

GULF April Open

April 21-23, 2017

A Long Course Meters Timed Finals Meet

HOSTED BY

The Woodlands Swim Team



Sanction Number # GULC 17-005R2

ENTRIES DUE TO TPC Chair (gulftpc@gmail.com) BY 6:00 PM, SATURDAY, APRIL 1, 2017

- LOCATION:** CISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas, 77385
- DIRECTIONS:** From I-45 Northbound: Exit College Park Dr. (exit 79A). Proceed north on the frontage road and turn right (east) on Ed English Drive (at Discount Tire Co.). Proceed to David Memorial Drive and turn right (south), the Natatorium will be on your left, adjacent to the football stadium. From I-45 Southbound: exit Tamina (exit 77). At the intersection of I-45 and Research Forest/Tamina, turn left (east) onto Tamina Road and travel to first stop light. At the stop light turn left (north) onto David Memorial Drive (behind Home Depot), the Natatorium will be on your right.
- SPECIAL INSTRUCTIONS:** Reserving seats between sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items, such as coolers and stadium seats are restricted. See attached "The CISD Natatorium Rules, Regulation, Prohibitions, and deck Access" attachment for specific information.
- MEET STAFF:**
- MEET REFEREE:** Andrea Walin, andrea.walin@gmail.com
- ADMIN OFFICIAL:** Shawn Anderson, shawn.anderson02@gmail.com
Robin Gawronska, robin_tomek@yahoo.com
- MEET DIRECTOR(S):** Vanessa Krantzcke, svk4@hotmail.com, 646-920-3919
Shari Newman, sharianewman@gmail.com
- SAFETY MARSHAL:** Kyle Shumaker
- COACH(ES):** Andy Pym, Interim Head Coach
Jarrod Murphy, Interim Head Age Group Coach
- POOL:** One eight lane, 50 meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area will be made available during the competition.
- TIME AND DATE:** This is five session, 2 ½ day, timed-finals meet with a PM session on Friday, AM/PM



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sessions on Saturday and Sunday.

Session 1: Friday PM—April 21, 2017

Age Groups: 11 & Over girls and boys

Warm-up*: 5:00-6:15 pm / Meet Start: 6:30 pm

Session 2: Saturday AM – April 22, 2017

Age Groups: 13 & Over girls and boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 3: Saturday PM – April 22, 2017

Age Groups: 12 & Under girls and boys

Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

Session 4: Sunday AM – April 23, 2017

Age Groups: 13 & Over girls and boys

Warm-up*: 7:30 – 8:45 am / Meet Start: 9:00 am

Session 5: Sunday PM – April 23, 2016

Age Groups: 12 & Under girls and boys

Warm-up: Host team will publish PM session warm-up and start times with warm-up/timing assignments on Gulf webpage.

*Split warm-ups will be in effect, with assignments posted on the Gulf Swimming website. Lane assignments for warm-ups and timing will be designated in the meet program, and posted on the Gulf Swimming website by Monday, April 17, 2017.

MEET TYPE:

This meet will be run utilizing chase start procedures unless a waiver is received from the Technical Planning Committee Chair.

100 and 200 meter events will be run utilizing chase starts alternating odd and even heats. All girls' heats will be swum first utilizing both ends of the pool followed by the boys' heats utilizing both ends of the pool. Odd heats will start at the West end of the pool and even heats will start at the East end of the pool.

All 400 meter and over events will be swum fastest to slowest using chase starts, alternating girls and boys heats. Girls' heats will start at the West end of the pool and the boys' heats will start at the East end of the pool.

All 50's will start at the East end of the pool.

SAFETY GUIDELINES AND WARM-UP PROCEDURES:

See attached Safety Guidelines and Warm-up Procedures

SEEDING:

The meet will be deck seeded. Coaches, please inform your swimmers of seeding on deck rules. Once the check-in period closes at 45 min. BEFORE the session begins, all events will



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be seeded. All events will be seeded with heats in the order of fastest to slowest.

