

# 2010 Zone Packet

San Jose, California  
Hosted by West Coast Aquatics  
August 10 – 14, 2010

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## Purpose:

1. Provide team travel competition for swimmers who will in the future most likely do additional travel with their home club, Team Colorado, USA Swimming National Junior Team, etc.
2. Team travel prepares athletes by providing experience
  - a. Living away from home
  - b. Competing against unknown and faster athletes
  - c. Work with unfamiliar coaches
  - d. Competing in unfamiliar facilities
3. Raise the level of competition experiences for each swimmer, as well as his/her level of personal expectations.
4. Develop future leaders of Colorado Swimming and role models for their home clubs.
5. Motivate each athlete and increase their self-confidence based on their level of competition.

Questions can be directed to the Age Group Chairs; Mike Novell at [Mike@mikenovell.com](mailto:Mike@mikenovell.com) / 602-326-1060 and Ross Hedrick at [wavescoach@gmail.com](mailto:wavescoach@gmail.com) / 720-252-7797. Please allow 24 hours for a return call or email and leave a detailed message.

Dear Coach:

This is the 2010 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 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.

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 Mike Novell at [Mike@mikenovell.com](mailto:Mike@mikenovell.com) / 602-326-1060 and Ross Hedrick at [wavescoach@gmail.com](mailto:wavescoach@gmail.com) / 720-252-7797. Please allow 24 hours for a return call or email and leave a detailed message.

The zone meet info can be found on [www.csi.org](http://www.csi.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 or during the 10&U warm up session Sunday. This meeting will address questions, concerns and additional information.

Sincerely,

Mike Novell & Ross Hedrick  
Co-Age Group Chairmen  
Colorado Swimming, Inc.

## **ZONE FAQ'S**

### **What is the cost and what does it include?**

The cost this year is \$600 unless booking your own flight according to the guidelines above. This includes transportation, food, lodging, meet entry fees, team uniform (suit, cap and t-shirts). All paperwork (intent form, authorization of treatment, swimmer code of conduct, chaperone application) must be postmarked by June 28<sup>th</sup> with the deposit or payment to CSI to ensure your spot on the zone team. The balance is due by the end of the Long Course State meet, Sunday, August 1<sup>st</sup>. The \$100 deposit will be destroyed for swimmers not qualifying for the zone meet unless picked up at the zone table at LC State meet. Please get your information in as early as possible if you are planning to participate in the zone meet.

### **Flight information**

Southwest Airlines

Depart: DEN to San Jose; Monday, August 9 9:00 a.m., arrive 10:40 a.m.

Return: San Jose to DEN; Sunday, August 15 11:45 a.m., arrive 3:15 p.m.

### **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 4<sup>th</sup> 2009. 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, August 1<sup>st</sup>.

### **When is the meet?**

The meet will be held August 10<sup>th</sup> through August 14<sup>th</sup>. The Colorado Zone Team will be flying to San Jose on August 9<sup>th</sup> and return on August 15<sup>th</sup>. Events on Tuesday include relays for 11 years olds and up and the mile.

### **Where is the meet held?**

This year the Western Zone Championship will be held at the Frank Fiscalini International Swim Center located at 627 N Jackson Ave. San Jose, CA 95133

### **When do I need to turn in the paperwork?**

Paperwork should be in as soon as possible. The latest it may be postmarked is Monday, June 28<sup>th</sup>. Any late paperwork will be accepted but swimmers will only be allowed to attend if the team does not exceed 80 swimmers and then on a first come first served basis. Even if the swimmer is not fully

qualified at this time, please send in the paperwork if you plan to attend if you qualify. You can make changes to the information at the state meet. Updates may also be done by contacting Mike Novell 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.

### **Are the athletes required to travel with the zone team?**

All 11 and up athletes are required to travel 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 there to pick up your swimmer at the arrival time on August 15th.

