



**FLORIDA  
GOLD COAST  
SWIMMING**

**2009**

**ALL-STAR ENTRY FORM / INFORMATION SHEET**

Please Print

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PARENT/GUARDIAN CONTACT #: \_\_\_\_\_

PARENT/GUARDIAN E-MAIL: \_\_\_\_\_

SWIMMER E-MAIL: \_\_\_\_\_

Age as of March 26<sup>th</sup>, 2009: \_\_\_\_\_ Sex: M / F FGC Team: \_\_\_\_\_

T-Shirt Size (Circle One):    S       M       L       XL

Short Size (Circle One):       S       M       L       XL

All shirts and shorts are adult sizes.

Each swimmer is to enter a total of 6 events, but not more than 3 events per session or more than 5 on Saturday. Relays will be put together by the Coaching Staff using the results from Junior Olympics.

	EVENT #	EVENT	TIME
1			
2			
3			
4			
5			
6			



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## **FGC ALL-STAR DUAL MEET SELECTION PROCEDURE**

1. The team will be selected from the results of the 2009 Florida Gold Coast Short Course Junior Olympic Championships, March 26<sup>th</sup>-29<sup>th</sup>, 2009 at the Coral Springs Aquatics Complex.
2. Upon your first Top 6 finish (Top 4 for 1650 FR): Please fill out the Application Form to declare your intent to participate on the FGC All-Star Team. Please, submit a non-refundable \$40.00 check/cash to be used for meet expenses, which include entry fees and uniforms.
3. The fastest (6) swimmers, for each event listed in the All-Star Dual meet order of events will be selected. Please refer to the Order of Events page when selecting your events. The All-Star Meet will have unlimited heats in events 200 or less and three (3) heats in the 400 IM and 500 FR. The 1650 will only have one heat. The 500 FR for 10 & under, the 200's of stroke for 11-12 and the 1000 FR for the 13-14's does not count as an event at the All-Star meet.
4. Any swimmer who has ever qualified for the USA Senior Championships in an individual event, prior to the entry deadline for this meet is ineligible for selection to this team.
5. In the event that at least eight swimmers are not selected to the team in any age group, the Age Group Chairman and the All-Star Coaching Staff will select necessary swimmers from the results of individual point standings from the JO's for the purpose of completing relay entries. These swimmers will be notified by telephone immediately following JO's. In case of a tie in the point standings, the fastest 200 IM time, of those tied will be selected.
6. Each swimmer selected to the All-Star team will be required to submit the following completed forms along with their application to the All-Star desk by the conclusion of Sunday's finals:
  - \* Signed Code of Conduct
  - \* Parent/Guardian signed Release Form with insurance information of medical coverage
7. Swimmers requirements:
  - \* Provide own transportation to and from the meet and lodging while at the meet.
  - \* Swimmers must bring their own swimsuit and goggles.
  - \* Each swimmer will receive a FGC T-Shirts, shorts and cap.
8. For further information contact Coach Lisa McLuckie at (954) 468-5590 and/or email [lmcluckie@FLAswim.com](mailto:lmcluckie@FLAswim.com).



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## RELEASE FORM

I, \_\_\_\_\_, NATURAL PARENT / GUARDIAN OF  
\_\_\_\_\_, DO HEREBY RELIEVE FLORIDA GOLD COAST,  
THE COACHING STAFF AND UNITED STATES SWIMMING FROM ANY LIABILITY IN CONNECTION WITH  
THE 2009 FLORIDA GOLD COAST vs FLORIDA ASSOCIATION ALL-STAR MEET.

IN THE EVENT HE/SHE IS INCAPACITATED DUE TO ILLNESS OR INJURY AND IT IS IMPOSSIBLE TO  
CONTACT ME FOR ANY MEDICAL TREATMENT, THEN I HEREBY GRANT PERMISSION TO THE  
COACHES TO USE THEIR BEST JUDGEMENT IN THE MEDICAL TREATMENT THEY MAY SECURE FOR MY  
CHILD.

IN THE EVENT THAT THIS SHOULD BECOME NECESSARY, MY INSURANCE IS WITH:

(COMPANY) \_\_\_\_\_

AND, THE POLICY # IS \_\_\_\_\_

SIGNED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_

CELL PHONE: (\_\_\_\_) \_\_\_\_\_



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## CODE OF CONDUCT

The undersigned athlete/staff member participating in this meet agrees to abide by the standards of conduct outlined below in addition to those established by the staff. Any additional guidelines regarding conduct will be presented at team meetings.

1. Curfews established and distributed in writing by the staff will be adhered to at meets or camps.
2. All swimmers and staff members are required to attend all team meetings, training sessions and events unless excused by the athlete's coach.
3. The possession or use of alcohol, tobacco or any non-prescribed drugs is prohibited.
4. All athletes are expected to follow the directions of the coaching staff.
5. To insure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms. There will be a team room provided for relaxation and recreation whenever possible.
6. Team members and staff will refrain from an illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
7. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
8. Failure to comply with the Code of Conduct may result in, but not necessarily be limited to, either or both of the following actions:
  - a. Swimmer not being allowed to participate in some or all team activities.
  - b. Swimmer being sent home.
  - c. Upon notification of any violation of the Code of Conduct, a Review Committee, consisting of the coaching staff, a boy's captain and a girl's captain, shall promptly investigate the circumstances of the violation, shall notify the individual (s) charged of a time for a hearing, and shall conduct an informal hearing on the evidence.
  - d. The Review Committee shall then promptly determine what disciplinary action, if any shall be taken.

