

IES SWIMMING SENIOR ZONE ALL STAR TEAM INFORMATION

Head Coach: John Pringle, Velocity Swimming (509) 884-8917

Assistant Coach: David Dolphay, CAST (208) 699-3828

Additional Assistant Coaches TBD based on athlete numbers.

This is the information for the Senior Zones All Star Team trip to Fresno, California Monday July 29th through Sunday August 4th.

Flight Arrangements: It is the responsibility for all athletes to have their own flight or transportation arrangements as follows: Send complete flight itinerary to: coachjohn@velocity-swimming.com

- 1.) Departing Flights need to arrive in Fresno (airport code FAT) no later than 6:00 PM on Monday July 29th. Athletes arriving later *may* need to arrange personal transportation to the hotel.
- 2.) Return Flights should be made departing no later than 12:35 PM on Sunday, August 4th. Athletes needing later departure times will need to wait at the airport and must depart with the latest departing team chaperone.
- 3.) Personal Ground transportation: Athletes should arrive Monday, July 29th before 6:00 PM but may depart Anytime after their last event of the meet. (See Note concerning lodging expenses).
****GET YOUR FLIGHTS ASAP! ****

Lodging:

- 1.) The hotel is: Hampton Inn and Suites Hwy 99 Fresno.
 - a. 7194 Kathryn Dr. Fresno, CA 93722.
 - b. Phone: (559) 276-9700
- 2.) Swimmers lodging with the team will pay a share of their room (up to 4 athletes per room) for the entire duration of the team stay - 6 nights total.
- 3.) Parents desiring to lodge in the same hotel should get reservations as soon as possible.
- 4.) Swimmers choosing to stay with parents rather than team members may select a different package option (see below), but the \$500 deposit will still apply.

Meals:

NOTE: All team members MUST attend AM and PM team meetings which includes meals.

- 1.) Breakfast (pre-meet meeting) is required for ALL athletes.
 - a. Breakfast is included in lodging expense.
- 2.) Swimmers must bring money to provide for their own lunches and travel meals.
- 3.) Dinners (post-meet meeting) is required for ALL athletes.
 - a. Provided through the \$500 deposit at the hotel. Any special dietary restrictions must be noted on the athlete information and medical sheet. Dinners will be provided Monday through Saturday evening (6 dinners).

Transportation:

- 1.) All swimmers using team transportation will be expected to pay for their share of the 4 or 5 minivans that will be required to accommodate the team. Swimmers may elect to NO team transportation but may not use team transportation--not even once--or they will be charged for the entire week.

Meet Entries:

- 1.) Each individual Team will enter their own athletes for the meet! Entries must be completed through the USA Swimming OME portal.
- 2.) Team should charge their athletes meet fees as they would any other meet. Relays will be charged to the athletes that swim in them in the final expense report. The Senior Zone Head Coach will notify Meet personnel to change all IES Swimmers to IES ALL STAR TEAM, unless otherwise directed (TCCC will swim on their own).
- 3.) **7-swim individual limit at the meet but you may enter 9!** Please DO NOT do this option unless absolutely necessary as it could lead to unfortunate mistakes. If you must, please communicate with the Head Coach the exact plan.
- 4.) Coaches! Please send a list of swimmer names to Coach John Pringle as soon as possible at: coachjohn@velocity-swimming.com

Time Trials:

- 1.) Athletes wishing to swim Time Trials may do so according to the meet information, but should have exact \$15 CASH for each time trial to be given to the Time Trial Coach (shared at first evening meeting).
- 2.) Swimmers will be limited 2-time trials for the meet.

Team Swag:

- 1.) Velocity Swimming will be hosting and managing the team swag package. More information will come out soon, and this expense will be not be included in the \$500 deposit. Instead, the amount will be deducted from the overall reimbursement from IES.

*****Team swag is NOT Required!*****

SWAG will include a personalized embroidered backpack, 2 team shirts, and a hat.

(Exception: Team cap will be included in \$500 deposit).

