

2010
OZARK SWIMMING
ZONE TEAM

ATHLETE INFORMATION PACKET

CENTRAL ZONE CHAMPIONSHIPS

August 6th, 7th and 8th, 2010

Lincoln, NE

ATHLETE INFORMATION PACKET

GENERAL: The 2010 Central Zone Championships will be held in Lincoln, NE on August 6th, 7th, 8th and 9th 2010. Pool events (August 6th, 7th and 8th) will be held at Woods pool. Please read over the attached information and return all of the registration forms back by Monday June 28th, 2010. **You must complete the swimmer registration form, the code of conduct form, the uniform order form, (and if needed) the alternative travel / lodging application.**

We will only be able to take 85 swimmers on the buses. For this reason, the 1st 85 athletes to qualify and register for the meet will get priority on buses. Swimmers who qualify after the first 85 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 travel arrangements to Indianapolis.

REGISTRATION: Swimmers need to return the completed application form and all other forms to Erik Strom **by Monday June 28th, 2010**. These athletes will be guaranteed uniforms and bus seats. Any swimmer qualifying and/or registering after Monday June 28th, 2010 will need to call Coach Erik Strom at (636) 939-2386 ext. 1636 to begin the registration process. Swimmers qualifying after June 28th, 2010 need to either mail or hand deliver the forms to Erik Strom as soon as possible. **The absolute last day to register is Sunday, August 1, 2010 by 8:00 PM.** Swimmers who qualify and/or register after June 28th, 2010 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 June 28th, 2010 by 5:00 P.M.

LATE REGISTRATION PERIOD: Tuesday June 29th, 2010 until Sunday, August 1, 2010
Athletes qualifying after Monday June 28th, 2010 must contact Erik Strom to get registered for the team. Athletes qualifying during Long Course Champs or Sectionals must pick up a registration packet from Erik Strom and either hand deliver or mail it, and they must be received before **Sunday, August 1st, 2010.**

FINAL REGISTRATION DEADLINE: Sunday, August 1st, 2010 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 Lincoln, NE.**

TRAVEL: The Ozark Team will again be traveling together as a team. The 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 two buses. **We will meet for departure on Thursday, August 5th, 2010.** We will be returning to St. Louis on Sunday, August 8th, 2010.

PARENT LODGING: We have 10 rooms reserved at the Residence Inn, Carmel, which is located approximately 20 minutes from the pool. The rooms are reserved under "Ozark Swimming." If you need a room, please call by July 27th, 2010. The rooms are \$99.95 a night with breakfast included. Remember that all rooms are on a first come/first serve basis and that you need to contact the Fairmont Inn on your own. After July 27th, 2010, these rooms will be released to the general public.

UNIFORMS: This year's uniform will include a team jacket, 2 t-shirts, 1 pair of shorts, a bag, and two caps. 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) The hotel does serve breakfast daily. Breakfast is included in the cost of the room.

COST: **Cost per swimmer is \$370.** This includes the entire team uniform, travel, and lodging. Make checks payable to "Ozark Swimming."

NOTES: There will be a mandatory team warm-up and team picture taken for all swimmers on Thursday, August 5th, 2010. Approximate times for pictures and warm up is listed below. All team members are expected to stay throughout the entire meet unless other arrangements have been made with the Head Coach.

SWIMMERS & PARENTS:

**THE FOLLOWING ITEMS ARE DUE BACK TO ERIK STROM
BY MONDAY JUNE 28TH, 2010**

- ★ 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 \$370 PER SWIMMER; CHECKS MADE
PAYABLE TO "OZARK SWIMMING"
- ★ ENTRIES DON'T FORGET TO CHECK WITH YOUR
HOME COACH AND MAKE SURE YOU'RE
ENTERED IN THIS MEET!

SEND ALL FORMS TO:

**ERIK STROM, HEAD ZONE COACH
5200 MEXICO RD
ST. PETERS, MO. 63376**

ATHLETE REGISTRATION FORMS – PART #01

OZARK SWIMMING
2010 ZONE TEAM
ATHLETE REGISTRATION FORM

YOU MUST SUBMIT ONE FORM **PER** SWIMMER!

FULL NAME: _____ MIDDLE INITIAL: _____

BIRTH DATE: ____ / ____ / ____ AGE ON 08/06/10: _____

HOME TEAM: _____ M or F: _____

ADDRESS: _____

CITY STATE ZIP

PARENTS NAME: _____

HOME PHONE CONTACT: (____) _____

FATHER'S CELL PHONE CONTACT: (____) _____

MOTHER'S CELL PHONE CONTACT: (____) _____

BEST E-MAIL CONTACT: _____

COST PER SWIMMER IS \$370
MAKE CHECKS PAYABLE TO "OZARK SWIMMING"

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

SPECIAL INFORMATION:ROOMMATE REQUESTS: _____

WILL BE LEAVING WITH PARENTS AFTER MY LAST EVENT: _____ (Yes or No)

ATHLETE REGISTRATION FORMS – PART #02

OZARK SWIMMING
2010 ZONE TEAM
ATHLETE UNIFORM ORDER FORM

YOU MUST SUBMIT ONE FORM PER SWIMMER

This year each member of the 2010 Ozark team will be receiving an Ozark team jacket, 2 T-shirts, two caps, and shorts. **Please note that we are not doing a team suit this year.** All checks to cover purchased caps must be received with your order form. We are also giving swimmers an opportunity to order extra swim caps for trading with other teams. These caps will cost an additional \$4.00 per cap. Please note how many additional caps your swimmer would like. All order forms must be received by Monday June 28th, 2010. Please make checks payable to “**Ozark Swimming.**” Any swimmer who registers and/or qualifies after Monday June 28th, 2010 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 call **Erik Strom at 636-939-2386 EXT 1636**, or e-mail him at, estrom@stpetersmo.net.