### **Do the athletes have to stay with the zone team?**

The athletes must stay at the hotel as a team and will be expected to stay with the team during the trip. Your child is expected to be with the team the majority of the week. This is at the discretion of the Head Coaches and Team Managers. For the swimmers, representing Colorado Swimming 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 is included in the Zone packet. Please read the chaperone duties outlined in the packet before you apply. All chaperone applications will be subject to a background check. Priority will be given to chaperones willing to drive. For those parents of partially qualified swimmers should make sure to contact Mike Novell to update your swimmer's status and be considered. Chaperones will most likely be chosen prior to the state meet and must travel with the team to and from the meet.

### **How are each swimmer's events chosen?**

Colorado may enter 400 individual events of which no more than 160 entries may be slower than the zone qualifying standards. Swimmers will be entered in the events they qualify for 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 due to the entry 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, from 67 to 80 swimmers there will be some to all who participate in 5 events.

### **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 black and has the 2010 Colorado Zone logo. The cost, order placement, and pickup are your responsibility for the alternate suit. A swimmer purchasing their own suit does not change the cost of the trip.

**\*\*Any questions or concerns can be answered at the state meet in July. A table will be set up during the state meet when possible but definitely during the finals session on the last day. A zone meeting will be held during the state meet to update information and answer questions. There will be two meetings with the same information on Thursday prior to the start of finals warm up and Sunday prior to the start of finals warm up to catch all swimmers participating.**

### **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, including two t-shirts, suit and

cap. The swimmer should leave room in their carry on luggage for these items. Southwest allows two carryon 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 Fairmont San Jose, located at 170 South Market Street, San Jose, CA 95113. No rooms have been reserved for parents but there are rooms reserved for 10&Unders and their parents by Colorado Swimming.

**Does my swimmer need spending money during the trip?**

Swimmers will need enough money to purchase any snack food they want at the hotel during the meet. Snacks will be provided for them at the pool along with breakfast, lunch and dinner. If the schedule allows, swimmers will be taken to a grocery store. On Tuesday swimmers will need money to buy dinner and for meals on Sunday before catching the flight home. If swimmers wish to purchase any souvenirs that is their responsibility as well.

**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&U information needs to include the 10&U parent chaperone duties).

**\*\*Do not mail using a method requiring a signature for pickup. Please waive any signature requirements.**

Castle Rock Swim Team

Attn: Mike Novell

P.O. Box 760

Castle Rock, Colorado 80104

## **10 & UNDER REQUIREMENTS**

### **Cost:**

A \$100 deposit must accompany the swimmer's Intent to Participate form. The balance for the hotel and any additional items will be due by 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 the uniform and entries.

The \$100 deposit check will be used towards the amount due, which includes hotel, any optional meals with the team and additional uniform items.

### **Lodging:**

All 10 & unders are required to stay at the team's hotel. Rooms with double beds will be held for 10 & unders and their parents by Colorado Swimming. The rate Colorado Swimming was able to negotiate is \$117.00/night including taxes. The phone number at the Fairmont is 408-998-1900 but do not call to make a reservation. A room in your name will be reserved after the state meet by Colorado Swimming and then transferred into your name.

### **10&U Food:**

10 & unders are not required to eat with the team. If you want your swimmer to eat with the team, please mark the space for the number of people on the intent to participate form. A payment of \$150 is due prior to the end of the state meet per person. Breakfast is available at the hotel. Lunch and dinner will be catered for the team. Lunch will be served between 11:30am and 12:30pm and dinner between 5:30 & 6:30pm. Parents are responsible for the cost of meals if they are with the team or on your own.

### **10&U Transportation:**

CSI does not require 10 & unders to travel with the team and will not secure any ground transportation. Parents and swimmers wanting to fly with the team can do so if there are seats available. 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 Monday, July 27<sup>th</sup>. 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 in San Jose on Tuesday during the miles, you and your swimmer do not have to be at the pool until Tuesday afternoon.

