

PACIFIC SWIMMING
PACIFIC COAST ALL-STAR MEET

Preliminary Information & Application Packet
(Please check the All-Star Desk for final information)

On January 9-10, 2010, Pacific Swimming will compete in the 2010 Pacific Coast All-Star meet in Cerritos, Ca.. We will select an All-Star team of eight 11-12 girls, eight 11-12 boys, eight 13-14 girls, and eight 13-14 boys to represent Pacific Swimming at this meet. The team will be selected based on the 2010 selection process outlined on the following page.

Swimmers who have participated in an individual event at Junior Championships, U.S. Opens, or Senior Nationals **are eligible** for this meet.

To be considered for selection, a swimmer must submit a signed letter of intent, a completed medical release form, a signed honor code, a signed parent/coach guidelines, and co-pay check for **\$185** to the All-Star desk **prior to the start of finals at the Age Group Winter Championships on Sunday, December 6, 2009 or at the Senior Winter Championships before finals on Sunday, December 13, 2009** or mail to:

Karyn Kikuta
832 Upton Way
San Jose, Ca . 95136

Mailed application must be received by **December 13th 2009**.

Make check payable to *Pacific Swimming*. Co-pay for swimmers not selected will be returned by mail.

All-star Team Preliminary Information:

Pool: Cerritos Swim Center, 13150 166th St. Cerritos Ca 90703

Flight: Saturday, Jan.9, 2010, Southwest Airlines - leaves SFO at 9:40 AM
Sunday, Jan. 10, 2010, Southwest Airlines -leaves SNA at 4:25 PM

Hotel: Sheraton Cerritos Hotel, 12725 Center Court Drive, Cerritos Ca. 90703

Meals: All meals will be provided during the duration of the trip.

For more information, please contact:

Karyn Kikuta, All - Star Coordinator Phone: (408) 705 - 3414 Email: kkikuta@sbcglobal.net

Fill out all required information on page 3 through 9 of this packet and return to the All-Star Desk at the 2009 14-U Short Course Age Group Championships or 2009 Senior Winter Championships with your co-payment or mail (received by December 13, 2009) to:

Karyn Kikuta
832 Upton Way,
San Jose, Ca. 95136

Make check payable to *Pacific Swimming*

PACIFIC SWIMMING SELECTION PROCESS
PACIFIC COAST ALL-STAR MEET 2010
PACIFIC, SOUTHERN CALIFORNIA, PACIFIC NORTHWEST, OREGON, & CANADA, B.C.

2009 Selection Process

Thirty-two swimmers, 8 girls and 8 boys from the 11-12 and 13-14 age groups will be selected to represent Pacific at the 2010 Pacific Coast All-Star Meet Competition to be hosted by Pacific Northwest Swimming on January 10-11, 2010.

Swimmers who have applied for consideration will be ranked based on their best short course time achieved from **September 1st, 2009 thru December 13th, 2009**. The 7 highest scoring swimmers in each of the 11-12 and 13-14 age groups will be selected to the team.

Scoring:	1st	2nd	3rd	4th	5th	6th	Place
	11	8	5	3	2	1	Point(s)

Points will be awarded based on actual place ranked among the applicants of the same age group for the following events only:

11-12: 50 Free, 100 Free, 200 Free, 500 Free, 50 Breast, 100 Breast, 50 Back, 100 Back, 50 Fly, 100 Fly, 100 IM, 200 IM

13-14: 50 Free, 100 Free, 200 Free, 500 Free, 100 Breast, 200 Breast, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM

The 8th swimmer in each age group will be selected by the coaches.

Times achieved by swimmers who age up will be integrated into the results of the next age group and points awarded per above.

In the event of a tie, the best time in the 100 free will be used to break the tie.

All registered Pacific swimmers between the age of 11 and 14 as of Jan. 9, 2010 are eligible to apply, regardless of whether they have previously competed in any Jr. National or National Championships level type of competitions.

Application with a co-payment of \$185 must be received by December 13th or hand-delivered to the All Star desk at the December 4-6, 14-U Age Group Championships or the December 11 -13 Senior Winter Championships before finals on the last day. Once the application is accepted, we will update the swimmer's best time based on official results received by Pacific Swimming, including the December 11 -13 Senior Championships. You do not need to update your time in the application unless it is achieved at an out-of-LSC meet during the qualifying period. Only official results from out-of-LSC meets are accepted. You may include the link to the web site of the LSC where the meet results are posted or have your coach send a meet results file (in SDIF or CL2 format) to kkikuta@sbcglobal.net no later than December 13th, 2009. Swimmers will be notified of their selection by Wednesday, December 16, 2009.

*Co-pay for swimmers not selected will be returned by mail.

Revised 8/26/08

PACIFIC SWIMMING

Letter of Intent

Competition: 2010 Pacific Coast All-Star Meet, Cerritos CA, Jan.9-10, 2010

This signed Letter of Intent, a signed Honor Code, a signed Parent/Coach Guidelines, a completed Medical Release Form and the co-payment of **\$185.00** must be on file with the All-Star Coordinator: Karyn Kikuta, 832 Upton Way, San Jose CA 95120 **by finals, Sunday, Dec. 6, 2009 at the 14-U Winter Age Group JO Championships or by finals, Sunday, Dec. 13, 2009 at the Pacific Swimming Sr. Winter Championships.**

We request the named swimmer be considered for selection to Pacific's All-Star Team.

