or head coach shall make a written report of all violations to the appropriate club (LSC) leadership and the parent or legal guardian of any affected minor athlete.
- 4) The possession, use, or sale/distribution of any illegal substance or any form of weapon is forbidden. The sale or distribution of controlled substances to others is also forbidden.

Chaperones

- 5) A chaperone (also called team manager) is an adult (21 years of age or older) who is not also a coach.
- 6) Chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (USA Swimming. Rule 305.5.2)
- 7) The use of alcoholic beverages by chaperones is prohibited.
- 8) Chaperones are required to report any violation of the rules. Chaperones cannot use discretion in deciding when to report violations.

Two-Deep Leadership

Two-deep leadership is an athlete safety procedure specifying that every activity involving youth must have at least two adults (coaches and/or chaperones) present.

- 9) When doing room checks, attending team meetings and/or other activities, coaches and chaperones must maintain two-deep leadership.
- 10) When only one athlete and one coach travel to a competition, the coach and athlete should attempt to establish a "buddy" on another team to facilitate two-deep leadership.

Code of Conduct / Honor Code

- 11) Swimmers and chaperones will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
- 12) The possession or use of alcohol or tobacco products by any athlete is prohibited.
- 13) Swimmers are to refrain from inappropriate physical contact at team activities and events.
- 14) Swimmers are to refrain from use of inappropriate language.
- 15) Swimmers' bags and belongings are subject to inspection by chaperones at any time.

Conduct within Hotels

- 16) Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (Required by USA swimming rule 305.5.1.)
- 17) During overnight travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age.
- 18) For overnight travel, chaperones shall stay in nearby rooms.

- 19) Curfews shall be established for each day of the trip. There should be one curfew for athletes to be in their assigned rooms and another for lights-out and quiet. Any swimmer who is out of his or her room after the room curfew without permission from the chaperone must be reported as in violation of the travel policies.
- 20) Swimmers who entertain guests of opposite gender in a hotel room must have explicit permission from a chaperone. When any group (including athletes not staying in that room) gathers in a room, the door shall remain open and the chaperone's permission is required.
- 21) Swimmers should not go into the halls or lobby unless they are dressed appropriately.
- 22) Swimmers shall not incur any incidental room charges (room service, movies, internet access) without first obtaining the permission of the assigned chaperone.
- 23) Any damages, excessive mess, or loss incurred at a hotel will be the expense of the swimmers assigned to that room and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas.

Transportation and Public Places

- 24) Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission/knowledge of the coach and chaperone.
- 25) When visiting public places such as shopping malls or movie theatres, swimmers must remain in groups, of size specified by the chaperone. Athletes 12 and under must be accompanied by a chaperone.
- 26) Athletes should not ride in a coach's vehicle without another adult present who is the same gender as the athlete, unless prior parental permission is obtained.

Disciplinary Action

Failure to comply with the policies as set forth in this document must result in disciplinary action. Such discipline may include, but may not be limited to:

Dismissal from the trip and immediate return home at the athlete's expense

Swimmer Signature:

- Disqualification from one or more events
- Disqualification from future team travel meets
- Financial penalties
- Dismissal from the team
- Proceedings for a Western Zone, USA Swimming National Board of Review, and/or LSC Administration Review Board

Parent/Legal Guardian Signature:	Date:
	Athlete Privacy Letter
Please fill out the following information regarding Swimming All-Star Team to be made public prior	your consent for your child's participation on the Pacific to the event
I,, G (Print Parent/Legal Guardian Name)	RANT or DO NOT GRANT (please circle one) permission for Pacific
Swimming to use my minor child's name,	, in conjunction with (Print Child's Name)
information about the upcoming swim meet, inclu	uding the date and time of the meet. If I do grant permission, I will not hold Pacific
Swimming liable for any circumstances that may o	occur as a result of this information being made public prior to the event.
(Parent/Legal Guardian Signature)	(Date)