



Central California Swimming

DARE to be great!

Diversity • Accountability • Respect • Excellence

2022 Western Zone Championships

August 3-6 • Elk Grove, CA

CCS will be sending 32 All-Star team members to compete in the 2022 Western Zone Championships. The Zone team will be travelling to Elk Grove, CA by bus, departing on August 2nd. The meet starts Wednesday, August 3rd, with a full schedule of preliminary and final events. The CCS Team will travel back to Fresno on Sunday, August 7th. All athletes will be expected to stay together as a team through Saturday evening.

All CCS swimmers 14 & Under who have at least two Zone qualifying times are encouraged to apply for selection to the 2022 Zone team. **All applications are due by SUNDAY, July 24th, before the end of the final session of the CCS Long Course Junior Olympic Championships.** Swimmers who do not have a Zone qualifying time, are welcome to apply and selection will be based on the perspective ability to qualify for finals. **Selected athletes will be notified by email Tuesday, July 26th.**

How does a swimmer qualify for the Zone meet?

1. Male and female swimmers in each age group will be selected by the Zone coaching staff based on Zone qualifying standards. Qualifying times shall be the swimmer's best time from the first day of competition of the prior year Western Zone Swimming Championship to the entry deadline of the current year and be listed as officially verified times in the USA Swimming database.
2. Swimmers with six Zone times will be selected first. If there are more than 32 swimmers with six qualifying times, the final team will be selected by the Zone coaching staff, with preference given to those swimmers most likely to make finals. If there are not enough swimmers to complete the team, then:
3. Swimmers with five, four, three and then two Zone qualifying times will be selected in that order until the team is filled. In the case of a tie, the swimmer, who in the opinion of the Zone coaching staff, with the greatest chance to qualify for individual finals swims will be given priority.
4. Swimmers with less than two Zone times will be considered on a case by case basis only if the team is not filled and their single Zone time is in an event that, based on the coaches opinion of the previous years final times, the swimmer has a chance to qualify for finals.

Do the athletes have to stay with the Zone 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 required to travel with a parent or other designated adult. Swimmers will not be allowed to leave the team until Saturday evening, August 7th, 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 parents attending the Western Zone Championship to cheer for all Team CCS swimmers and would appreciate it if they would volunteer as officials/timers.

How are each swimmer's events chosen?

Each LSC (Local Swimming Chapter) may enter a maximum of 400 individual events. No more than 160 entries may be slower than the Zone standards. Swimmers compete in a maximum of six (6) individual events. Individual events and relays will be chosen by the coaching staff to maximize the scoring opportunities for CCS. The Head Coach and Assistant Coaches will make event selections and will likely ask the athlete's home coach for suggestions and follow up regarding each athlete's "preferred" events, provided below.

Packing Guidelines - Each swimmer should pack two bags: a swim bag and a duffle 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**, competition suit(s), goggles, 2+ towels, shorts/pants, shirts, sweat shirt, pajamas, toiletries, healthy snacks, deck shoes, athletic shoes, socks, hat, sunscreen, lotion, chapstick, personal chair, and [OTC] allergy medications, if needed. All items should be labeled with the swimmer's name. Individual prescription medications **MUST** be held by the swimmer's chaperone. Younger swimmers are encouraged to bring their money in an envelope to be held by their 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 require.

Each swimmer will get Zone team T-shirts, Caps, and other goodies. The swimmers will have six nights lodging (four to a room-dbl queens). Hot breakfast each morning, lunch and dinner.

All applications must be received on or before SUNDAY, July 24th with:

1. Completed and signed Letter of Intent/Application
2. Deposit check **payable to CCS for \$200**. Deposit will be returned or voided if your child is not selected. (Total expected to be \$400 - \$450)

Mail or deliver intent to participate to:

Kacy Ota, 706 W. Holland, Fresno, CA 93705

- **You will be able to hand deliver the zone applications on deck at the CCS Long Course Junior Olympic meet.**
- **You are encouraged to turn in applications before the due date. Please hand deliver or email any time improvements to the following email before July 24, 2022: CoachKacy@gmail.com**

For swimmers selected to the zone team, the following is due by Monday, August 1st

1. Check **payable to CCS** for additional \$200 - \$250 (Estimated and may change depending on number of swimmers. Final cost will be available by July 27th, after the team is selected.)
2. Completed and signed Medical Release (with a copy of your health insurance card)
3. Signed Code of Conduct

Central California Swimming Letter of Intent/Application

2022 Western Zone Championship – August 3-6, 2022

This signed Letter of Intent/Application, a signed CCS Code of Conduct and signed medical release and a non-refundable (if selected) deposit of \$200 must be submitted with all forms and a check payable to CCS (Central California Swimming) by the end of the CCS Junior Olympic Finals on SUNDAY, July 24th, 2022.

The final cost is **ESTIMATED** to be \$450 per swimmer. The individual swimmer/family is responsible for paying the balance due for all costs prior to the meet and any subsequent costs incurred during the trip. Short or Long Course Zone qualifying times must be achieved between August 4, 2021 and July 24, 2022. Times for events swum in CCS will be verified through CCS results; events swum outside CCS must be confirmed in the USA swimming database.

Names: _____ **Age as of 8/3/2022:** _____

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

Home Phone: _____

Parent 1 _____ **Cell Phone:** _____

Email: _____

Parent 2 _____ **Cell Phone:** _____

Email: _____

USA Swimming # (MANDATORY): _____

Club: _____ **Coach:** _____

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

All swimmers please check the appropriate line and complete only ONE of the boxes:

 I have 2 or more zone times (qualifying times). **After you list your zone cuts, please indicate other events you prefer swimming!!!!** There should be at least 6 events listed, no matter how many actual cuts you have. Times must have been achieved within the qualifying period: August 4, 2021 – July 24, 2022.

Event	Time	SC or LC	Zone Cut or Preferred
			Zone
			Zone

 I have AA times (nearly qualifying). Please list only events that you have achieved a AA standard. **After you list your AA times, please indicate other events you prefer swimming!!!!** Times must have been achieved within the qualifying period: August 4, 2021 – July 24, 2022.

Event	Time	SC or LC	AA or Preferred

Make check or money order payable to CCS (Central California Swimming) for \$200 deposit.

Athlete's Signature

Parent or Legal Guardian's Signature

Coach's Signature

Deadline for submission of intent to participate is SUNDAY, July 24, 2022 by 6:00pm

Send forms to:

Mark Bennett

773 N Marion Ave

Clovis, CA 93611

(503)866-5882 cell

Coachmark76@gmail.com

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 RENEDEDERED 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 in his immediate possession 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

