

2009 NCS ZONE TEAM
15-18 YEAR-OLD SHORT COURSE
SELECTION PROCESS

North Carolina Swimming will select up to five 15-18 year-old girls and up to five 15-18 year-old boys based on short course times achieved during December 1, 2008 - April 10, 2009.

In order to field a team of the maximum allowed ten 15-18 year-old boys and ten 15-18 year-old girls, NCS will also select athletes in the summer using long course times. Summer long course 15-18 year-old selections will be based on long course performances achieved between April 11, 2009 through the conclusion of **Sunday July 26, 2009 preliminaries** of the NCS Long Course Senior Championships.

Short Course Selection Process:

- ◆ Eligibility: Currently registered, NC Swimming year-round athletes selected by NCS. Any swimmer who has ever achieved the current US Open time standard in any event prior to the latest possible entry deadline for 2009 Long Course US Open, is ineligible to compete in the 2009 Southern Zone Age Group Championships.
- ◆ 15-18 year-old swimmers with at least two short course 2009-2012 15-16 year-old AAA time standards will be allowed to apply for the 2009 NCS Zone Team by submitting a completed application. The application posted on the NCS website at www.ncswim.org, must be postmarked no later than May 11, 2009.
- ◆ 14 year-old swimmers who will be 15 years-old by the first day of the Zone Meet (July 28th) AND have at least two short course 2009-2012 15-16 year-old AAA time standards, can apply for a 15-18 year-old spot on the 2009 NCS Zone Team.
- ◆ A Hy-Tek generated list of individual top SCY times and SWIMS single event power points should be submitted, using the date range of Dec. 1, 2008 to Apr. 10, 2009.
- ◆ Swimmers will be notified of their selection by Monday, May 25, 2009.
- ◆ Swimmers not selected are eligible to re-apply in the summer using long course times achieved April 11, 2009 through the conclusion of preliminaries of the NCS Long Course Senior Championships July 26, 2009.
- ◆ Swimmers selected are required to provide the entire non-refundable Zone fee of \$475 per athlete, with application and must be postmarked by May 11, 2009. If the athlete achieves a current individual US Open qualifying time standard, the fee will be refunded in full and an additional athlete selected during the long course season.
- ◆ All 15-18 year-old swimmers selected from short course 2008-09 performances will be chosen using power points derived from the USA Swimming SWIMS program. For a consistent assessment of all time point values, all times will be awarded points using only the 18 year-old single age group power points scale.
- ◆ In the event that a swimmer chosen by short course performances declines their selection, the next qualified swimmer, based on points, will be invited to be on the NCS Zone Team, such that up to five athletes are selected.
- ◆ All other 15-18 year-old athletes will be selected in the summer. The long course selection process will be specified with the NCS Zone Team long course application and both the process and application posted by June 1, 2009.

2009 15-18 ZONE TEAM SHORT COURSE APPLICATION | SOUTHERN ZONE CHAMPIONSHIPS

Please fill out the information below completely and send with check:

Postmarked by Monday, May 11, 2009:	Or email by Midnight Monday, May 11:
2009 Zone Team 1067 Farm Creek Drive Franklinville, NC 27248	Email to: Shawn Columbia, Zone Team Manager fastswimming@yahoo.com

The information requested below must be completely filled out AND accompanied by the **\$475** check payable to **“NC Swimming”**. If not selected, the check will be shredded. Please note we are looking for chaperones who are interested in attending this meet. Please check the appropriate boxes if you can consent to being a chaperone on this trip. Chaperones will be selected by the Team Manager around the time that the Zone athletes are selected.

INFORMATION NEEDED:

Last Name:	Legal First Name:	Middle Name:	
Street Address:		Home Phone: () -	
City:	State:	Zip Code:	
NCS Club:	*USA Swim ID #:		
Your Coach's Name:	Coach's Phone Number: () -		
Parent/s Name/s:	Parent Work Phone: () -		
Preferred Contact for Selection notification (please note some athletes may be traveling, so a cell phone # is preferred):			
Phone: () -		Cell Phone: () -	
E-Mail (parent):	E-mail (athlete, if any):	Outfitting Information:	
Selection Period: North Carolina Swimming will select up to five 15-18 year-old girls and up to five 15-18year-old boys based on short course times achieved during the period of December 1, 2008 - April 10, 2009.		T-shirt Size (circle): Youth- Large Adult- Small Adult- Medium Adult- Large Adult-XL	
Please be sure to attach the following forms and/or information: <ul style="list-style-type: none"> <input type="radio"/> Medical Release Signature <input type="radio"/> Swimmer Consent Statement <input type="radio"/> Zone Code of Conduct <input type="radio"/> HY-Tek Top times Dec 1-Apr10 & SWIMS single event power points <input type="radio"/> Check for \$475 payable to “NCS” 	One parent of the swimmer named on this application is interested in being a: <ul style="list-style-type: none"> <input type="radio"/> Trip Chaperone <input type="radio"/> Meet Official <input type="radio"/> Medical Advisor Volunteer's name and phone number: <table border="1" style="width: 100%; height: 40px;"> <tr> <td> </td> </tr> </table>		As shirts will have been ordered prior to the selection of each athlete, we will do our best to supply everyone with t-shirts near his/her own size.
Fee does not cover all food costs.			

