

**2013 OZARK
SWIMMING ZONE
TEAM**

ATHLETE INFORMATION PACKET

Central Zone Championships

August 1-4, 2013

Topeka, Kansas

ATHLETE INFORMATION PACKET

GENERAL: The 2013 Central Zone Championships will be held in Topeka, Kansas on August 1st, 2nd, 3rd, and 4th of 2013. Pool events (August 2nd, 3rd, and 4th) will be held at Capitol Federal Natatorium in Topeka, Kansas. Please read over the attached information and return all of the registration forms back by Monday July 1st, 2013. **You must complete the swimmer registration form, the code of conduct form, the uniform order form, (and if needed) the alternative travel / lodging application. Early registration is preferred and can be as early as May.**

We will only be able to take about 50 swimmers on the 1st bus. For this reason, the 1st 50 athletes to qualify and register for the meet will get priority on buses. Swimmers who qualify/register after the first 50 may still be housed with the team, if rooms remain, will still receive the team uniform and will still be entered as normal. However, they will be required to find alternate travel arrangements to the meet. A second bus may be added if it is fiscally possible.

REGISTRATION: Swimmers need to return the completed application form and all other forms to Sean Harrison **by Monday July 1st, 2013**. These athletes will be guaranteed uniforms. **The Bus is First Come, First Served.** Any swimmer qualifying and/or registering after **Monday July 1st, 2013** will need to email Sean Harrison at harrisonsean@rockwood.k12.mo.us to begin the registration process. Swimmers qualifying after **Monday July 1st, 2013** need to either mail or hand deliver the forms to Sean Harrison as soon as possible. The absolute last day to register is Sunday, July 28, 2013 by 8:00 PM. Swimmers who qualify and/or register after July 1, 2013 may have difficulty getting a uniform on time. In the past we have always been able to secure uniforms for all of our swimmers, but there are no guarantees. If we are not able to get the uniform for the meet, one will be given to that athlete as soon as we receive it.

REGISTRATION DEADLINE: Monday July 1st, 2013 by 5:00 P.M.

LATE REGISTRATION PERIOD: Tuesday July 2, 2013 until Sunday, July 28, 2013. Athletes qualifying after Monday July 1, 2013 must contact Sean Harrison to get registered for the team. Athletes qualifying during Long Course Champs or Sectionals must print out a registration packet and either hand deliver or mail it to Sean Harrison, and the packet must be received before Sunday, July 28, 2013.

FINAL REGISTRATION DEADLINE: Sunday, July 28, 2013 at 8:00 PM

ENTRIES: ***YOUR COACH WILL BE DOING THE ACTUAL ENTRY FOR SWIMMERS FROM HIS OR HER TEAM. YOU MUST NOTIFY YOUR OWN COACH TO ENTER YOU IN THE MEET. SEE THE QUALIFYING REQUIREMENTS IN THE PACKET FOR MORE INFORMATION. MAKE CERTAIN THAT YOUR COACH HAS ENTERED YOU IN THE MEET BEFORE YOU SHOW UP FOR DEPARTURE TO THE MEET.***

TRAVEL: The Ozark Team will again be traveling together as a team. The Ozark Age Group Committee will be restricting all athletes to team travel. **Swimmers requesting alternate travel or lodging must fill out the application in this packet and enclose it with their registration.** We will be taking one bus (unless it becomes fiscally possible to add a second). **We will meet for departure on Thursday, August 1st, 2013.** We will be returning to St. Louis on Sunday, August 4th, 2013 (probably very early Monday morning).

UNIFORMS: This year's team uniform will include a bag, a jacket, 2 t-shirts, 1 pair of shorts, and two caps. You may purchase extra caps if you wish. You will be required to wear Ozark Team apparel at the meet. **Please do not bring any of your home team apparel.**

MEALS: Swimmers should bring a responsible amount of meal and spending money. (We suggest \$20.00 per day) **Team dinners on Thursday, Friday, and Saturday are included in the cost of the trip.** Swimmers will need money for lunches. The hotel does serve breakfast daily. Breakfast is included in the cost of the room.

COST: **Cost per swimmer is \$325.** This includes the entire team uniform, travel, lodging, and catered team dinners. Make checks payable to "Ozark Swimming." **Checks will not be cashed until late July; however, pulling out of the meet after the registration deadline will forfeit your money.**

Again this year, the cost of the trip includes the team jacket in the uniform package, all entry fees, and no-cost dinners on Thursday, Friday, and Saturday. Even swimmers not staying with the team are invited to the team meals at the hotel. Check with the Zones coaches for specific times.

