



Team Information July, 2016

WELCOME TO KEARNS, UTAH
WESTERN ZONE AGE GROUP
LSC's.
#WZAG2016 #SWIMUNITED

WELCOME TO THE 2016 WESTERN ZONE AGE GROUP CHAMPIONSHIP

The following information is intended to be used in conjunction with the April, May and June Team Information Sheets already released. These documents, and additional content applicable to teams, can be found in the "Team Support" area of the meet website: utahzones2016.com. Looking forward to welcoming and hosting all Western Zone LSC's and athletes to Kearns, Utah August 10th -13th. We have worked hard to provide a unique, fun and memorable event for all. A friendly reminder since we are so close to this event that **2016 Western Zone Age Group entries and fees are due by 3:00pm MDT August 3rd**. Wishing you safe travels.

Also by 7/29/2016 please submit your Zones Business Dinner attendee names and to Josh jawilliamson3003@gmail.com. The Entry Files and Fees are due no later than 3pm 8/3/2016 and the file can be found under the Team Support Tab utahzones2016.com.

Pre-Meet Warm-ups

Thank you to: Alaska, Central Cal, Colorado, Inland Empire, Montana, Pacific, Utah and Wyoming for signing up for pre-meet warm-up times. All other teams please contact the meet director, Cathy Vaughan: cathvaughan@gmail.com to sign up by 7/29/2016.

Space is available on a first come, first served basis.

Opening Ceremonies –What to expect.

Due to Utah's Olympic connection we felt it was important to invite all athletes to a brief opening ceremony on Tuesday Aug 9th at 7pm. We understand that the athletes are here to participate in a highly competitive championship meet. We don't want to do anything that would hamper their performance in any way. On the contrary, we would hope this extra activity adds "hype" (as one meet athlete rep puts it), fun and possibly even enhances performance.

We are committed to keep the Opening Ceremonies short. (Our goal is 45

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#SwimUnited & #2016WZAG4	
Please use these hash-tags to post on social media!	

minutes so all can realistically be to cars by about 8 pm. It's still very light at that time.) We hope the ceremonies will help the kids feel connected to their LSC team (each LSC will be featured in a short video) to the Western Zone, and also to their USA Swimming teammates who have previously competed, and are currently competing, in the Olympics. We have video of several former Olympians wishing them (the Western Zone swimmers) good luck at their meet that will be shown that night and will be creating a short video cheer of all the kids that will be sent to their teammates competing in Rio. Please wear your LSC Rocky T-Shirt to the opening ceremony if you have one.

Volunteers & Gratitude Campaign

All volunteers will be well fed and receive breaks during this event. We have established a specific rotation pattern for all timers so they can view some of the events from the best seat in the house as well as get breaks. We wish to remind and encourage each LSC to provide at least 3 timers each session as well as at least 1 deck or admin official for all sessions of the meet. We are grateful to all of our committed and passionate volunteers for this event. They are the reason that we wanted to incorporate a "Gratitude Campaign" this year so that we can acknowledge everyone's time and effort. We encourage everyone to work hard, have fun and make a difference.

We are excited to partner with USA Swimming partner: True Sport to bring this message to life on deck. Please encourage your athletes to participate by thanking three people each session. Athlete Reps will provide additional support for the gratitude campaign on deck. Swimmers who participate by simply thanking three volunteers will receive a custom Deck Pass Patch.

All volunteers can sign up through the volunteer tab at utahzones2016.com or contact our fabulous Volunteer Coordinator Lorinne Morris lorinne.morris@gmail.com. If you are USA-swimming registered please contact Lorinne directly rather than signing up through the website. There are a number of volunteer positions that help us ensure athlete safety and as such we would love to identify any USA-S registered volunteers ahead of time.

By the way check out the cool Rocky Raptor T-Shirt all volunteers get when they have completed at least two sessions. T-shirts are flying out the door so visit the volunteer tab and sign up to guarantee your correct size. Can you keep a secret? Shhhh but we have captured some Olympian swimmers rocking Rocky Raptor shirts.



