



Team Information

June 2016

The following information is intended to be used in conjunction with the April and May 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

Conference Call Minutes

Minutes of the June 6 conference call are located on the meet website, utahzones2016.com under the "Team Support" tab.

Still Needed From Teams

We very much would like to incorporate LSC logos throughout the meet but cannot if we don't receive a high quality logo image from every LSC very, very soon.

Thank you to Central Cal, Montana, Pacific and Utah for already submitting all of the following, and to Alaska and Snake River for submitting everything except the high quality logo image. If we haven't confirmed receipt of the following, please email it/them to Cathy Vaughan (cathvaughan@gmail.com) asap.

- **High Quality**, Digital LSC logo image
- Name & email address of LSC SWIMS database results processor
- Names & email addresses of the "four people designated by the LSC" to receive results (Western Zone Policy)
- Name & contact info of the LSC permanent office (if applicable, and results are not already being emailed)

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

Athlete Village

The APRIL & MAY Team Information Sheets have more details about the Athlete Village. This is an update.

Tents & Table Plan

Tents, one (1) 8 foot table and 2 chairs will be provided complementary for each team. Provided tent sizes are listed in the APRIL Team Information Sheet (unless other arrangements have been made since then.) The size was determined early in the year based on projected team size with the plan to provide about 100 square feet of tent space for every 12 swimmers. Larger tent sizes may be ordered and the difference in cost paid for by the LSC team if desired, and tents are

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available. Contact Steve asap to make arrangements at 801-545-4111 or email scook@kopfc.com. Final order deadline (based upon availability) is July 22nd.

Electricity

UPDATE & CHANGE FROM CONFERENCE CALL INFORMATION: Limited electricity will be available at team tent sites IF arrangements are made in advance with the facility and payment is received. Use the order form provided by the facility. It's available on the meet website under the "Team Support" tab. Electricity is available on a first come, first served basis. Items plugged into outlets in the Athlete Village without permission from the facility will be unplugged and may be turned into lost and found. Order deadline is July 22nd.

Team Meals Update

Box lunches and dinners for teams can be ordered and paid for in advance. They will then be delivered to the pool. The order form and details are on the meet website: utahzones2016.com under the "Team Support" tab. In response to requests from teams, additional vendors with more substantial dinner offerings have been located, however, each team will be responsible to make their own arrangements directly with the vendor. The box lunch and dinners as originally released are still available as planned & published.

Team Hotel Locations

On the conference call in June, teams requested to know where other teams are staying. To protect the athletes, this information will not be posted online but rather emailed directly to team representatives. To receive a copy and/or update team information on the list, email the meet director, Cathy Vaughan (cathvaughan@gmail.com)

One of the reasons this information was requested was to help coordinate meals eaten by teams at the hotel and possible use of hotel conference rooms by teams staying at the same hotel.

Please note, many of the meet contracted hotels are very close together. A map of meet contracted hotels is available on the meet website under the "Plan Your Trip/Hotel" tab (scroll to the bottom.)

- Holiday Inn Express and Staybridge Suites are neighboring hotels
- Crystal Inn, Country Inn & Suites and Comfort Inn are all neighboring hotels

Gratitude Campaign

This meet has a Gratitude Campaign. The objective is to encourage athletes to practice this valuable life skill by thanking meet volunteers, and others, at least 3 times each session of the meet. It is hoped this will become a personal "lasting legacy," one that continues long after this meet is over.

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.

- Saying that gratitude should replace determination & drive. They are not mutually exclusive.
- About trying to mask or suppress difficult feelings like sadness, frustration, etc. Sometimes these can motivate us to try harder or seek a different approach which, at times, is needed.

The gratitude campaign IS about practicing and using a valuable life skill.

- Whether experiencing success or not, all can benefit from expressing gratitude.
- Some may learn that even when facing disappointment or setbacks, one can simultaneously feel gratitude for something. This can help to prevent being 'capsized' by disappointment or even devastation. It can help to steady and enable one to continue going forward despite difficulties.
- It helps promote the vision of USA Swimming which is: To inspire and enable our members to achieve excellence in the sport of swimming and in life.
- It is hoped the volunteers, and others, who help make this meet experience possible will benefit by the gratitude expressed by the swimmers.

