

Dear Pacific Swimming Members,

The Pacific Swimming Zone 1N - Zone 1S - Zone 2 - Zone 3 - Zone 4 **Zone All Star Meet** (ZAM) will be held in Santa Rosa, California, on Sunday, February 26, 2023 at Santa Rosa Junior College (SRJC).

ZAM All Star Teams will travel to Santa Rosa on Saturday, February 25th for team practice/warm-ups at SRJC on Saturday afternoon. Teams (except all 8/U athletes) will spend Saturday night in a hotel in Santa Rosa and return home after the meet on Sunday. All 8/U athletes are welcome to attend the warm-up and team dinner (no parents) on Saturday night. Parents of 8/U athletes are responsible for transporting their athlete(s) to and from any of the ZCM Team activities (Saturday warm-up, Saturday dinner, and Sunday meet).

Location: Quinn Swim Center Kathryn Kettler Pool
1501 Mendocino Avenue
Santa Rosa, CA 95401.

Deadline: Completed applications must be submitted electronically. Entries must be submitted by the end of Z1N Champs on Sunday 1/29 or by 3 PM on Sunday 1/29, whichever deadline is later. Late submissions will not be considered.

Application: Below is a Coach/Manager/Chaperone application for the Zone 1 North All Star Team. Applications must include ALL of the following:

- ✓ **Coach/Manager/Chaperone Application**
- ✓ **Pacific Swimming Code of Conduct**

Complete this Letter of Intent no later than *1/29/2023 and email to z1n.select@gmail.com* to be considered for selection.

Activity: Pacific Swimming Zone All Star Meet, Santa Rosa, CA, February 25-26, 2023

Please indicate if you are applying as a Coach – Manager – Chaperone (circle one)

Full Legal Name: _____ **USA Swimming Reg. #::** _____
First Middle Last

Home phone: _____ **Work phone:** _____

Cell ph: _____ **email:** _____

Address: _____
Street City State Zip Code

Club Team _____

Additional Information:

Sweat Shirt Size (Circle One): (*Youth sizes*): YS YM YL YXL and (*Adult sizes*): S M L XL XXL

Sandwich Preference (Circle One): Ham Turkey Vegetarian

Previous Experience:

List any previous experiences as a All-Star coach or team manager.

Coaching Preference: Please circle the age group(s) that you would be interested in coaching.

8-u Girls 8-u Boys 9-10 Girls 9-10 Boys 11-12 Girls 11-12 Boys 13-14 Girls 13-14 Boys



MODEL TEAM TRAVEL / EVENT CODE OF CONDUCT: COACH

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of a camp or all-star travel event. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- ☐ I will at all times, adhere to USA Swimming's rules and code of conduct. ***Coaches who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.***
- ☐ I will set a good example of respect and sportsmanship for participants and families to follow.
- ☐ I will act and dress with professionalism and dignity in a manner suitable to my profession.
- ☐ I will respect officials and their judgment and abide by the rules of the event.
- ☐ I will treat coaches, participants, and spectators with respect.
- ☐ I will instruct participants in sportsmanship and demand that they display good sportsmanship.
- ☐ I will coach in a positive manner and not use derogatory comments or abusive language.
- ☐ I will win with humility and lose with dignity.
- ☐ I will treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- ☐ I will always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
- ☐ I will continue to seek and maintain my own professional development in all areas in relation to coaching and teaching children.
- ☐ I will always maintain a professional separation between coach and athlete.

I understand that any complaints of a coach violating this code of conduct will be brought to the attention of his/her supervisor and/or the LSC's board of directors.

Coach signature

Date

MODEL TEAM TRAVEL / EVENT CODE OF CONDUCT: MANAGER/CHAPERONE

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of a camp or all-star travel event. It is to be used as a guide to promote a positive team environment and good sportsmanship.

- ☐ I will at all times, adhere to USA Swimming's rules and code of conduct. ***Staff who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.***
- ☐ I will set a good example of respect and sportsmanship for participants and families to follow.
- ☐ I will act and dress with professionalism and dignity in a manner suitable to my profession.
- ☐ I will respect officials and their judgment and abide by the rules of the event.
- ☐ I will treat coaches, participants, and spectators with respect.
- ☐ I will instruct participants in sportsmanship and demand that they display good sportsmanship.
- ☐ I will act in a positive manner and not use derogatory comments or abusive language.
- ☐ I will treat everyone fairly, justly, impartially, intelligently, and with sensitivity.
- ☐ I will always place the well-being, health, and safety of swimmers above all other considerations.
- ☐ I will always maintain a professional separation between coach, parent, and athlete.

I understand that any complaints violating this code of conduct will be brought to the attention of his/her supervisor and/or the LSC's board of directors.

Signature

Date

In order to receive a small meet per diem allowance from Zone 1 North, you must fill out and return with your application the attached W9 Form. Your application will be rejected if not submitted. If you want to decline a meet per diem allowance, please initial here: _____ and leave the W9 Form blank.