

Please fill in both pages.

Sierra Nevada Swimming
2008 All-Star Team

Letter of Intent

All swimmers wanting to be a member of the 2008 Sierra Nevada All-Star Team traveling to Bakersfield, CA on Friday, January 25, 2008 through Sunday, January 27, 2008 **MUST** fill out and return this LETTER OF INTENT. Head Coach Lyn Cushman must receive the letter of intent if mailed before 12 noon on **Thursday, December 27, 2007**, at 1220 Arden Hills Lane, Sacramento, CA 95864 Letters may also be submitted at the Gobbler meet in Folsom. **NO EXCEPTIONS!**

YOUR LETTER OF INTENT MUST BE RECEIVED by Saturday, December 29, 2007, 12:00 P.M. No exceptions allowed. Faxes will not be accepted. Postmark dates will not be accepted.

Swimmers Name _____ Age _____ Sex _____

Age as of 01-26-2008 _____ Birth Date _____

USAS# _____

Team _____

Coach _____ Coach's Phone _____

Parent/Guardian _____

Parent Home Phone _____ Work Phone _____ Cell Phone _____

Mailing

Address _____

City, State, Zip _____

If selected, I _____ will participate as a member of the Sierra Nevada Swimming All-Star Team. I agree to abide by the team guidelines and Code of Conduct and other necessary rules and guidelines set forth by the coaching staff, chaperones, and/or team manger. If my son/daughter does not abide by the team guidelines and Code of Conduct and other necessary rules and guidelines, I understand that she/he will be sent home at the expense of the swimmer's family prior to the conclusion of the meet.

To defray costs, each swimmer selected will be asked to contribute an amount not to exceed \$150.00. The check must accompany your child's letter of intent and will be cashed prior to the departure. Should the check be returned as non-sufficient funds, only cash, cashiers check or money order will be accepted.

Payment must be made 48 hours after notification of a non- sufficient funds check if it is not, the swimmer will be removed from the team.

Swimmers will receive a team uniform to include, swim cap(s), T-Shirt, sweat jacket. Travel will be primarily Air flight and Vans. Hotel accommodations, meals and snacks are included.

Signature of Swimmer _____

Signature of Parent _____

Please fill in both pages.

Sizing Information

Swimmer's Name _____

Age Group _____ Sex _____

Please Indicate: T-Shirt Size: Child _____ Small Medium Large X-Large

Adult _____ Small Medium Large X-Large

Sweat Suit Child _____ Small Medium Large X-Large

Adult _____ Small Medium Large X-Large

Coach Information

(To be filled out by coach)

Coach Name: _____ Coach Phone #: _____

Swimmer's Top Six Events: Please rank the best six events for the above swimmer to swim at the All Star Meet. The All Star age group coach will consider your recommendation when filling entries.

- 1. _____ 4. _____
- 2. _____ 5. _____
- 3. _____ 6. _____

As coach of the above swimmer, I will encourage he/she to remain in top physical condition in preparation for a peak performance at the Western Zone Championship meet.

Coach Signature: _____ Date: _____