



# Central California Swimming

**DARE to be great!**

**Diversity • Accountability • Respect • Excellence**

## **2024 CCS 11-14 All-Star Camp**

CCS will be selecting an All-Star team of 11-14 year olds to participate in our CCS 11-14 All-Star Camp in Clovis, CA, **April 6-7, 2024**. Parents will check-in their athletes on deck at Clovis North Aquatic Center on Saturday at 1:00pm, April 6th. This overnight camp includes pool sessions aimed at getting the best in CCS together to train and race, educational classroom sessions, group activities, and a motivational speech and pool technique session with Jack Dahlgren. Athletes will be released back to parents on Sunday afternoon.

All CCS swimmers 11-14 who have ANY A times are encouraged to apply for selection to the 2024 All Star Camp. **All applications are due by WEDNESDAY, March 20**. Swimmers who do not have any A times are welcome to apply; however, priority will be given to athletes who meet the A time standard in multiple events.

### **How does a swimmer qualify for the 11-14 All Star Camp?**

1. There will be 30 athletes selected for this Camp. There will be 2 swimmers of 11 and 13 years old of each gender will be selected for the camp. 3 swimmers of 12 and 14 years old of each gender will be selected. There will also be 10 spots open to swimmers of any age (11 – 14) or gender. Age Group will be determined upon **age of the athlete as of the first day of the camp**, April 5, 2024.
2. Male and female swimmers in each age group will be selected by the Camp Coordinator based on the USA Swimming Motivational “A” Time Standard. Qualifying times shall be the swimmer's best time from April 1, 2023 through the application deadline, and be listed as officially verified times in the USA Swimming database.
3. Swimmers with the A times will be selected first. Each A Time will count as a point, so a AA time will count as 2 points, a AAA time will count as three points, and a AAAA time will count as 4 points. The swimmers with the most points will be selected. In the case of a tie, the tie will be broken by the Highest level of time achieved or the amount of the highest level of times achieved. If the tie remains the spot will go to the swimmer with the time with the highest power point

### **Do the athletes have to stay with the All-Star Team?**

Yes. This is mandatory!!! All Team CCS athletes and chaperones will be required to stay with the team throughout the trip. Swimmers with a disability who require special care will be required to travel with a parent or other designated adult. Swimmers will not be allowed to leave the team until Sunday April 6th, and only to their parents, legal guardian, or designated adult who must sign the swimmer out. Please thoroughly read the Athlete Code of Conduct found in this packet.

**Packing Guidelines** - Each swimmer should pack two bags: a swim bag and a duffel or other bag. Items needed for competition should be packed in the swim bag. All other travel items should be packed in the other bag. Be sure to pack a **water bottle**, practice suit(s), goggles, 2+ towels, shorts/pants, shirts, sweat shirt, pajamas, toiletries, healthy snacks, deck shoes, athletic shoes, socks, hat, sunscreen, lotion,

chapstick, and [OTC] allergy medications, if needed. All items should be labeled with the swimmer's name. Individual prescription medications can be held by the swimmer's chaperone. CCS is not responsible for lost or stolen items. All swimmers should plan to bring or buy snacks or other drinks that they may desire.

Swimmers will have 1 night lodging (three to four to a room-dbl queens). The money collected covers the cost of the hotel, National Team athlete's travel and participation, apparel, and meals (including dinner on Saturday and breakfast on Sunday, as well as nourishing snacks between sessions).

**All applications must be received by Wednesday, March 20 with:**

1. Completed and signed Application.
2. Deposit check **payable to CCS for \$200**. Deposit will be refunded if your child is not selected. (Upon selection the only expense is the deposit check of \$200) (No Money orders accepted) (If you are unable to make a payment by check please contact Jessica at [jcanales8@me.com](mailto:jcanales8@me.com))
3. Completed and signed Medical Release (with a copy of your health insurance card)
4. Signed Code of Conduct

**Please Print, Fill out, Scan, and Email the application.  
Applications should be e-mailed to: [jcanales8@me.com](mailto:jcanales8@me.com)**

## Central California Swimming Letter of Intent/Application 2024 CCS 11-14 All Star Camp – April 6-7th

**This signed Letter of Intent/Application, a signed CCS Code of Conduct and signed medical release and a non-refundable (if selected) deposit of \$200 must be submitted with all forms and a check payable to CCS (Central California Swimming) by Wednesday, March 20.**

The final cost is **\$200**, to be paid by deposit upon receipt of this application. Short or Long Course A qualifying times must be achieved between April 1, 2023 and March 1, 2024. Times will be verified through USA Swimming SWIMS database.

**Names:** \_\_\_\_\_ **Age on 4/5/2024:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Mom** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Dad** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**USA Swimming # (MANDATORY):** \_\_\_\_\_

**Club:** \_\_\_\_\_ **Coach:** \_\_\_\_\_

**T-shirt size (ADULT Sizes Only--Circle Your Size):**    small    medium    large    x-large



**Deadline for submission of intent to participate is Wednesday, March 20, 2024**

Send forms to: CCS All-Star Camp Coordinator, Jessica Bean (jcanales8me.com)

## CENTRAL CALIFORNIA SWIMMING

### 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 RENEDED 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.

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

### **EMERGENCY INFORMATION**

BIRTHDATE \_\_\_\_\_

TETNUS BOOSTER DATE \_\_\_\_\_

List any medical conditions: \_\_\_\_\_

\_\_\_\_\_

List any medications that must be administered:

\_\_\_\_\_

List any allergies (include food and over the counter medications):

\_\_\_\_\_

\_\_\_\_\_

List any special food requirements (vegetarian, etc.): \_\_\_\_\_

\_\_\_\_\_

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

Emergency contact: \_\_\_\_\_ Relation: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

INSURANCE COMPANY \_\_\_\_\_

\*\*\*\*\***SEND COPY OF CARD**

SWIMMER'S PHYSICIAN \_\_\_\_\_ TELEPHONE NUMBER \_\_\_\_\_

# 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. 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 ensure 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 immediate possession of 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 Signature

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Parent or Legal Guardian Signature