ON-DECK ENTRIES: Late entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 6:00 pm, Saturday, April 1, 2017 deadline may enter the meet on-deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry. Swimmers not already entered in the meet must also pay the swimmer surcharge fee.
2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers that on-deck enter to change their entry time in a deck seeded event,
 - a. must circle-in on the posted circle-in sheets,
 - b. the on-deck entry time will be used for seeding, and
 - c. the on-deck entry fees still apply to these swimmers.
7. Heats will be added, if necessary and if the timeline permits.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter (yard) times to yard (meter) times . If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

Cut-off Times: None

Qualifying Times: 12 & Unders swimming 200's and longer must have a time in that event (may not enter at NT). 11-12 must have the 2017-2020 A time standard for the 400/500 free to enter the 800 free. 11-12 must have the 2017-2020 A time standard in the 200 IM to enter the 400 IM.

Times Eligibility: Times must be achieved between July 1, 2015 and the entry deadline.

Beyond IMX Rule: Athlete must have a "B" time in the next shortest distance (IMX event), unless otherwise noted, in order to enter the following events:

- 10 & U – 400 Free
- 11-12 – 200 Fly/Back/Breast; 400 IM; 800 Free or longer
- 13-14 – 800 Free or longer

Age: As of April 21, 2017

Number of Events: Swimmers may compete in up to three (3) individual events per day.

Entries: All teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software.



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Deadline: Entries must be in the hands of the Technical Planning Chairperson no later than **6:00 PM, SATURDAY, APRIL 1, 2017**. No late entries will be accepted. Email entries to the Technical Planning Chairperson (Beau Caldwell) at:

gulftpc@gmail.com

Eligible Teams: Venues will be balanced by team numbers. The team lists will be posted on the Gulf website. Only swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

Individual Event Entry Fee (per event): \$6.00
Swimmer Surcharge Fee (per swimmer): \$6.50 for 8 x 50M with 1 or more Warm-up / Warm-down lanes + chase starts.
Make entry fee checks payable to: The Woodlands Swim Team

Mail entry fees (**POSTMARKED BY FRIDAY, APRIL 14, 2017**) to the address below:

Patricia Leijnse
7 Sentinel Place
The Woodlands TX, 77382

(832) 698-9267
twstmeetentries@gmail.com

AWARDS: Individual events: Ribbons 1st-8th place

SCORING: Individual Events: 9-7-6-5-4-3-2-1
All 11&Over events will be swum combined but scored separately as 11-12, 13-14 and 15&Over.
All 13&Over events will be swum combined but scored separately as 13-14 and 15&Over.
All 12 & Under events will be swum combined but scored separately as 10 & under and 11-12.
All Mixed events will be swum mixed but scored separating genders.

800 FREE: The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large. Swimmers will swim on the right-hand side of the lane with respect to their start end. 11-12 swimmers must have an A time in the 400/500 free to enter this event.

RULES AND SANCTIONS:

The current USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. It is understood and agreed that USA Swimming and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted



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unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams assigned by the Technical Planning Chairman may only participate in this invitational meet.

The Gulf Swimming three (3) event rule and up/down rule do not apply.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 7 feet measured from 1 meter to 5 meters on the starting end of the course, and 7 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM:

Daktronics Model 2000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published on the Gulf website by Monday, April 17, 2017. Swimmers in the 800 Free and 400 IM must provide 2 timers and a lap counter where applicable.

POOL DECK RESTRICTION:

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.

Please see attached “Rules, Regulation, Prohibitions, and Deck Access” of the CISD Natatorium.

DECK CHANGES:

Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

AUDIO/VIDEO RECORDING DEVICES:

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

No photography/videography allowed on deck other than by coaches for coaching purposes



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or by credentialed media personnel approved by the Meet Director prior to the meet start.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

UNACCOMPANIED SWIMMERS:

Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SWIMMERS WITH DISABILITIES:

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

HOSPITALITY: A hospitality room will be available.

MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS: A concession stand will be open during the meet in the lobby on the second level.

