

2017 FLORIDA SWIMMING vs FLORIDA GOLD COAST DUAL MEET AT INDIAN RIVER STATE COLLEGE FORT PIERCE, FLORIDA – MARCH 31-APRIL 1-2, 2017

The FGC All-Star team will be selected from the results of the 2017 FGC Junior Olympics to be held the weekend of March 17-19, 2017, at the Coral Springs Complex.

Only swimmers who finish in the Top 6 places IN THE EVENTS INCORPORATED IN THE ALL STAR MEET of the 10-Under, 11-12 and 13-14 age groups and are eligible* for the All-Star selection.

* An individual aging up before or on APRIL 1, 2017 must notify the All-Star desk that they intend to swim in the (new) upper age group before the application is submitted.

To Apply For The All-Star Team-Please Follow These Qualifying Steps:

- 1) Coaches, parents, and swimmers-please pick up the information packet from the All Star table during the meet.
- 2) Swimmers and parents must complete the necessary forms (start filling them out as soon as you pick them up to save valuable time);
- 3) Return the filled out forms to the All Star table before the end of the finals session on Sunday to be selected for the team.
- 4) Any swimmer qualifying on Sunday evening must turn in the application immediately following the finals session on Sunday.

Swimmers Requirements:

- A. Provide own transportation and lodging during the All-Star meet.
- B. Complete the entry form sheet with **\$50.00** check payable to Florida GOLD COAST Swimming.
- C. Agree to adhere to and sign Code of Conduct.
- D. Parent or guardian signs a Release Form with any medical insurance information
- E. Swimmers must bring their own swimsuit and goggles. Each swimmer will receive a FGC t-shirt and cap.

ORDER OF EVENTS

Event #	SATURDAY APRIL 1, 2017 WARMUP 7:45AM START 9:00AM	Event #	SATUR DAY APRIL 1 ,2017 WARMUP 2:00PM START 3:00PM	Event #	SUNDAY APRIL 2, 2017 WARMUP 7:45AM START 9:00AM
1- 2	10-U 50 BACK	31-32	13-14 200 IM	61-62	13-14 200 BACK
3- 4	11-12 50 BACK	33-34	11-12 100 IM	63-64	11-12 100 BACK
5- 6	13-14 100 BACK	35-36	10-U 100 IM	65-66	10-U 100 BACK
7- 8	10-U 100 FREE	37-38	13-14 50 FREE	67-68	13-14 100 FREE
9- 10	11-12 100 FREE	39-40	11-12 50 FREE	69-70**	11-12 500 FREE
11- 12	13-14 200 FREE	41-42	10-U 50 FREE	71-72*	13-14 1650 FREE
13- 14	10-U 100 BRST	43-44	13-14 100 FLY	73-74	11-12 50 BRST
15- 16	11-12 100 BRST	45-46	11-12 100 FLY	75-76	10-U 50 BRST
17- 18	13-14 100 BRST	47-48	10-U 100 FLY	77-78	13-14 200 BRST
19- 20	10-U 200 IM	49-50 **	13-14 500 FREE	79-80	11-12 50 FLY
21- 22	11-12 200 IM	51-52	11-12 200 FREE	81-82	10-U 50 FLY
23- 24**	13-14 400 IM	53-54	10-U 200 FREE	83-84	13-14 200 FLY
25-26	10-U 200 MED RELAY	55-56	13-14 200 FR.RELAY	85	11-12 200 FR. RELAY, MIXED GENDER
27-28	11-12 200 MED RELAY	57- 58	11-12 200 FR RELAY	86	10-U 200 FR. RELAY MIXED GENDER
29-30	13-14 200 MED RELAY	59- 60	10-U 200 FR RELAY	87	13-14 200FR. RELAY MIXED GENDER

** EVENTS 23-24, 49-50, 69-70 ARE LIMITED TO THREE (3) HEATS OF GIRLS AND THREE (3) HEATS OF BOYS

FOR MORE INFO CONTACT:

Coach Jennifer Gibson, Florida Gold Coach Age Group Chair 704-517-1821 jenngibson60@gmail.com

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DUAL MEET AT INDIAN RIVER STATE COLLEGE
FORT PIERCE, FLORIDA – MARCH 31-APRIL 1-2, 2017**

2017 ALL-STAR DUAL MEET SWIMMER ITINERARY

Friday, March 31, 2017

4:30 PM-Swimmers should arrive at Indian River College Pool-3209 Virginia Avenue, Fort Pierce, FL 34981.

5:00 PM- Swimmers will report to their specific age group and prepare for warming up.

5:00- 6:30 PM- Warm-up with Florida Gold Coast All Star Coaches according to age groups.

6:30- 7:00 PM – Florida Gold Coast All Star Team Meeting - Shirts and caps will be distributed at this time.

Saturday, April 1, 2017

7:30 AM-Arrive at the Indian River College Pool. Get ready for warm ups!

7:45 AM – Warm-up with Florida Gold Coast All Star Team.

9:00 AM - Dual Meet begins. “Let’s Go FGC Swimmers!” Good Luck to Everyone!

1:30 PM – Meet outside the pool for team pictures. WEAR your FGC ALL STAR T-SHIRT!!

2:00 PM - Warm-up with Florida Gold Coast All Star Team.

3:00 PM – Dual Meet begins.

Sunday, APRIL 2, 2017

7:30 AM-Arrive at the Indian River College Pool. Get ready for warm ups!

7:45 AM - Warm-up with Florida Gold Coast All Star Team.

9:00 AM – Dual Meet begins.

