



2009 USA Swimming Southern Zone Meet
July 28th - August 2, 2009
Orlando YMCA, Florida

Gulf Swimming is selecting the **2009 Southern Zone Championships** this summer, and we want YOU to be a part of our team! This year's trip will be in Orlando, Florida. Listed below is the selection process Gulf Swimming will be using to select athletes for the team. At the conclusion of the open water portion of this competition the Gulf is planning a tourist based activity for the kids to blow off some steam.

Swimmers will be meeting early July 28th at Intercontinental Airport to depart for the trip. Swimmers will be arriving back in Houston August 3rd. These dates are subject to change depending on flight availability.

- o For 11-12 swimmers, the fastest applicant in the 50 fly, 50 back, 50 breast, and 50 free will automatically make the team.
- o For 13-14 and senior swimmers, the fastest applicant in the 100 fly, 100 back, 100 breast, and 50 free will automatically make the team.
- o The remaining spots for each age group will be filled by the swimmers with the highest combined USA Swimming power point score of his or her top two swims.
- o *Only times swum from April 1, 2009 to June 28, 2009 are eligible for consideration.*
- o *All applications and deposits will be due on June 20, 2009. Swimmers are responsible for contacting the head coach with updated times swum from June 15- June 28. The deadline for submission of those times is 10:00 AM on June 29, 2009.*
- o *Swimmers not having an AAA time before June 20, but swim an AAA time or faster after the application deadline may still submit an application by 10:00 AM on June 29, 2009. This extension only applies to swimmers achieving his or her first AAA LCM time for the 2009 season.*
- o *The final team will be named on June 29, 2009.*
- o The deadline for disabled athletes is also June 15, 2009.

To apply: Please fill out and hand in Page 3-6 of this form.

A USA Swimming power point calculator can be found here:

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=834&Alias=Rainbow&Lang=en>

Be sure to check the Gulf website for more information, itinerary and etc as meet approaches!
2009 Southern Zones Swimmer Application Summer 09

Gulf Zone Team Application FAQ's

My swimmer has already turned in an application. How will you know if they get new best times during the qualifying period?

All swimmers are responsible for providing up to date time changes to head coach Emily Milak at emilymilak@hotmail.com

How/when will the swimmers be notified about making the team?

The swimmers will be notified on June 29, 2009.

What happens to my deposit check?

If your swimmer is selected for the team, your check will be deposited by the Gulf Treasurer. If your swimmer is not selected, your check will be shredded.

Are all swimmers required to compete in the open water portion of this meet?

In short, yes. If for some reason different arrangements need to be made to accommodate families or other situations, they need to be made before hand and cleared with the head coach.

Please contact me if you have any other Zone Team questions!

Emily Milak

Head Coach – Gulf Zone Team 2008

emilymilak@hotmail.com

Please keep in mind this is only an application and is in no way a guaranteed ticket to the Zones meet.

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Swimmers Application

First _____ Middle _____ Last _____
DOB _____ Age as of Zones Meet _____ Team _____
Coaches Name for Club Team _____
Shirt Size _____ Suit Size _____ Seniors: Jammer or Speedo
Parents Name(s) _____
Address _____
City _____ Zip _____
Phone Home/Work _____ Cell Phone or Alt. _____
Email _____

Please mark age group you are applying for

11-12 Girls _____ 13-14 Girls _____ 15-18 Girls _____
11-12 Boys _____ 13-14 Boys _____ 15-18 Boys _____

***Attach deposit check of \$450 payable to Gulf Swimming ***

Please print out and provide a best time report from Hy-Tek.

Mail to:
Emily Milak
5230 Sweet Orchard Court
Kingwood, TX 77345

SWIMMERS' RESPONSIBILITIES:

1. Shall attend all meetings on time.
2. Shall follow rules and guidelines set up by this contract with Gulf Swimming.
3. Shall not to leave the hotel, pool area, or restaurants unaccompanied.
4. The Gulf recognizes that relationships are a natural development in a young person's life. But, the Gulf expects mature and responsible behavior at all times. Inappropriate physical expression and contact WILL NOT be allowed and will be subject to reprimand and discipline. Boys and girls WILL NOT meet in hotel rooms. They may meet in the lobby and other places indicated by the chaperones and coaching staff.
5. Curfews on meet nights will be no later than two (2) hours after the conclusion of the meet (hopefully by 9:00 p.m. – 10:00 p.m.). On the final night of the meet, after all swims are completed, curfew may be extended until 12:00 midnight at the discretion of the coaching staff depending upon the proper behavior of the squad.
6. There will be no running nor playing in the hallways of the hotel.
7. Rooms will be cleaned and picked up in an orderly manner.
8. All long distance telephone calls will be placed on calling cards or made collect.
9. There shall be no loud talking or loud music to disrupt anyone else's stay at the hotel.
10. At the meet, swimmers shall do all prescribed warm ups and events as directed by the coaches.
11. All coaches and chaperones are in charge. Swimmers are expected to follow the directions of all coaches and chaperones.
12. The safety of each individual is paramount. Swimmers shall behave in a manner which ensures the safety of themselves and others at all times.
13. The use of alcohol, tobacco, or illegal drugs is strictly prohibited.
14. The use of abusive language is prohibited.
15. Swimmer is responsible for any and all damages to property caused by said swimmer.

FAILURE OF THE SWIMMERS TO ABIDE BY SUCH RULES ON GULF SWIMMING TRIPS WILL RESULT IN THE FOLLOWING:

1. Swimmer may have the behavior addressed by the head coach or other coaches on the staff (minor infraction).
2. Swimmer may be scratched from the remaining meet or not be allowed to participate in the remainder of the activities (minor infraction).
3. Swimmer may be sent home at the swimmer's expense (severe infraction).
4. Board of Review hearing (severe infraction).

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It is anticipated that all involved will have a positive experience. For the safety of the swimmers, rule violations will be dealt with in a very direct manner. The very best is expected from all Gulf Swimming personnel associated with the meet.

I understand that I represent Gulf Swimming and that any inappropriate behavior from the beginning to the end of the trip, will not be tolerated. I have read and do hereby agree to and will abide by this Gulf Swimming

Code of Conduct as stated above.

Swimmer's Name (print name) Swimmer's Signature Date

Parent/Guardian's Name (print name) Parent/Guardian's Signature Date

Coach's Name (print name) Coach's Signature Date

MEDICAL RELEASE FORM

I am the parent, guardian, or custodian of the swimmer named herein, and I consent to medical and surgical treatment during an emergency involving an immediate danger to the health and safety of the swimmer.

I authorize and empower the representatives Gulf Swimming to act on my behalf during an emergency involving an immediate danger to the health and safety of the swimmer and those representatives are authorized to consent to medical and surgical treatment.

I hereby release and agree to hold harmless Gulf Swimming and its representatives from any claims arising from such emergency medical treatment and from any source whatsoever during the period that the swimmer is participating in any trip sponsored or conducted by Gulf Swimming.

Swimmer's Name: _____

Parent/Guardian's Signature: _____ Date: _____

Parent/Guardian's Printed Name:

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Swimmer's Physician: _____

Physician's Address: _____

Physician's Phone: _____

Insurance Coverage: _____

Policy Number: _____

(Attach copy of front and back of Insurance Coverage Card)

Any Known Food or Drug Allergies: _____