MERCHANDISE: Swim Shops of the Southwest is located in the lobby and will be open during the meet to sell swim apparel and swim gear.

FACILITY RULES: Reserving seats between sessions is not allowed. Chairs and inflatable mattresses are not allowed. Certain items, such as coolers and stadium seats are restricted. Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand. Please see attached “The CISD Natatorium Rules, Regulation, Prohibitions, and deck Access” attachment for specific information.

ATTACHMENTS: Meet Format, Gulf Safety Guidelines and Warm-up Procedures, Entry Verification Form The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access, and The CISD Healthy Swimming Policy.



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GULF April Open

April 21-23, 2017

A Long Course Yards Timed Finals Meet

HOSTED BY

The Woodlands Swim Team

Entry Rules:

Type of meet	Timed Finals
Max # individual events per day	Three (3)
Swimmers eligible	Gulf teams assigned to this venue
Entry times in	SCY, SCM, LCM
Qualifying times	12 & U 200's and longer—must have a time, may not enter at no time (NT). 11-12 must have A time standard in 400/500 free to enter the 800 free and in the 200 IM to enter the 400 IM
Cut-off times	None
Enter with no time?	Yes Exception: 12 & Unders swimming 200's and longer must have a time in that event (may not enter at NT).
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "Beyond IMX rule" applies?	Yes
Fees	Individual – \$6.00 Facility Surcharge –\$6.50 per swimmer

Girls Event#	Friday PM—April 21, 2017 Event Name			Boys Event#
1	11 & Over	200	I.M.	2
3	11 & Over	400	Free*	4

All events will be seeded fastest to slowest.



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*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.
All 11 & Over events will be swum combined but scored separately as 11-12, 13-14 and 15 & Over.

Girls Event#	Saturday AM – April 22, 2017			Boys Event#
	Event Name			
5	13 & Over	100	Fly	6
7	13 & Over	200	Breast	8
9	13 & Over	100	Back	10
11	13 & Over	100	Free	12
13	13 & Over	400	I.M.**	--
	13 & Over	800	Free***	16

Girls Event#	Saturday PM – April 22, 2017			Boys Event#
	Event Name			
17	12 & Under	100	Back	18
19	12 & Under	50	Fly	20
21	12 & Under	50	Breast	22
23	11-12	200	Fly	24
25	12 & Under	100	Free	26
27	11-12	200	Back	28
29	10 & Under	200	I.M.	30
31	11-12 Mixed	800	Free***	--

All events will be seeded fastest to slowest.

**Swimmers must provide their own timers for the 400 IM.

***The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 10 & Under and 11-12.

All Mixed events will be swum mixed but scored separating genders.



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Girls Event#	Sunday AM – April 23, 2017			Boys Event#
	Event Name			
33	13 & Over	200	Free	34
35	13 & Over	100	Breast	36
37	13 & Over	200	Fly	38
39	13 & Over	200	Back	40
41	13 & Over	50	Free	42
	10 minute break			
--	13 & Over	400	I.M.**	44
45	13 & Over	800	Free***	--

Girls Event#	Sunday PM – April 23, 2017			Boys Event#
	Event Name			
47	12 & Under	100	Breast	48
49	12 & Under	50	Free	50
51	12&Under	50	Back	52
53	12&Under	200	Free	54
55	12&Under	100	Fly	56
57	11-12	200	Breast	58
59	10 & Under	400	Free*	60
61	11-12 Mixed	400	IM**	

All events will be seeded fastest to slowest.

*The 400 free will be swum alternating girls and boys heats. Swimmers must provide their own timers.

**Swimmers must provide their own timers for the 400 IM.

***The 800 meter free may be swum two (2) swimmers per lane if the size of the meet is unusually large.

Swimmers will swim on the right-hand side of the lane with respect to their start end. Swimmers must provide their own timers and lap counters for the 800 free.

All 13 & Over events will be swum combined but scored separately as 13-14 and 15 & Over.

All 12 & Under events will be swum combined but scored separately as 10 & Under and 11-12.

