



Central California Swimming

DARE to be great!

Diversity • Accountability • Respect • Excellence

2020 CCS 11-14 All-Star SELECT CAMP

CCS will be selecting an All-Star team of 11-14 year olds to participate the CCS sponsored, USA Swimming “Catch the Spirit Camp” in Clovis, CA, **April 18-19, 2020**. Parents will check-in their athletes on deck at Clovis North Aquatic Center on Saturday at 1:00pm, April 18. This overnight camp includes two pool sessions aimed at getting the best in CCS together to train and race, two educational classroom sessions, team building exercises, and a motivational speech and pool technique session with 2000 Olympian and 1998 World Champion breastroker, Kristy Kowal! Athletes will be released back to parents on Sunday afternoon, after a brief parent education seminar led by Ms. Kowal.

All CCS swimmers 11-14 who have ANY AA times, as of April 18, 2020, are encouraged to apply for selection to the 2020 All Star Camp. **All applications are due by WEDNESDAY, March 25.** Swimmers who do not have any AA times are welcome to apply; however, priority will be given to athletes who meet the AA time standard in multiple events.

How does a swimmer qualify for the 11-14 All Star Camp?

1. There will be 40 athletes selected for this Camp. There will not be any maximum number of athletes selected in each age group or gender. Swimmers must be 11-14 years old **as of the first day of the camp**, April 18, 2020. Swimmer’s age for purposes of time standard will be the age of the swimmer as of the first day of the camp.
2. Male and female swimmers in each age group will be selected by the Camp Coordinator and the Camp Head Coach based on the USA Swimming Motivational “AA” Time Standard. Qualifying times shall be the swimmer's best time from April 1, 2019 through the application deadline and be listed as officially verified times in the USA Swimming database.
3. Swimmers with the most AA times will be selected first. If there are not enough applicants with AA times to complete the team (the total number of AA times will be reflected by the best standard achieved in each stroke and correlating distance in ANY course, not in EVERY course. Hence, if an athlete has a AA time in the 50 METER breaststroke and 50 YARD breaststroke, this qualifies as one (1) AA time achieved), then:
4. Swimmers with the single highest Hy-Tek Power Point total event in the USA Swimming database will be selected. In the case there is a tie, for the final spot(s), the next highest single Hy-Tek Power Point total will be accepted.

Do the athletes have to stay with the All-Star Team?

Yes. This is mandatory!!! All Team CCS athletes, chaperones, and coaches will be required to stay with the team throughout the trip. Swimmers with a disability who require special care will be allowed to travel and/or stay with a parent or other designated adult. Swimmers will not be allowed to leave the team until Sunday April 7, and only to their parents, legal guardian, or designated adult who must sign the swimmer out. Please thoroughly read the Athlete Code of Conduct found in this packet. We encourage all parents to

attend the parent talk led by Michael Chadwick before athlete pick-up on Sunday, April 19 (time and location to be included in the itinerary sent to athletes upon team selection).

Packing Guidelines - Each swimmer should pack two bags: a swim bag and a duffel or other bag. Items needed for competition should be packed in the swim bag. All other travel items should be packed in the other bag. Be sure to pack a **water bottle**, practice suit(s), goggles, 2+ towels, shorts/pants, shirts, sweat shirt, pajamas, toiletries, healthy snacks, deck shoes, athletic shoes, socks, hat, sunscreen, lotion, chapstick, and [OTC] allergy medications, if needed. All items should be labeled with the swimmer's name. Individual prescription medications can be held by the swimmer's chaperone. CCS is not responsible for lost or stolen items. All swimmers should plan to bring or buy snacks or other drinks that they may desire. **No soda and no candy, please!**

Each swimmer will receive 2 All Star T-shirts, 1 All Star Cap, and other goodies from USA Swimming and Arena Swimwear. The swimmers will have 1-night lodging (four per room-dbl queens). The money collected covers the cost of the hotel, National Team athlete's travel and participation, apparel, and meals (including dinner on Saturday and breakfast on Sunday, as well as snacks provided between sessions).

All applications must be received by Wednesday, March 25 with:

1. Completed and signed Application.
2. Deposit check **payable to CCS for \$150**. Deposit will be destroyed (or returned, if desired) if your child is not selected. (Upon selection, the only expense is the deposit check of \$150)
3. Completed and signed Medical Release (with a copy of your health insurance card)
4. Signed Code of Conduct

Mail applications to:

Camp Coordinator, Mark Bennett, 773 N. Marion Ave, Clovis, CA 93611

OR scan and email to coachmark76@gmail.com

OR APPLY ONLINE!

1. **Type the following URL into your browser: <http://www.teamunify.com/cczone>** (this is NOT the CCS website. It is a separate All-Star/Zone Team website)
2. **Click the "Register Here" button on the right side of the home page.**
3. **Fill out ALL the available information fields.**
4. **Agree to the questions regarding Code of Conduct, Treatment Authorization, and submitting current best times.**
5. **You will still need to send in a check for \$150, separately to the address above.**
6. **You will also need to provide a list of best times, either mailed or emailed to the contact addresses below.**
7. **If your athlete is selected, you will be sent an authorization email and a password to the CCZone page! Your info will be stored for the next CCS All-Star or Zone Team opportunity and all you will not have to fill out a new application/registration again!**

Central California Swimming Letter of Intent/Application 2020 CCS 11-14 All Star “Catch the Spirit Camp” – April 18-19

This signed Letter of Intent/Application, a signed CCS Code of Conduct and signed medical release and a non-refundable (if selected) deposit of \$150 must be submitted with all forms and a check payable to CCS (Central California Swimming) by Wednesday, March 25.