Swimmer's Name: _____ Birth Date: _____ Age on 1/10/10: _____

USAS Reg. # _____ Sex: **F M** Swimmer's e-mail address _____ ↑

Parent/Guardian: _____

Address: _____ City: _____ Zip: _____

Home Phone #: (____) _____ e-mail address _____

Father's Work #(____) _____ Cell#(____) _____

Mother's Work #(____) _____ Cell#(____) _____

Club: _____

Coach: _____ Coach's Phone #: (____) _____

Secondary Contact in Case of Emergency: (Someone other than a parent)

Name: _____ Relationship: _____

HomePhone #: (____) _____ Work #(____) _____ Cell#(____) _____

Additional Information (indicate Youth or Adult): Jacket Size: _____ Pants Size: _____

Shirt Size: _____ Short Size: _____ T-Shirt Size: _____

Lunch Choice: (Circle one) Ham / Turkey / Roast Beef / Vegetarian

Snack Choice: (EX. Teddy Grahams, Animal Crackers, Granola, Fruit, Cereal, etc.) _____

AGREEMENT

If selected we agree to participate, to abide by the rules and regulations of the coaching staff, team managers, Pacific's Honor Code and Parent/Coaches Guidelines, and furthermore understand and agree that failure to participate may result in our liability and obligation to reimburse Pacific for expenses incurred on behalf of the swimmer. If not selected, the co-pay will be returned by mail.

Signature of Swimmer

Signature of Parent/Guardian

Medical Information

Swimmer' Name: _____

IN CASE OF EMERGENCY, WHOM SHALL WE CONTACT:

NAME: _____

EMERGENCY CONTACT PHONE #: () _____
Home-work- cell # (circle one)

Physician: _____ Phone # _____

Dentist: _____ Phone # _____

Medical Insurance: _____ Policy Number: _____

Patient's ID Number: _____

Phone # of insurance company to obtain authorization for emergency treatment (usually an 800 number):

Parental/Guardian Signature

Date: _____

NOTE: Please have swimmer attach their medical card or a copy of their card.

PACIFIC SWIMMING ALL STAR TRIPS
FAMILY AND U.S.A.S. HOME COACH PARTICIPATION GUIDELINES

Congratulations to you as a major supporter of your swimmer, who is rightfully proud and excited to be applying for a place on this years' Pacific Coast All-Star team. We, as the team coaches and managers are looking forward to the coming competition and are expecting a high level of cooperation and performance from all the athletes on the team. We know you share these aspirations with us.

This is an All-Star Team trip, where our first priority is to promote the best interest of the individual athlete in particular and of the team as a whole. This priority includes safety, fairness of competition for all athletes and the personal growth of each individual in contributing to the team.

You, as a parent and /or coach, have already contributed enormously to the success of your athlete. In order to help and encourage you to continue this support while your athlete is with the All-Star Team we offer you the following guidelines and ask that you sign them. If you have questions please speak to a manager or the Head Coach.

1. Please, if you can, travel to the meet as an official, timer, or spectator. Your personal presence and support is important to the team.
2. All team-housing areas are restricted to trip athletes and staff. Request for access to an athlete's area must be made in writing to the head coach.
3. During the trip family members are asked not to visit with the athletes. The athletes are on the trip to perform to the best of their ability and to become a cohesive team. Team functions are designed with this in mind. Since the schedule must remain flexible the athletes must stay in the team designated areas.
4. Arrangements for telephone calls between the athlete and family/coach should be set up ahead of time, initiated by the athlete and limited to no more than five minutes per call. If you need to get in touch with your athlete please contact a staff member to relay a message (they will be glad to help).
5. The "team area" during competition is restricted to swimmers and staff members. **Parents and home coaches may not be involved with the swimmers on the pool deck.**
7. Any concerns that may arise during the course of the competition need to be referred immediately to the appropriate staff member. They are in place to help the athletes.

I have read and understand the guidelines set for me as a parent/coach.

SIGNATURE _____ **DATE** _____

INDIVIDUAL BEST SHORT COURSE TIMES

Note: You only need to fill in times achieved out of LSC as we will have a record of your best time in our database if it is achieved in a Pacific sanctioned meet.

Swimmer: _____ Age Group: _____ Club: _____

USAS Registration #: _____

Home Phone #: (_____) _____

Record best times for all events swum by your age group.

Distance and Stroke	Time	Location	Date	Year
50 Free	_____	_____	_____	_____
100 Free	_____	_____	_____	_____
200 Free	_____	_____	_____	_____
500 Free	_____	_____	_____	_____
50 Back	_____	_____	_____	_____
100 Back	_____	_____	_____	_____
200 Back	_____	_____	_____	_____
50 Breast	_____	_____	_____	_____
100 Breast	_____	_____	_____	_____
200 Breast	_____	_____	_____	_____
50 Fly	_____	_____	_____	_____
100 Fly	_____	_____	_____	_____
200 Fly	_____	_____	_____	_____
100 IM	_____	_____	_____	_____
200 IM	_____	_____	_____	_____
400 IM	_____	_____	_____	_____

Circle your favorite events.



**PACIFIC
SWIMMING**

If you would like your child's participation on the Pacific Swimming All-Stars Teams to be made public prior to the event, please fill out the following information:

I, _____, grant permission for Pacific Swimming to use my
(Print Name)

minor child's name, _____, in conjunction with
(Print Child's Name)

information about the upcoming swim meet, including the date and time of the meet. I will not hold Pacific Swimming liable for any circumstances that may occur as a result of this information being made public prior to the event.

(Parent's Signature)

(Date)