CSI will not cover expenses of ground transportation or make reservations. Transportation to and from the airport, hotel and meet, as well as the activity on Sunday and zone party is the responsibility of the parent.

### **10&U at the Meet:**

10 & unders will travel to the pool with their parents. Once at the pool 10&U 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 events and that snacks and water is available to them.

### **10&U Expectations:**

At the 10&U meeting on Tuesday, August 4<sup>th</sup>, 10&U parents will receive a timeline of events for the week. Although 10&U are supervised by their parents, they are part of the zone team. Questions regarding the day's events should be directed to the Team Manager or Head Coach. 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.

## Intent to Participate and Vital Information

Swimmer's Name: \_\_\_\_\_ Home Club \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

2009 USA #: \_\_\_\_\_ Age as of August 10<sup>th</sup>, 2010: \_\_\_\_\_

Phone #: home: \_\_\_\_\_ work: \_\_\_\_\_ cell: \_\_\_\_\_

Email: \_\_\_\_\_

Name of Parent(s): \_\_\_\_\_

10 & Unders eating with the Team: \_\_\_\_\_

T-shirt size (provided): Adult sizes XL L M S (circle one)

Suit Size (provided): If you are going to take care of your own suit check here \_\_\_\_\_

Speedo "Aquablade" suit size: \_\_\_\_\_ Boys: Brief or Jammer (Circle One)

Jacket (\$80 additional): Adult sizes XL L M S (Circle one)

\*A zone jacket can be purchased by the parents. Please include this in the total for the trip. If you do not wish to purchase the jacket, leave the size blank.

Additional t-shirts & sizes (\$12 each): Adult sizes \_\_\_XL \_\_\_L \_\_\_M \_\_\_S

\*T-shirts are traded on the last day of the meet. You can purchase t-shirts for trading or trade the ones provided. Please include this in the total for the trip. If you do not wish to purchase additional tee shirts, leave this part blank.

Is there anything else we should know about you besides what is listed on your forms?

**All checks to be made out to Colorado Swimming, Inc.  
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 3 events in your age group at the Zone meet. Entry constraints may require a swimmer to be entered 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 time, or N for a non-qualifying time. Altitude adjust if necessary for any time 200 yards/meters or over. Priority Times must be long course meter swims; no conversions. Swims done in yards must achieve the SCY standard, short course meters the SCM standard and long course meters, must achieve the LCM standard. Qualification times must have been swum since August 4<sup>th</sup>, 2009. .

	(P), (Z), (N) Time	Event	Times Mark the time as SCY, SCM, LCM	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 June 28th with the \$100 deposit made out to CSI.**

## Daily Event Summary by Age Group

Age Group	10&Under	11-12	13-14 15-16 17-18
<b>Tuesday</b>		400 Free Relay	1500 Freestyle 400 Free Relay
<b>Wednesday</b>	100 Back 100 Breaststroke 50 Free 200 Medley Relay	100 Back 100 Breaststroke 50 Free 400 Medley Relay	200 Back 200 Breaststroke 50 Free 400 Medley Relay
<b>Thursday</b>	50 Fly 200 IM	400 Free 50 Fly 200 IM	100 Fly 200 Free 400 IM
<b>Friday</b>	100 Fly 50 Breaststroke 200 Free	100 Fly 50 Breaststroke 200 Free 200 Medley Relay	200 Fly 100 Breaststroke 400 Free 200 Medley Relay
<b>Saturday</b>	50 Back 100 Free 200 Free Relay	50 Back 100 Free 200 Free Relay	100 Back 100 Free 200 IM 800 Free 200 Free Relay