Event Apparel - Rocky the Raptor T-Shirts



Utah swimming has partnered with NWDesigns for the Western Zone Age Group apparel. Rocky our event mascot has proved very popular and we are happy to share with you that event apparel can already be ordered through our on-line web store. In the spirit of connection we offer the store to all Western Zone Age Group Swimmers whether they have a

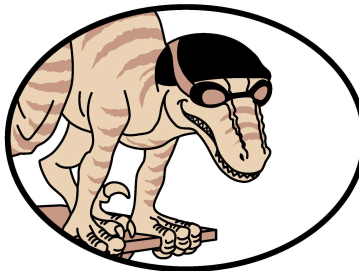
“q” time or not. Please feel free to share with your LSC teams. The web-store will stay open from now until August 15th.

Customers need to select the item they are interested in purchasing and then add the custom designs that are made available.

<https://nwd.ink/s/western-zone-age-group-championships/>

Rocky Gets His Own Deck Pass Patch

Needless to say we could not get everyone a Rio gold medal but we are happy to share that all the Western Zone Age Group athletes will receive a Rocky deck pass patch when we have uploaded the official results to the SWIMS database.



Health & Safety - A quick note on altitude sickness!

Not everyone who travels to higher altitudes gets altitude sickness but to help ensure athletes get prompt treatment if affected we share the following to prevent and minimize altitude sickness. Adjust slowly to the higher elevation. Encourage your athletes to drink lots of water.

The symptoms of altitude sickness include:

A throbbing headache that usually gets worse during the night and when you wake up.
Lack of appetite
Feeling sick to your stomach. You may vomit.
Feeling weak and tired. In severe cases, you do not have the energy to eat, dress yourself, or do anything.
Waking up during the night and not sleeping well.
Feeling dizzy.

Athlete Celebration

Please see the meet announcement at utahzones2016.com for information about the athlete celebration.

Awards

Please stay for the short awards ceremony after the last race on Saturday August 13th to view the meet highlight videos and to support your Western Zone friends.

Reasons for Gratitude Campaign

... Practicing gratitude is how we acknowledge that there's enough & we're enough.

Brené Brown¹

Swim meets have the potential of subconsciously conveying 'I'm not enough.' The gratitude campaign is one way to counteract this negative messaging and practice an important life skill.

IMPORTANT NOTE: The gratitude campaign is NOT

- Saying swimming excellence is not important. We are spending a lot of time, effort and money to ensure an environment conducive to swimming excellence.

¹ Brown, Brené. Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead. New York, NY: Gotham, 2012. Print, page 124.

Skits Order of LSC's

Here is the planned schedule for skits by day.

Thursday 8/11:

- Utah
- Pacific
- Alaska
- Sierra Nevada
- Arizona
- Inland Empire

Friday 8/12:

- Hawaii
- Pacific Northwest
- Montana
- Snake River
- San Diego-Imperial
- Oregon

Saturday 8/13:

- Central California
- Colorado
- New Mexico
- South California
- Wyoming

DEADLINES

Volunteer Online Sign-up (Guaranteed T-shirt Size) -----7/26/16

Walk-ons still welcome and may still be able to receive shirt on first-come, first-served basis

Warm Up Schedule-----7/29/16

Please contact the Meet Director Cathy Vaughan cathvaughan@gmail.com any time prior to this deadline to schedule warm-up times for Monday afternoon 8/8 or Tuesday 8/9. (FYI: Prelim warm ups will also be scheduled by team.)

Zone Business Dinner and Fees-----7/29/16

Please email Josh Williamson attendee names and emails. Forms available on meet announcement.

Meet Entry Files and Fees Due-----8/03/16

Athlete Celebration Count and Fees -----8/03/16

Wear LSC Rocky Shirt to Opening ceremony-----7:00pm-8/09/16

Submit Team Captain and Adam Szmidt Sportsmanship coach and athlete names---8/09/16



