

## 2007 CCS ALL-STAR SWIM TEAM

### Meet & Travel Information

Dual Meet: CCS vs. San Diego Imperial vs. Sierra Nevada Tri-Meet  
Date-Time: January 20-21, 2007. Swim Saturday afternoon and Sunday morning.  
Location: Rancho Bernardo High School  
Hotel: Holiday Inn Rancho Bernardo \$99 per night  
17065 W. Bernardo Drive 2 Dbl Beds, includes hot breakfast  
San Diego, California  
(800)-777-6055 4 swimmers per room.

### Team Travel

- All 11 & over swimmers will travel by bus or van and stay at the team hotel. 10 & Under swimmers may travel with the team and stay with other swimmers with a chaperone in a nearby room or they may travel with their parents. Please contact Dr. Wright for details.

### Costs:

- \$100, includes bus, room for 2 nights, meals, cap and shirt.

Checks: payable to CCS, 1/19/07 when you board the bus or arrive at dinner. Payment, signed medical release and code of conduct must be completed before a swimmer may travel or compete.

On day of departure, swimmers should eat at home and bring a bag dinner/snack for the bus ride to San Diego. Be sure to bring all swim gear, clothing, hat, sun screen, water bottle, and snacks. Small portable folding chairs are nice.

### Bus Schedule:

- Departs Fresno from Clovis West High School on 1/19/07 at 4:30 pm
- Departs Visalia from Holiday Inn (Plaza Drive/Hwy 198) at 5:30 pm
- Departs Bakersfield Double Tree at 6:30 pm

### Return Bus

- Departs Rancho Bernardo HS after meet 1-2 pm 1/21/07 and will drop off in reverse of pick up.

Contact: Dr. Dowain Wright (559) 434-6773 or (559) 285-0489 (cell) for questions.

# CENTRAL CALIFORNIA SWIMMING EMERGENCY FORM

## ***MEDICAL RELEASE & EMERGENCY AUTHORIZATION FORM***

### **AUTHORIZATION TO TREAT A MINOR**

I, THE UNDERSIGNED FATHER, MOTHER, OR LEGAL GUARDIAN OF \_\_\_\_\_, A MINOR DO HEREBY AUTHORIZE AND CONSENT TO ANY X-RAY EXAMINATION, ANESTHETIC, MEDICAL OR SURGICAL DIAGNOSES DEEMED ADVISABLE BY AND IS TO BE RENEDEDERED UNDER THE GENERAL OR SPECIFIC SUPERVISION OF ANY MEMBER OF THE MEDICAL STAFF AND EMERGENCY STAFF LICENSED UNDER THE PROVISIONS OF THE MEDICAL PRACTICE ACT OR DENTIST LICENSED TO OPERATE A HOSPITAL. IT IS UNDERSTOOD THAT THIS AUTHORIZATION IS GIVEN IN ADVANCE OF SPECIFIC DIAGNOSES, TREATMENT OR HOSPITAL CARE BEING REQUIRED BUT IS GIVEN TO PROVIDE THE EXERCISE OF THE BEST JUDGEMENT THAT MAY DEEM ADVISABLE. IT IS UNDERSTOOD THAT EVERY EFFORT SHALL BE MADE TO CONTACT THE UNDERSIGNED PRIOR TO TREATMENT TO THE PATIENT, BUT THAT ANY OF THE ABOVE TREATMENT WILL NOT BE WITHHELD IF THE UNDERSIGNED CANNOT BE REACHED.