All Mixed events will be swum mixed but scored separating genders.



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ENTRY VERIFICATION

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date



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GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.



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The CISD Natatorium Rules, Regulation, Prohibitions, and Deck Access

1. All participants must follow the CDC "Healthy swimming policy" and shower before warm-up, no exception.
2. Shaving is not permitted anywhere within the entire CISD Natatorium Complex.
3. No chewing gum, food or color based drinks will be allowed on the pool deck, water only.

- Security personnel are empowered to enforce any and all regulations established by CISD Natatorium Policy.
- Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck – all spectators and parents must remain in the grandstand.
- Participants in swim suits are not allowed in the Grandstand-seating area. Participants and spectators are not allowed to lean against glass the rails, climb over banisters / railings, or pass any posted barriers.
- Participants and spectators are not allowed to use other areas of the CISD Natatorium complex during this event without securing a pass at the Services Desk located in the facility lobby.
- Lawn Chairs are not allowed in the CISD Natatorium Grandstand-seating area, Stadium seats shall not exceed 17" wide x 13"deep.
- Each competing team is permitted one temporary banner, placed at the discretion of the Aquatic Director. Team banners must not exceed 5' by 8'. No handmade signage is allowed.
- Absolutely no tobacco, alcohol products, or glass containers are allowed on Conroe School District property. This applies to the parking lot.
- Spectators are allowed (1) Cooler for medical use only, dimensions not to exceed 13" wide x 11" deep x 12" tall. The cooler must be placed directly under their seating area. Participant /Teams are allowed an Ice-Chest (1) PER GENDER on the deck provided they do not contain glass items, bottled water is allowed.
- Betting and gambling is strictly prohibited.
- Teams are expected to police their respective areas at the conclusion of the competition.
- Participating or any activity that can be interpreted or described as "risky" or "horseplay" is prohibited throughout the entire CISD Natatorium Complex.
- Diving equipment such as trampoline, spotting rigs, dry-board apparatus, and the warm-pool are not to be used unless authorized by the CISD Natatorium Director.
- The use of flash cameras or noise-makers at the start, during or end of any race is prohibited.
- Blocking or restricting fire lanes or emergency exits, and the use of emergency exits for non-emergency use is prohibited.

Access to the deck of the CISD Natatorium is restricted by pass to the following:

- Athletes from competing teams • Administrative support personnel • Coaches of competing teams • Facility/District Staff • Officials • Marshals • Timing System operators • Security personnel • Computer systems operators • Lifeguards • Lane timers • Service and supply vendors • Credentialed media personnel • Hospitality personnel • Medical support personnel • Other personnel on a case-by-case basis at the discretion of the Meet Coordinator, the Meet Director, or the Meet Referee.



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CISD Healthy Swimming Policy

CISD is committed to the health and safety of all patrons. *The CISD Natatorium* utilizes advanced training and technology and has adopted the Centers for Disease Controls (CDC) “*Healthy Swimming Policy*”. This policy protects our patrons and spectators from poor air or water quality hazards typical with indoor-swimming pools caused by microorganisms and chloramines. The cornerstone of this policy is based on guidelines which mandate safe practices such as requiring all participants to shower before entering the CISD Natatorium.

“*Healthy Swimming Policy*” Acknowledgement Form

Receipt Form

Organization: _____

Representative Name and Title: _____

By my signature below I agree, on behalf of my organization that:

- I have received a copy of both the “*Healthy Swimming Policy*” and the CISD Natatorium General Operating Procedures. I understand the responsibility for ensuring that all members of the organization and their guests comply with these rules. I understand that additional copies are available in the office of The Natatorium Coordinator, clerk at the front desk, or at the Facility Manager’s office at the CISD Administration Building.
- I affirm that all required staff members of my organization have current CPR/First Aid certifications and specific training or liability certification requirements needed by the organization’s national governing body.
- I understand that the District may from time to time modify its policies and I agree to abide by those changes.

Head Coach Signature

Date



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