You Can Help!

The meet host has already determined a number of fun ways to integrate this message into meet activities. We also hope team leadership will connect with this simple campaign and seek to promote it too. Utah Zone Team assistant coach Dani Caldwell is planning to encourage her swimmers to write a thank you note to their parents sometime during the meet. (Note: Dollar stores are a cheap source of thank you cards.) **What are your ideas to promote the Gratitude Campaign among your swimmers? Let us know! We'd love to share your ideas next month.**

Athlete Safety

More information on Athlete Safety in APRIL & MAY Team Information Sheets (available on meet website)

Altitude Sickness

Some have expressed concern for those coming to the meet from lower elevations. The worry is the possible onset of altitude sickness. The elevation of Kearns is 4528 feet above sea level. Altitude sickness commonly occurs at much higher altitudes (8000 ft or higher.) However, we're committed to do what we can to help ensure the safety of the athletes. As a result, the facility lifeguard staff is being trained to recognize and treat the symptoms of altitude sickness prior the meet and we encourage teams to train their coaches and chaperones as well if they have athletes coming from very low altitudes.

Meet Hydration

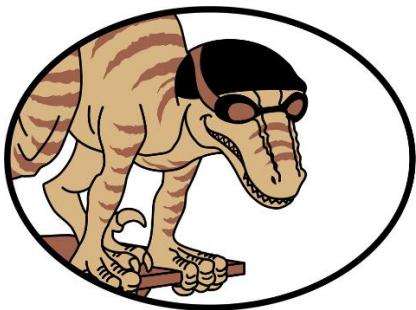
In an effort to promote hydration at the meet, we will have large water jugs in the Athlete Village and other areas for swimmers (and others) to refill their own water bottles. It was also suggested that teams consider bringing powdered Gatorade (or another sports drink) for swimmers to add to the water.

Skits

We're excited to continue the Western Zone tradition of team present skits this year. This can be a great team-building opportunity and give the kids the experience of learning to work together and the opportunity to get to know each other better. The order of the skit presentations will be determine by draw. **If for some reason your team opts not to do a skit, please let us know before July 10th to not be included in the draw.**

Video Scoreboard

A video scoreboard will be available at the venue to be used for skits if desired. The facility has shared this information on formatting: For still shot images, jpg files are the easiest, but some other files like png work too. For videos, DVD's can be played or anything that is shown on an Apple device. Apple devices connect via wifi and .avi files work best.



Fun Stuff & Creating Connection

Rocky & Team Shirts

Keith Lambert of Inland Empire, had a great idea we're modifying and passing along. He thought it would be fun to have a prize for the best incorporation of meet mascot Rocky onto team shirts. Unfortunately, the meet planning committee is too swamped planning the rest of the meet to organize a competition, but we would love to invite the teams to creatively incorporate Rocky into their shirts designs if they'd like. To be clear: This would be separate from the Opening Ceremonies T-shirts we've already

invited teams to do. (See May Team Information Sheet) The specific artwork for that T-shirt and suggested team shirt colors are available on the meet website. The incorporation of Rocky onto *additional* team shirts is completely optional—so no pressure!

#SwimUnited & #2016WZAG

Celebrate being part of America's Swim Team! #SwimUnited will be used by USA Swimming extensively throughout the summer up to and including the Western Zone Age Group Championships (Okay, perhaps their final focus is on the Olympic Games as opposed to our meet—but since the Olympics and our meet are at the same time we can join in the fun!) We are using both #SwimUnited & #2016WZAG when posting on social media things related to the meet and hope you'll do the same! Our meet athlete reps will be increasing social media activity as the meet gets closer.

Officials & Volunteer Meet Workers

Officials and volunteer meet workers from all LSC's are encouraged and welcome to work the meet. More information is available in the meet announcement and on the meet website: utahzones2016.com

An online sign-up is available for volunteer meet workers is on the meet website under the "Volunteers" tab.

Attachments

- TentOrderFrom2016v2
- Team Hotel Locations
- Gratitude Campaign Information