Chaperones:

- 1.) We are in need of chaperones! Number of chaperones needed will be determined by team size (estimated 3 or 4) and meet requirements below.
 - a. Registered as non-athletes with USA Swimming.
 - b. Complete the required background check for "officials."
 - c. Take and complete the Athlete Protection Training.
 - d. Complete all necessary meet policy and travel forms.
 - e. Email: coachjohn@velocity-swimming.com your desire to do this.
 - f. Chaperones will be expected to drive team vans to and from activities.
 - g. Preference will be given to husband/wife teams to decrease lodging costs.
 - h. Husband and wife teams will need to drive separate vans.
 - i. Chaperones who can share a room with another chaperone of same gender will also be given preference.
 - j. Chaperones with a non-chaperone spouse will have ½ of their room paid for.
 - k. Dinner is included for chaperones at no fee.
 - l. Chaperone duties: drive vans; room checks as directed by coaching staff; order, pick up, deliver and organize team dinners.

MISC. INFORMATION:

- 1.) IES Travel Policy, Medical Permission and Release, Code of Conduct, and 18 and older athlete disclosure/permission MUST BE SIGNED BY ALL MEMBERS OF THE TEAM.
 - a. Coaches, Chaperones, Athletes.
- 2.) Coaches: WE MAY BE IN NEED OF AT LEAST ONE MORE COACH. PLEASE CONTACT COACH JOHN PRINGLE coachjohn@velocity-swimming.com to express interest or for more information.
- 3.) **TEAM PACKAGE OPTIONS: PLEASE! NOTE APPROPRIATE PACKAGE ON TEAM APPLICATION!**
Default package will be Package 3 (most expensive).
 - a. PLEASE CHOOSE CORRECT OPTION ON ATHLETE APPLICATION AND DEPOSIT SHEET.
 - b. **PACKAGE 1-** MINIMUM REQUIREMENT MEALS ONLY and Team Cap.
 - i. MEALS ARE A REQUIRED PART OF OUR MANDATORY TEAM MEETINGS.
 1. (This package assumes lodging and transportation with parent).
 - c. **PACKAGE 2-**MEALS AND GROUND TRANSPORTATION, and Team Cap.
 - i. Assumes lodging with parent.
 - d. **PACKAGE 3-**ROOM, MEALS, AND GROUND TRANSPORTATION and Team Cap.
- 4.) NOTE! SWAG IS OPTIONAL AND EXTRA. CHECKS FOR THIS MADE TO AND SENT TO VELOCITY SWIMMING. MORE DETAILS FORTHCOMING.
- 5.) **NOTE: SPECIAL 18 AND OVER ATHLETE DISCLOSURE:**
 - a. There will be athletes who are the age of 18 or over making this trip. The new MAAP Safe Sport policies dictate that we must disclose this eventuality and a special permission is needed by parents of minor athletes for 17 & Under athletes to share a hotel room with an 18 & older athlete. This form will be included in the form package noted above.

- 6.) **REQUIRED FORMS AND DOCUMENTS FOR ALL COACHES, CHAPERONES AND ATHLETES!** Please send the application and deposit fee via US Mail to Todd Stafek, IES Treasurer, at the address listed on the application. Be sure to choose the appropriate travel package as listed in the Senior Zone Information. PLEASE! Email the following documents to Head Coach John Pringle as soon as possible, but **no later than Monday, July 8th**. *NOTE-LATE QUALIFIERS WILL NEED TO SPEAK DIRECTLY WITH COACH PRINGLE (509) 884-8917.
- a. Copy of application and deposit check as mailed to Todd Stafek, IES Treasurer.
 - b. Signed and completed Medical Release Form
 - i. NOTE! Failure to disclose conditions or needs may result in an athlete being sent home. Please ensure accuracy!
 - c. Signed Code of Conduct and Travel Policy.
 - d. FOR COACHES AND CHAPERONES: COPY OF PROOF OF CLEARANCE AS A NON-ATHLETE.
 - e. FOR COACHES: Copy of Proof of Completion of CDC or equivalent concussion course.
 - f. TEAM SWAG ORDER FORM—TO BE SENT OUT AT A LATER DATE, BUT DUE by JUNE 28th.