The final cost is *\$150*, to be paid by deposit upon receipt of this application. Short or Long Course AA qualifying times must be achieved between April 1, 2019 and March 25, 2020. Times will be verified through USA Swimming SWIMS database.

Names: _____ **Age on 4/18/2020:** _____

Address: _____ **City:** _____ **Zip:** _____

Home Phone: _____

Mom _____ **Cell Phone:** _____ **Email:** _____

Dad _____ **Cell Phone:** _____ **Email:** _____

USA Swimming # (MANDATORY): _____

Club: _____ **Coach:** _____

T-shirt size (ADULT Sizes Only--Circle Your Size): small medium large x-large

CENTRAL CALIFORNIA SWIMMING

MEDICAL RELEASE & EMERGENCY AUTHORIZATION FORM AUTHORIZATION TO TREAT A MINOR

I, THE UNDERSIGNED FATHER, MOTHER, OR LEGAL GUARDIAN OF _____, A MINOR DO HEREBY AUTHORIZE AND CONSENT TO ANY X-RAY EXAMINATION, ANESTHETIC, MEDICAL OR SURGICAL DIAGNOSES DEEMED ADVISABLE BY AND IS TO BE RENEDED UNDER THE GENERAL OR SPECIFIC SUPERVISION OF ANY MEMBER OF THE MEDICAL STAFF AND EMERGENCY STAFF LICENSED UNDER THE PROVISIONS OF THE MEDICAL PRACTICE ACT OR DENTIST LICENSED TO OPERATE A HOSPITAL. IT IS UNDERSTOOD THAT THIS AUTHORIZATION IS GIVEN IN ADVANCE OF SPECIFIC DIAGNOSES, TREATMENT OR HOSPITAL CARE BEING REQUIRED BUT IS GIVEN TO PROVIDE THE EXERCISE OF THE BEST JUDGEMENT THAT MAY DEEM ADVISABLE. IT IS UNDERSTOOD THAT EVERY EFFORT SHALL BE MADE TO CONTACT THE UNDERSIGNED PRIOR TO TREATMENT TO THE PATIENT, BUT THAT ANY OF THE ABOVE TREATMENT WILL NOT BE WITHHELD IF THE UNDERSIGNED CANNOT BE REACHED.

SIGNATURE (PARENT OR LEGAL GUARDIAN) _____

EMERGENCY INFORMATION

BIRTHDATE _____

TETNUS BOOSTER DATE _____

List any medical conditions: _____

List any medications that must be administered:

List any allergies (include food and over the counter medications):

List any special food requirements (vegetarian, etc.): _____

EMERGENCY TELEPHONE NUMBERS (INCLUDE AREA CODE)

Emergency contact: _____ Relation: _____

Phone: _____ Alternate Phone: _____

INSURANCE COMPANY _____ ***** **ATTACH COPY OF CARD**

SWIMMER'S PHYSICIAN _____ TELEPHONE NUMBER _____

CODE OF CONDUCT

This CODE OF CONDUCT shall apply to all those representing Central California Swimming, regardless of location.

A. PROHIBITED BEHAVIOR:

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

B. TRAVEL TRIP BEHAVIOR: The following are mandatory, and the responsibility of the HEAD COACH:

- (1) A nightly curfew will be established and enforced.
- (2) All athletes and people representing CCS shall be housed in an appropriate manner.
- (3) To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms and no female athletes in male athletes' rooms without supervision.

There will be a team room provided for relaxation and recreation whenever possible.

- (4) Coaches and athletes must attend all team meetings and/or required functions.
- (5) The head coach shall have immediate possession of a signed CONSENT TO TREAT for all minors on any trip.
- (6) Violations of the above will result in immediate referral to the CCS Review Board for action. Immediate action may include, but is not limited to:
 - (a) Scratching the athlete(s) from event(s).
 - (b) Sending the involved party home at own/parent's expense.
 - (c) Other action as determined by those at the site.
 - (d) Review Board penalties may include suspension from swimming.

NOTE 1 Persons present while any of these prohibited activities occur must leave the area immediately or be considered a participant by choice.

NOTE 2 Notification that this CODE OF CONDUCT is in effect shall be accepted at the time of registration. Notification shall be implied to all members of CCS. All people representing a CCS registered team, in the process of attaching to a registered team, or receiving money from CCS are considered to be representing CCS.

NOTE 3 Violation of this CODE OF CONDUCT will be considered to be bringing disrepute upon the sport of swimming.

NOTE 4 Appeal from any disciplinary action taken shall be in accordance with Part Four of USA Swimming Rules and Regulations.

Athlete Signature

Parent or Legal Guardian Signature