Swimmers Name: _____ Home Team _____

Home Phone: (____) _____

Each of the following items will be provided by Ozark:

UNIFORM ITEM **CIRCLE THE SIZE NEEDED**

Team Jacket Youth Size: L
Adult Size: Sm, Med, Lg, XL

Team Shorts Youth Size: L
Adult Size: XSm, Sm, Med, Lg, XL

Team T-shirt Youth Size: L
Adult Size: Sm, Med, Lg, XL

Additional Caps _____ \$4.00 per cap

2010 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.

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 chaperon 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 swimmers will be sent home immediately at his /her own expense.
3. The swimmer will forfeit his privilege of being a member of the team.

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

Signature of Swimmer _____ Date _____

Signature of Parent or Guardian _____ Date _____

ATHLETE REGISTRATION FORMS – PART #04

OZARK SWIMMING
2010 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 that 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.

Swimmers Name: _____ Age: _____

I will not be traveling **or** staying with the team: _____ Owe: \$110

I will be traveling with the team, **but** staying with my parents or other arrangements: _____ Owe: \$190

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

Child's Name: _____ Age: _____ DOB: _____

Address: _____

Parent(s) Names: _____

Phone: Home: _____ Work: _____ Cell: _____

Other Emergency Contact _____ Phone _____

Physician: _____ Phone: _____

Medication currently being taken and reason _____

Known Allergies _____

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, 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 Coaches 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 _____, 2010.

Signature of Father or Guardian _____

Signature of Mother or Guardian _____

2010 OZARK ZONE TEAM SELECTION PROCESS

THE FOLLOWING IS THE PROCESS BY WHICH A SWIMMER WILL BE SELECTED TO THE 2010 OZARK ZONE TEAM

- 1) THE SWIMMER ACHIEVES A NATIONAL “AAA” LONG COURSE TIME DURING THE QUALIFYING PERIOD. **THE QUALIFYING PERIOD FOR THIS MEET IS AUGUST 9TH, 2009 UNTIL AUGUST 1ST, 2010.**
- 2) THE SWIMMER ACHIEVES A NATIONAL “AAA” SHORT COURSE TIME DURING THE QUALIFYING PERIOD. THIS SWIMMER WILL BE ENTERED WITH THE SHORT COURSE TIME FOR HIS OR HER EVENT. **THE QUALIFYING PERIOD FOR THIS MEET IS AUGUST 9TH, 2009 UNTIL AUGUST 1ST, 2010.**
- 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** IN THE 15-18 AGE GROUP. (PROVIDED THE LSC HAS **LESS THAN 2** “AAA” QUALIFIERS IN THAT EVENT.)

IF YOU HAVE ANY QUESTIONS ABOUT THIS PROCESS, PLEASE CONTACT ERIK STROM AT (636) 939-2386 EXT 1636 or by e-mail:
estrom@stpetersmo.net

OZARK SWIMMING ZONE TEAM

BASIC TRAVEL ITINERARY *(Subject to Change)*

WEDNESDAY, AUGUST 4TH, 2010

4:30 – 7:00 PM Team practice and dinner at Rockwood's Long Course Pool. Athletes will pick up their team uniforms and meet their age group coaches.

THURSDAY, AUGUST 5TH, 2010

5:00 AM Report to the Center of Clayton for departure
5:30 AM Team departs from the Center of Clayton for Lincoln

FRIDAY-SUNDAY, AUGUST 6-8, 2010

6:30 AM 11-12, 13-14 bus to pool for warm up
8:15 AM Meet starts
12:00 PM 10 & Unders Warm up, 11-12, 13-14 to lunch
4:00 PM Warm up for finals
5:00 PM Finals begin

SUNDAY, AUGUST 8TH, 2010

7:30 PM Depart for St Louis
2:00 PM Arrive at the Center of Clayton

ALL TIMES ARE APPROXIMATE AND SUBJECT TO CHANGE.

OZARK SWIMMING

2010 ZONE TEAM CONTACT INFORMATION

ERIK STROM: HEAD COACH

- Phone: 636-939.2386 ex 1636
- E-mail: estrom@stpetersmo.net
- Address: Erik Strom Head Zones Coach
C/O St Peters Rec Plex
5200 Mexico Rd
St Peters MO 63376

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

- **Center of Clayton** (Team Departure and Return Point)
50 Gay Av
Clayton, MO. 63105

- **Woods Pool** (Central Zones pool site)
Woods Park
3200 J St
Lincoln, NE 68502

- **Athletes Hotel**
Ramada Limited South
1511 Center Park Road
Lincoln, NE 68512
(402) 423-3131

- **Parents Hotel**
Details to come