LIST ANY RESTRICTIONS \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_  
**(PARENT OR LEGAL GUARDIAN)** **(Date)**

### **EMERGENCY INFORMATION**

BIRTHDATE \_\_\_\_\_  
TETNUS BOOSTER DATE \_\_\_\_\_  
ALLERGIES \_\_\_\_\_  
SPECIFIC MEDICATIONS/ PERTINENT INFORMATION \_\_\_\_\_

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### **EMERGENCY TELEPHONE NUMBERS (INCLUDE AREA CODE)**

FATHER'S WORK/ CELL \_\_\_\_\_ FATHER HOME \_\_\_\_\_  
MOTHER WORK/CELL \_\_\_\_\_ MOTHER HOME \_\_\_\_\_  
INSURANCE COMPANY \_\_\_\_\_ **ATTACH COPY OF CARD**  
SWIMMER'S PHYSICIAN \_\_\_\_\_ TELEPHONE NUMBER \_\_\_\_\_

# CENTRAL CALIFORNIA SWIMMING CODE OF CONDUCT

This CODE OF CONDUCT shall apply to all those representing Central California Swimming, regardless of location.

## A. PROHIBITED BEHAVIOR:

- (1) Possession of, use of, or knowledge of use of illegal substances by those representing CCS, or use in the presence of those representing CCS.
- (2) Inappropriate or destructive behavior, or knowledge (without reporting) of same.
- (3) Smoking by athletes (or use of other tobacco products) while representing CCS. Knowledge of use is to be considered use.
- (4) Use by athletes, knowledge of use of, or providing alcohol to or use of around swimmers. Use of alcohol by those having direct responsibility for swimmers is also prohibited.
- (5) Violation by any representative of laws, regulations, rules, etc. is included.

## B. TRAVEL TRIP BEHAVIOR: The following are mandatory, and the responsibility of the HEAD COACH:

- (1) A nightly curfew will be established and enforced.
- (2) All athletes and people representing CCS shall be housed in an appropriate manner.
- (3) To insure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes rooms and no female athletes in male athletes rooms without supervision.

There will be a team room provided for relaxation and recreation whenever possible.

- (4) Coaches and athletes must attend all team meetings and/or required functions.
- (5) The head coach shall have in his immediate possession a signed CONSENT TO TREAT for all minors on any trip.
- (6) Violations of the above will result in immediate referral to the CCS Review Board for action. Immediate action may include, but is not limited to:
  - (a) Scratching the athlete(s) from event(s).
  - (b) Sending the involved party home at own/parent's expense.
  - (c) Other action as determined by those at the site.
  - (d) Review Board penalties may include suspension from swimming.

NOTE 1 Persons present while any of these prohibited activities occur must leave the area immediately or be considered a participant by choice.

NOTE 2 Notification that this CODE OF CONDUCT is in effect shall be accepted at the time of registration. Notification shall be implied to all members of CCS. All people representing a CCS registered team, in the process of attaching to a registered team, or receiving money from CCS are considered to be representing CCS.

NOTE 3 Violation of this CODE OF CONDUCT will be considered to be bringing disrepute upon the sport of swimming.

NOTE 4 Appeal from any disciplinary action taken shall be in accordance with Part Four of USA Swimming Rules and Regulations.

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Athlete's Signature

(Date)

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Father, Mother or Legal Guardian (Date)

All-Star Tri-meet 2 day format.

Teams to have 8 male and female in 10 & U, 11-12, 13-14, 15-18 (SDI and CCS only for 15-18).

Swimmers will compete in 3 individual and 2 relays per day. There will be 4 swimmers per event from each team.

Day 1	Day 2
10 & U 200 MR	11& O 200 FR
11& O 200 MR	10 & U 200 FR
10 & U 500 Fr	11& O 500 Fr
11& O 200 Bk	10 & U 200 Fr
10 & U 50 Bk	11& O 200 Br
11& O 100 Br	10 & U 50 Br
10 & U 100 Br	11& O 200 Fly
11& O 100 Fly	10 & U 50 Fly
10 & U 100 Fly	11& O 100 Bk
11& O 200 Fr	10 & U 100 Bk
10 & U 100 Fr	11& O 100 Fr
11& O 400 IM	10 & U 200 IM
10 & U 100 IM	11& O 200 IM
11& O 50 Fr	10 & U 50 Fr
10 & U 400 FR	11 & O 400 MR
11 & O 400 FR	10 & U 400 MR

Tri-meet scoring

Individual 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relays 24, 22, 20, 18, 16, 14