**2010 Zones  
Priority Times  
Long Course Meters**

	<b>10&amp;U Girls</b>	<b>11/12 Girls</b>	<b>13/14 Girls</b>	<b>15/16 Girls</b>	<b>17/18 Girls</b>
<b>50 free</b>	32.26	29.45	28.60	28.51	29.52
<b>100 free</b>	1:11.05	1:04.40	1:02.27	1:01.71	1:03.74
<b>200 free</b>	2:33.56	2:18.17	2:14.22	2:13.93	2:19.67
<b>400 free</b>		4:52.85	4:41.77	4:41.60	4:53.27
<b>800 free</b>			9:38.04	9:39.83	9:58.92
<b>Mile</b>			18:36.08	18:34.57	19:13.66
<b>50 back</b>	38.44	34.17			
<b>100 back</b>	1:22.87	1:14.30	1:10.63	1:11.28	1:14.09
<b>200 back</b>			2:31.25	2:32.40	2:40.00
<b>50 breast</b>	43.57	38.05			
<b>100 breast</b>	1:33.79	1:22.90	1:20.41	1:19.54	1:23.46
<b>200 breast</b>			2:53.09	2:52.51	3:02.39
<b>50 fly</b>	35.38	31.91			
<b>100 fly</b>	1:21.86	1:10.87	1:08.36	1:07.89	1:10.57
<b>200 fly</b>			2:32.49	2:33.05	2:46.82
<b>200 IM</b>	2:56.36	2:36.91	2:34.04	2:33.73	2:38.17
<b>400 IM</b>			5:18.19	5:23.38	5:35.91

	<b>10&amp;U Boys</b>	<b>11/12 Boys</b>	<b>13/14 Boys</b>	<b>15/16 Boys</b>	<b>17/18 Boys</b>
<b>50 free</b>	32.92	29.16	26.51	25.81	26.10
<b>100 free</b>	1:11.64	1:03.45	57.61	56.81	57.33
<b>200 free</b>	2:36.60	2:16.89	2:06.45	2:04.75	2:06.38
<b>400 free</b>		4:51.80	4:27.55	4:24.39	4:34.00
<b>800 free</b>			9:18.00	9:08.80	9:44.38
<b>Mile</b>			17:44.13	17:29.03	18:27.41
<b>50 back</b>	39.14	33.77			
<b>100 back</b>	1:23.36	1:12.52	1:06.71	1:05.73	1:06.97
<b>200 back</b>			2:21.17	2:21.03	2:25.02
<b>50 breast</b>	43.41	37.61			
<b>100 breast</b>	1:34.51	1:21.83	1:14.27	1:12.91	1:14.60
<b>200 breast</b>			2:40.88	2:40.44	2:45.62
<b>50 fly</b>	36.72	31.92			
<b>100 fly</b>	1:22.79	1:12.09	1:03.30	1:02.11	1:02.49
<b>200 fly</b>			2:22.88	2:19.35	2:24.47
<b>200 IM</b>	2:57.26	2:36.36	2:24.10	2:21.93	2:25.86
<b>400 IM</b>			5:05.50	4:59.79	5:15.37

**AUTHORIZATION FOR TREATMENT OF A MINOR**  
**(August 9-15, 2010)**

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.)

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

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*SIGNATURE OF PARENT OR GUARDIAN*

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**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: \_\_\_\_\_

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**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 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 substance 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 2010 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! It is a lot of work and long hours, but it is very rewarding. CSI will pay 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. One of your main duties will be to enforce the rules set for the team. The Head Coaches will determine consequences, but all chaperones need to know the rules and penalties for behavior. You will be asked to drive, if this is a problem let us know beforehand. Chaperones will be required to fly out and back with the team on the regularly scheduled flights, option 1 of the flying options. If you have any questions as you fill out this form or make this decision, please contact b Mike Novell at [mike@mikenovell.com](mailto:mike@mikenovell.com) 602-326-1060 (allow 24 hours for a response). Thanks in advance for you interest.

Applicant's Name: \_\_\_\_\_

Your Swimmer's Name: \_\_\_\_\_

Tee shirt & polo size: \_\_\_\_\_

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?