11: 30 AM - Florida Gold Coast AWARDS AND FAREWELL *(Let’s not forget to do a team cheer/thank you for our hosts and competition-the Florida Swimmers!)*

COACHES-2017 Florida Gold Coast All-Star Meet:

HEAD COACH-Coach Michael Averett (SFTL)

13-14 COACHES-Coaches Cathy Silveira (MAC) & Norman Abril (GRSC)

11-12 COACHES-Coaches Katie Crider (SAS) & Michael Smiechowski (CSSC)

10 & Under COACHES-Coaches Jennifer Gibson (SFTL) & Rodobaldo Deus (CM)

*****PLEASE LET your COACHES KNOW WHERE YOU ARE at all times!!! If not sitting with the team, check in with your coaches!!! See your coach before and after you swim. Do not leave the competition without notifying your coach!!!.**

FOR MORE INFO CONTACT: Coach Jennifer Gibson. Florida Gold Coast Age Group Chair
Cell phone#=704-517-1821 E-mail address= jenngibson60@gmail.com

PAID: YES NO

CASH

CHECK# _____

SWIMMER APPLICATION FORM
2017 FLORIDA SWIMMING vs FLORIDA GOLD COAST
DUAL MEET AT INDIAN RIVER STATE COLLEGE
FORT PIERCE, FL
March 31-April 2, 2017

***** All forms and fees (\$50 cash or check) must be turned in to the All-Star Table by the end of the finals session on Sunday, March 19, 2017.**

*****10 & Under-Deadline for registering is 1:00p.m. on Sunday, March 19, 2017!!!**

LAST NAME _____

FIRST NAME _____ MI _____

AGE, AS OF ALL STAR MEET (April 1, 2017) _____ SEX: _____

BIRTHDATE: _____

PHONE: (_____) _____

E-MAIL: _____

TEAM: _____

T-SHIRT SIZE (Circle one): CHILD: M L XL ADULT: S M L XL

****PARENTS-DO YOU WANT A TEAM T-SHIRT? PLEASE ORDER HERE! Parent Size=** _____

Please list your first 6 choices and 2 alternate events. Provide your current best times.

	<u>Event</u>	<u>Time</u>	
1.	_____	_____	
2.	_____	_____	50 Butterfly Time= _____
3.	_____	_____	50 Backstroke Time= _____
4.	_____	_____	50 Breaststroke Time= _____
5.	_____	_____	50 Freestyle Time= _____

***If you are not including 50 times, please Add them here (for relay consideration):**

6. _____

Alternate Events

***THANK YOU FOR APPLYING!
GOOD LUCK!!
GO FGC!**

1. _____

2. _____

**2017 FLORIDA GOLD COAST SWIMMING
MEDICAL RELEASE FORM & CODE OF CONDUCT**

Medical Release

I, _____, natural parent or guardian of

_____, do hereby relieve FLORIDA GOLD COAST SWIMMING, the AGE GROUP VICE-CHAIRMAN, and the COACHING STAFF, from any and all liability in connection with the 2017 FLORIDA SWIMMING-FLORIDA GOLD COAST DUAL MEET AT THE INDIAN RIVER STATE COLLEGE Campus on March 31- April 2, 2017.

In the event he/she is incapacitated due illness or injury and it is impossible to contact me for any medical treatment, I then hereby grant permission to the coaches and or chaperones to use their own best judgment in the medical treatment they may secure for my child.

In the event this should be necessary, the above named athletes insurance carrier is

_____ and the policy number is _____.

SIGNED BY: _____

ADDRESS: _____

CITY: _____

HOME PHONE: () _____

CELL PHONE: () _____ (must be available at all times!)

E-MAIL: _____

CODE OF CONDUCT

I, as a member of the 2017 FLORIDA GOLD COAST SWIMMING ALL-STAR TEAM, understand and agree to comply with the following guidelines set forth by FLORIDA GOLD COAST SWIMMING, INC. while on the pool deck and for every activity associated with this event:

1. Will comply with all uniform requirements.
2. No use of tobacco products, controlled substances, or alcoholic beverages.
3. No profanity or disrespectful comments toward coaches or teammates.
4. Swimmers will train and stay in shape for the weeks between FGC Junior Olympics And All-Star Dual Meet.
5. Swimmers must be on time for the warm-up times outlined by the All-Star Coaching Staff.

By signing this agreement, I hereby acknowledge these guidelines as set forth by FLORIDA GOLD COAST SWIMMING, INC. the AGE GROUP CHAIRMAN, and the HEAD COACH. I

understand that the violation of any of these guidelines will be cause for disciplinary actions as determined by the COACHING STAFF, subject to my right to appeal.

ATHLETE'S SIGNATURE

DATE

PARENT OR GUARDIAN SIGNATURE

DATE

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HOTEL INFORMATION (Information has also been posted on the FGC website)

PGA Perfect Drive Golf Villas
[\(772\) 873-0515](tel:7728730515)

Residence Inn – Marriott
[\(772\) 344-7814](tel:7723447814)

Fairfield Inn and Suites (Special room rates subject to availability after March 9, 2017)
[\(772\) 462-2900](tel:7724622900)

Holiday Inn Express and Suites
[\(772\) 464-5000](tel:7724645000)

Homewood Suites
[\(772\) 345-5333](tel:7723455333)

Hilton Garden Inn – PGA Village
[\(772\) 828-4052](tel:7728284052)

Hampton Inn, Best Western, Comfort Inn and Suites (?Not sure of special pricing)
[\(772\) 828-4100](tel:7728284100)