NOTES: There will be a mandatory team warm-up and team picture taken for all swimmers on Thursday, August 1st, 2013 in Topeka. Approximate times for pictures and warm up are listed in the itinerary. All team members are expected to stay throughout the entire meet unless other arrangements have been made with the Head Coach.

The following items are due back to Sean Harrison no later than:
Monday July 1st, 2013

SWIMMERS & PARENTS:

- **PART #01** SWIMMER REGISTRATION FORM
- **PART #02** UNIFORM ORDER FORM
- **PART #03** CODE OF CONDUCT FORM
- **PART #04** APPLICATION FOR ALTERNATE TRAVEL/LODGING
(ONLY IF NEEDED)
- **PART #05** ATHLETE MEDICAL AUTHORIZATION FORM
- **PAYMENT** \$325 (OR APPLICABLE AMOUNT) PER SWIMMER;
CHECKS MADE PAYABLE TO “OZARK SWIMMING”
- **ENTRIES- DON'T FORGET TO CHECK WITH YOUR HOME
COACH AND MAKE SURE YOU ARE ENTERED IN THIS MEET!**

SEND ALL FORMS TO:

Sean Harrison, Head Zones Coach
1471 Remington Oaks Terrace
Fenton, MO 63026

ATHLETE REGISTRATION FORMS – PART #01

OZARK SWIMMING 2013 ZONE TEAM ATHLETE REGISTRATION FORM

YOU MUST SUBMIT ONE FORM **PER** SWIMMER

FULL NAME: _____ MIDDLE INITIAL: _____

BIRTH DATE: ____/____/____ AGE ON 08/02/13: _____

HOME TEAM: _____ MALE / FEMALE: _____

ADDRESS: _____ CITY: _____

STATE/ZIP: _____

PARENT NAME(S): _____

HOME PHONE: (____) _____ BEST E-MAIL: _____

FATHER'S CELL #: (____) _____ MOTHER'S CELL #: (____) _____

ROOMMATE REQUESTS: _____

SPECIAL INFORMATION: _____

I WILL BE LEAVING WITH PARENTS AFTER MY LAST EVENT: Yes / No

COST PER SWIMMER IS \$325--MAKE CHECKS PAYABLE TO "OZARK SWIMMING"

ALL ATHLETES ARE ENCOURAGED TO TRAVEL TO TOPEKA AND STAY WITH THE TEAM! IF YOU WOULD LIKE TO MAKE OTHER ARRANGEMENTS, YOU MUST FILL OUT THE ALTERNATIVE TRAVEL/LODGING APPLICATION!

ATHLETE REGISTRATION FORMS – PART #02

OZARK SWIMMING 2013 ZONE TEAM ATHLETE UNIFORM ORDER FORM

YOU MUST SUBMIT ONE FORM PER SWIMMER

This year, each member of the 2013 Ozark team will be receiving an Ozark team bag, 2 T-shirts, a jacket, shorts, and two caps. **Please note that we are not doing a team suit this year.** We are also giving swimmers an opportunity to order extra swim caps for trading with other teams. These caps will cost an additional \$3.00 per cap. Please note how many additional caps your swimmer would like. Checks to cover purchased caps must be received with your order form (all charges can be on the same check). All order forms must be received by Monday July 1st, 2013. Please make checks payable to “**Ozark Swimming**.” Any swimmer who registers and/or qualifies after Monday July 1st will need to turn in their order forms as soon as possible. We will do our best to outfit these swimmers in time for the Zone meet but cannot make any promises. If you have any questions, please email Sean Harrison at harrisonsean@rockwood.k12.mo.us.

Swimmer's Name: _____ Home Team: _____

Home Phone: (_____) _____ Alternate Phone: (_____) _____

Each of the following items will be provided by Ozark:

UNIFORM ITEM	CIRCLE THE SIZE/CHOICE NEEDED
Team T-Shirts	Youth Size: Lg Adult Size: XSm Sm Med Lg XL
Team Jacket	Youth Size: Lg Adult Size: XSm Sm Med Lg XL
Team Shorts	Male / Female Youth Size: Lg (male only) Adult Size: XSm Sm Med Lg XL
Additional Caps	_____ X \$3.00 per cap*

*Enclose check made payable to “Ozark Swimming”

*Additional Cap money may be added to the same check

ATHLETE REGISTRATION FORMS – PART #03

2013 CODE OF CONDUCT

YOU MUST SUBMIT ONE FORM PER SWIMMER

PURPOSE

The purpose of this code is to promote the best possible team and individual impression at all times, and to acknowledge each individual's responsibilities as members of our team. Parents are expected to act in a similar way that does not incur a negative view of Ozark Swimming.