* Your USA Swimming ID # is composed of: 1) Your birthday + 2) the first three letters of your first name + middle initial and 3) the first four letters of your last name. If the swimmer does not have a middle initial, use an asterisk (*). Use an asterisk (*) also if your name does not have the necessary number of letters. [Example: Jo E. Smith = 092574JO*ESMIT]

MEDICAL RELEASE STATEMENT

I, _____ (parent) hereby agree to allow my child to participate as a member of the 2009 Zone Team that will be competing in Orlando, Florida representing North Carolina Swimming. I consent to my child signing the Code of Conduct Statement below and further agree to release all liability from USA Swimming, Inc., NC Swimming, Inc., the meet sponsors, meet hosts, 2009 Zone team coaching staff, managers and chaperones for any and all injuries suffered by my child at the event or while on this trip. ***I understand that if my child is in violation of the NCS CODE OF CONDUCT that he/she can be dismissed immediately from the event and that I am responsible for providing my child with transportation from the team assembly point.*** In case of a medical emergency, I hereby authorize any of the Zone coaches, officials, managers or chaperones to give consent for medical treatment to be administered to my child.

Parent Signature: _____ **Date:** _____

SWIMMER CONSENT STATEMENT

I, _____ (swimmer) hereby apply to become a member of the 2009 Zone Team that will be competing in Orlando, Florida and representing NC Swimming, Inc. ***I understand that by representing NC Swimming my behavior must be beyond reproach. I further understand that I will abide by the ZONE TEAM CODE OF CONDUCT agreement.*** I agree to release all liability from USA Swimming, Inc., NC Swimming, Inc., the meet sponsors, meet hosts, 2009 Zone team coaching staff, managers and chaperones for any and all injuries suffered by me at the event or while I am on this trip.

Swimmer's Signature: _____ **Date:** _____

MEDIA RELEASE STATEMENT

As part of the 2009 Zone Team trip, we will be producing daily updates on our swimmers' performances and may post photographs on the NCS website. Athletes are asked to sign below to give us permission to use their photos for the website, for the 2010 NCS Awards banquet and for publicity surrounding the Zone meet in the future.

Athlete Signature: _____ **Parent's Signature:** _____

BEST LONG COURSE TIMES

Coaches often have need of a swimmer's best times from other current long course competition. To assist the coaches with deciding relay personnel and individual event selection, it would be extremely helpful if swimmers could get their home team coach to submit a HY-TekTeam Manager Best Times printout of current 2009 long course times in all events with this application.

ATHLETE MEDICAL HISTORY

Physician's Name	Phone Number: () -	Insurance Company:
Please list any Allergies as well as treatments:		Insurance Policy No:
Is the athlete taking any prescribed medications?:		

Who can we reach someone in case of an emergency:

Name of Person: _____ **Relationship to athlete:** _____

Location: _____ **Phone:** () -

Please list any foods to which this athlete is allergic or has difficulty tolerating:

USA SWIMMING SOUTHERN ZONE
AGE GROUP SWIMMING CHAMPIONSHIPS
CODE OF CONDUCT

The following code is in effect throughout the 2009 USA Swimming Southern Zone Age Group Swimming Championships. Anyone who, in the opinion of the LSC Zone Meet Coaching Staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips or competition may be imposed.

- 1) The LSC may travel as a team to these meets/training sessions and everyone is expected to behave in an exemplary manner. The reputation of the LSC, as well as the other athletes with you, is dependent on your behavior.
- 2) The LSC Coaching Staff holds the final word on any rules, regulations or disciplinary actions.
- 3) a) The consumption or purchase of alcohol, smoking or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments and probable expulsion from the LSC Zone Team. Any swimmer suspected of such activity will appear before a review committee composed of the LSC Coaching Staff, and LSC Zone Team Captains.

b) Use of inappropriate language, including obscene language or gestures and other threatening language or conduct will not be tolerated while traveling with the LSC Zone Team.
- 4) At no times will male and female athletes be in the same hotel room together. This applies to your LSC Zone Team members or members of any other LSC Zone Team.
- 5) No team meetings or practices may be missed. Be punctual to all meetings and warm-up times.
- 6) No team member may be out of their room after the assigned curfew time and no one may leave their room alone. Permission must be obtained from the LSC Coaching Staff or designated chaperones to leave the room.
- 7) Any damages or thievery incurred at a hotel will be at 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, such behavior should be kept to a minimum in your rooms. Make all phone calls (except within the hotel) from a pay phone.
- 8) Any individual damages or thievery incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken. Such behavior will not be tolerated.
- 9) All team members will be polite in restaurants. Leave a 15% tip (Minimum). If there is a problem with the service, see the LSC Coaching Staff.
- 10) Agree to follow these and any other rules having to do with the behavior and the LSC Zone Team, as established by the Coaching Staff and the LSC.
- 11) I recognize my responsibility to abide by these rules and requirements and those of the LSC Zone Team I am representing and I acknowledge that I have received and read such.

Swimmer's Printed Name _____ Dated _____

Swimmer's Signature _____ Dated _____

LSC Head Coach's Signature _____ Dated _____