I hereby certify that I have read and fully understand this Code of Conduct.

Swimmer's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_



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## **2009 ALL-STAR MEET**

### **Hotel Information & Driving Directions**

**Team Hotel:** **Perfect Drive Golf Villas at PGA Village** ([www.perfectdriveatpgavillage.com](http://www.perfectdriveatpgavillage.com))  
Contact Michelle Valvano, (772)873-0515

Guest Room - \$109.00

One Bedroom Villa - \$159.00

Two Bedroom Villa - \$209.00

Three Bedroom Town Home - \$249.00

**Local Hotels:** Comfort Inn – Ft Pierce (772) 461-2323  
Approx. 10-15 min drive

Days Inn (772) 466-4066  
Approx. 5 min drive

Days Inn – Ft Pierce Beach (772) 461-8737  
Approx. 15-20 min drive

Hampton Inn – Ft Pierce (772) 460-9855  
Approx. 5 min drive

Holiday Inn Express (772) 464-5000  
Approx. 5 min drive

Radisson Beach Resort (772) 465-5544  
Approx. 15-20 min drive

Springhill Suites (772) 871 2929  
Approx. 15 min drive

**Driving Directions:** Pool is located at **3209 Virginia Avenue, Fort Pierce, FL 34981**, From the Florida Turnpike heading North take exit # 152 / Ft Pierce / Vero Beach. Stay to the right and merge onto Okeechobee Road. Continue on Okeechobee Road and at fork, bear right onto Virginia Avenue. Arrive at 3209 Virginia Avenue, pool will be on right hand side.



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## **ALL STAR TEAM INFORMATION**

Congratulations on your son or daughter being selected to the FGC All-Star Team, here are a few things to know:

1. This year's meet will be held at Indian River Community College on April 4<sup>th</sup> and 5<sup>th</sup>.
2. The times for each session are:  
Saturday 4<sup>th</sup> – 9:00am (warm-up 7:00 am)  
Saturday 4<sup>th</sup> – 5:00pm (team picture & warm-up 3:00 pm)  
Sunday 5<sup>th</sup> – 9:00am (warm-up 7:15 am)
3. Swimmers are to report to the pool for each session at the above, posted warm-up times. The team will take a team picture before the 2<sup>nd</sup> session on Saturday night.
4. Awards will be given out to the Top 8 individual events and Top 3 in relays.
5. The team uniform will be given to each swimmer upon arrival on Saturday morning. The coach assigned to each age group will be responsible for his/her own swimmers uniforms.
6. The following FGC coaches have been selected to represent this All-Star team:

**Head Coach** – Lisa McLuckie

**Assistant Coaches** - 10 & Under Girls – Cathy Silviera  
10 & Under Boys – Chadli Fernandez  
11-12 Girls – Julie Smiddy  
11-12 Boys – Bob Karl  
13-14 Girls – Ashley Wolff  
13-14 Boys – Lindsay Kenney



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## ORDER OF EVENTS

Saturday, April 4<sup>th</sup>

Warm-Up 7:30am  
Start 9:00am

1-2 10 & U 50 Back  
3-4 11-12 50 Back  
5-6 13-14 100 Back  
7-8 10 & U 100 Free  
9-10 11-12 100 Free  
11-12 13-14 200 Free  
13-14 10 & U 100 Breast  
15-16 11-12 100 Breast  
17-18 13-14 100 Breast  
19-20 10 & U 200 IM  
21-22 11-12 200 IM  
23-24 13-14 400 IM\*

Saturday, April 4<sup>th</sup>

Warm-Up 3:30pm  
Start 5:00pm

25-26 13-14 200 IM  
27-28 11-12 100 IM  
29-30 10 & U 100 IM  
31-32 13-14 50 Free  
33-34 11-12 50 Free  
35-36 10 & U 50 Free  
37-38 13-14 100 Fly  
39-40 11-12 100 Fly  
41-42 10 & U 100 Fly  
43-44 13-14 50 Free  
45-46 11-12 200 Free  
47-48 10 & U 200 Free  
49-50 13-14 200 Med. Relay  
51-52 11-12 200 Med. Relay  
53-54 10 & U 200 Med. Relay

Sunday, April 5<sup>th</sup>

Warm-Up 7:30am  
Start 9:00am

55-56 13-14 200 Back  
57-58 11-12 100 Back  
59-60 10 & U 100 Back  
61-62 13-14 100 Free  
63-64 11-12 500 Free  
65-66 13-14 1650 Free\*  
67-68 11-12 50 Breast  
69-70 10 & U 50 Breast  
71-72 13-14 200 Breast  
73-74 11-12 50 Fly  
75-76 10 & U 50 Fly  
77-78 13-14 200 Fly  
79-80 11-12 200 Free Relay  
81-82 10 & U 200 Free Relay  
83-84 13-14 200 Free Relay

- Events 23-24, 43-44, 63-64 are limited to three (3) heats of girls and three (3) heats of boys. Twelve (12) swimmers from each team.
- Events 65-66 are limited to one (1) heat of girls and one (1) heat of boys. Four (4) swimmers from each team.