GENERAL CONDUCT (Part 1)

- 1) All participating team members shall abide by this code of conduct.
- 2) Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
- 3) The use of alcoholic beverages is forbidden.
- 4) The use of drugs other than those prescribed by your physician is forbidden.
- 5) The use of tobacco products is forbidden.
- 6) The use of foul language and/or crude remarks is forbidden.
- 7) Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
- 8) Swimmers will treat their membership on the team as a privilege and personally acknowledge those responsibilities associated with it.

VIOLATION OF THE CODE (Part 2)

The coach and chaperone have the power to impose penalties for violation of the code. The penalties include, but are not limited to, the following:

- 1) The swimmer will be scratched from the meet.
- 2) The swimmer will be sent home immediately at his/her own expense.
- 3) The swimmer will forfeit his privilege of being a member of the team in subsequent years.

I hereby agree to abide by the rules of conduct set forth in Part 1 above and acknowledge that should I violate any provision of Part 1, I will be subject to disciplinary actions as set forth in Part 2, including suspension from future trips.

Signature of Swimmer _____

Date _____

Signature of Parent/Guardian _____

Date _____

ATHLETE REGISTRATION FORMS – PART #04

OZARK SWIMMING 2013 ZONE TEAM

APPLICATION FOR ALTERNATE TRAVEL / LODGING ARRANGEMENTS

YOU MUST SUBMIT ONE FORM **PER** SWIMMER

The Ozark Age Group Planning Committee strongly urges you to send your athlete on this trip with the rest of the team. The reasons for doing so include:

- Experience gained from a true “team travel meet”
- Opportunity to forge new relationships with other swimmers and coaches in the LSC
- Opportunity to develop self-responsibility habits

While we understand the reluctance of some parents to let their children take a trip on their own, keep in mind the Ozark Staff is a selective, highly qualified, and competent staff that has your child’s safety as our number one concern.

Alternate family travel causes some major planning conflicts and uncertainty among the staff and makes our jobs that much harder. Having to keep track of who’s on the roster, but not staying with the team, or who’s on the roster, but not on the bus but staying with the team can get quite confusing!

Please apply only if you truly have a valid reason for your swimmer having alternate travel and or lodging plans.

Swimmer’s Name: _____

Age: _____

Address: _____

DOB: _____

I will NOT be traveling or staying with the team: _____

Owe: \$125

I will be traveling with the team, **but** staying with parents or other arrangements: _____

Owe: \$200

I will NOT be traveling with the team, **but** I will be staying with the team: _____

Owe: \$225

My reasons for alternate travel / lodging are: _____

ATHLETE MEDICAL AUTHORIZATION FORM – PART #05

Swimmer's Name: _____

Parent(s) Names: _____

Phone #s--Father: Home (____)_____ Work (____)_____ Cell (____)_____

Mother: Home (____)_____ Work (____)_____ Cell (____)_____

Other Emergency Contact: _____ Phone (____)_____

Physician: _____ Phone (____)_____

Medication Currently Being Taken, Dosage, and Reason: _____

Known Allergies (Food or Medication): _____

Previous Hospitalizations, Surgeries or Serious Illness: _____

Does swimmer wear contacts/glasses? _____

Has any physician ever recommended that there should be any limits placed on participation in competitive sports?

If yes, please explain:

Please list any other useful information or health concerns: _____

Insurance Carrier/Group: _____

The above named child has our permission and consent to travel with Ozark Swimming Coaches. In the event of illness or injury to said child while traveling to or from or while participating in any such meet, and after an attempt has been made to reach the parents or guardian of the child informing them of such illness or injury, the Ozark Swimming Coach(es) is/are authorized to contract for and to authorize the treatment by a medical doctor for said child. In consideration for said child being permitted to travel with said party, we do hereby release and agree to hold harmless Ozark Swimming, the Coaches, Board of Directors and volunteers from any and all claims and liability, costs and expenses arising out of or resulting from the procurement of medical treatment for said child as aforementioned.

Executed this _____ day of _____, 2013

Signature of Father or Guardian _____

Signature of Mother or Guardian _____

2013 OZARK ZONE TEAM SELECTION PROCESS

THE PROCESS BY WHICH A SWIMMER WILL BE SELECTED TO THE 2013 OZARK ZONE TEAM

THIS MEET IS AUGUST 2nd, 2013 through AUGUST 4th, 2013

QUALIFYING PERIOD: **THE QUALIFYING PERIOD FOR THIS MEET IS AUGUST 3rd, 2012 THROUGH JULY 28th, 2013.**

- 1) THE SWIMMER ACHIEVES A NATIONAL “AAA” LONG COURSE TIME DURING THE QUALIFYING PERIOD.
- 2) THE SWIMMER ACHIEVES A NATIONAL “AAA” SHORT COURSE TIME DURING THE QUALIFYING PERIOD.
- 3) DUE TO A SHORTAGE OF “AAA” SWIMMERS FROM OZARK IN AN EVENT, THE LSC ACCEPTS THE NEXT FASTEST NON-“AAA” QUALIFIER IN THAT EVENT. THE LIMITATIONS FOR THIS ARE: THE LSC MAY ENTER **1 SWIMMER** WITHOUT AN “AAA” TIME (PROVIDED THE LSC HAS **NO** “AAA” QUALIFIERS IN THE EVENT) IN THE FOLLOWING AGE GROUPS: 10 & UNDER, 11-12, AND 13-14. THE LSC MAY ENTER UP TO **2 SWIMMERS** (PROVIDED THE LSC HAS **LESS THAN 2** “AAA” QUALIFIERS IN THAT EVENT.)

IF YOU HAVE ANY QUESTIONS ABOUT THIS PROCESS,
PLEASE CONTACT Sean Harrison by e-mail: harrisonsean@rockwood.k12.mo.us

BASIC TRAVEL ITINERARY
(Subject to Change)

OZARK SWIMMING ZONE TEAM

TUESDAY, JULY 30th, 2013

4:30-7:00 PM Team practice and dinner at Crestview Middle School 50m outdoor pool

THURSDAY, AUGUST 1st, 2013

9:00 AM Arrive at the Parkway ISC Building for departure to Topeka
9:30 AM Team departs from the Parkway ISC Building for Topeka
2:30 PM Arrive in Topeka
3:00 PM Team Registration
2:15 PM Team Picture
3:30-4:30 PM Team Warm Up
5:30-7:30 PM Catered Meet Dinner All LSC's, At Our Hotel

FRIDAY-SATURDAY, AUGUST 2-3, 2013

6:00-6:40 AM Breakfast at hotel for 11 & Overs
6:40 AM Depart for Pool
7:00 AM Warm Ups
10:30 AM Bus takes 10 & Unders to lunch, then to pool
11:30 AM Bus takes 11 & Overs to lunch, then back to hotel
3:30 PM Bus takes 11 & Overs to pool for Finals; and takes 10 & Unders back to hotel
6:00 PM 10 & Unders have catered team dinner at hotel
9:00 PM 11 & Overs back to hotel for catered team dinner

SUNDAY, AUGUST 4th, 2013

6:00-6:40 AM Breakfast at hotel for 11 & Overs
6:40 AM Depart for Donner Park Pool
7:00 AM Warm Ups
10:30 AM Bus takes 10 & Unders to lunch, then to pool
11:30 AM Bus takes 11 & Overs to lunch, then back to hotel
3:30 PM Bus takes 11 & Overs to pool for Finals
9:00 PM Depart for St Louis; Dinner on the bus
1:00 AM Arrive at the Parkway ISC Building

ALL TIMES ARE APPROXIMATE AND SUBJECT TO CHANGE

2013 ZONE TEAM CONTACT INFORMATION

OZARK SWIMMING

❖ **HEAD COACH: Sean Harrison**

- E-mail: harrisonsean@rockwood.k12.mo.us
- Address: Sean Harrison, Head Zones Coach
1471 Remington Oaks Terrace
Fenton, MO 63026

➤ **Crestview Middle School** (Team Practice/Dinner)
16025 Clayton Rd
Ellisville, MO 63011

➤ **Parkway ISC Building** (Team Departure and Return Point)
12657 Fee Fee Rd.
St. Louis, MO 63146

➤ **Capitol Federal Natatorium**
Hummer Sports Park
576 Sport Center Dr. (Address Approximate)
Topeka, KS 66606

➤ **Athletes Hotel → Ramada Inn**
420 SE 6th Avenue
Topeka, KS 66607
Phone: (785) 234-5400