



# 2011 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM INFORMATION PACKET

It's almost time for the USA-Swimming Central Zone Age Group Championships! We hope to generate some real Illinois spirit by assembling our best Illinois Zone Team ever! Please make copies of this packet and distribute to your team members who have qualified, or plan to qualify, for this summer's meet.

Illinois swimmers qualifying and entering the Central Zone Age Group Championships must use the forms in this packet to register as members of the "Illinois Zone Team". Do not inquire about TEAM ILLINOIS specifics with the meet host as their job is to only host the competition. TEAM ILLINOIS information can be obtained from Illinois Swimming and the Team Manager listed in this packet.

- MEET:** 2011 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS
- LOCATION:** *Pool Events:* IUPUI Natatorium, 901 West New York Street Indianapolis, IN 46202  
*Open Water:* Eagle Creek Reservoir, 7840 West 56th Street Indianapolis, IN 46254
- DATES:** Registration & Team Meeting/Team Pictures/Team Practice/Team Dinner: Thursday, August 4, 2011  
Pool Competition: Fri-Sat-Sun August 5-6-7, 2011  
Open Water Competition: Monday August 8, 2011
- ELIGIBILITY:** For Pool Events swimmers must have achieved Zone Qualifying Times (AAA) between August 6, 2010 and August 2, 2011 to apply. For Open Water events swimmers must have achieved a National 'A' in the following events (yards or meters): 10-Under 200 Free, 11-12 400/500 Free, or 13-14 1500/1650 Free to apply.  
Swimmers who achieve individual event cuts for the following meets (Short Course National Championships, Summer National Championships, Summer US Open, Summer Junior National Championships) prior to their respective assigned Zone Championship entry deadline shall not be eligible to compete in that particular stroke and distance, including relay events.
- TEAMS:** Illinois, Indiana, Iowa, Lake Erie, Michigan, and Ohio

**Illinois Zone Team Homepage:** [www.ilswim.org](http://www.ilswim.org) > Age Group > Zones  
**Official Meet Homepage:** [www.AllGreatRacers.com](http://www.AllGreatRacers.com)

**APPLICATION:** ALL FORMS (Application, Event Entry list, Medical History Questionnaire, and Code of Conduct) must be received by **July 27, 2011 at 12:00pm (noon)** to be considered for this meet. A Zone table will be setup at the Illinois Age Group State Championships to add new events and/or update times from swimmers already registered for Zones.

**REGISTRATION DEADLINE:** Payment in full and ALL FORMS must be in the Illinois Swimming Office by Wednesday July 27th, 2011 by 12:00PM (noon). **FAXED APPLICATIONS WILL NOT BE ACCEPTED!**

**QUALIFYING AT AGE GROUP STATE & LATE REGISTRATION:** A Zone table will be setup at the Illinois Age Group State Championships to accept entries from swimmers who newly qualify for Zones **AT THAT MEET. NO NEW APPLICATIONS WILL BE TAKEN AFTER WEDNESDAY, JULY 27, 2011 @ 12:00PM (noon) UNLESS THE TIME IS ACQUIRED AT THE AGE GROUP STATE MEET.**

**FINAL REGISTRATION DEADLINE:** Sunday, July 31, 2011 at 8:00 PM

**TEAM ILLINOIS APPAREL FOR 2011**  
Team Illinois will be providing a discount on the suits listed at [www.theswimteamstore.com](http://www.theswimteamstore.com). Please be aware, in order to receive the discount, the swimmer must qualify AND participate at the Zone Meet as part of Team Illinois. Once the swimmer's application has been processed, the user name and password to order apparel will be provided to the families via e-mail. **BE SURE TO INCLUDE A REGULARLY CHECKED EMAIL ADDRESS ON THE APPLICATION TO INSURE YOU RECEIVE ALL THE NECESSARY INFORMATION IN A TIMELY MANNER.**

**QUESTIONS:** Contact Pam Lowenthal at the Illinois Swimming Office: [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org) or 847-824-1596.

**SPECIAL  
NOTE FOR  
SWIMMERS:**

Many of you have set this meet as your goal for the year. The Zone Championships is the highest level of age group competition in the United States. Qualifying for this meet is a major achievement that you should be very proud of. By participating in this competition, you will have the chance to be a part of Illinois' finest group of all-star swimmers. You will have the opportunity to compete on the same team and be a part of relays with athletes you have competed alongside all year long. Just ask any past Zone competitor and they will tell you many lasting friendships have been developed at Zones. Additionally, the experience you gain at this level will last a lifetime! You earned the opportunity to be here, and Illinois Swimming will see to it that you have the most exciting experience possible.

**SPECIAL  
NOTE FOR  
PARENTS:**

The Zone Championships has traditionally been the starting point for athletes competing at the national level. Most national qualifiers, collegiate swimmers, and American Olympians gained their first exposure to national-level competition at Zones. In addition to the competition, members of TEAM ILLINOIS will be part of a very special experience as they socialize, mature, compete, grow, and integrate with the rest of Illinois's finest athletes. Only a swimmer can describe the rigorous training, preparation, and competition they've endured to reach this level. For swimmers to spend 4 days with their peers whom they've competed against all season is a cherished experience that will last a lifetime. Your athlete will come home with stories, new friends, and a new level of excitement for this sport.

**ILLINOIS  
ZONE TEAM  
WEBSITE:**

[www.ilswim.org](http://www.ilswim.org) > Age Group > Zones. Meet information, updates to this packet and general information about the Zone Championships can be found at the Illinois Zone Team website listed above. As the meet date approaches, we will have the Illinois Team entries posted as well.

**QUALIFYING  
FOR THIS  
MEET:**

Illinois swimmers who are USA-Swimming members must have achieved a short or long course National "AAA" time made between August 6, 2010 (the *first* day of last year's Zone Championships) and Sunday July 31, 2011 (the *last* day of this year's Illinois Age Group State Championships). Swimmers who have achieved the short course (yards or meters) National AAA time but not the long course time during the qualification period must enter with the times actually achieved; annotating them as short course yards (SCY) or short course meters (SCM) times. Each LSC may enter up to two (2) 10 & under, two (2) 11-12 and two (2) 13-14 swimmers with a disability. Swimmers with a disability will not be required to have achieved the qualifying time standards. Please contact Pam Lowenthal at the Illinois Swimming Office at [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org) or 847-824-1596 if you plan to participate as one of Illinois's disability swimmers.

**ENTRY  
LIMITS:**

The age of a swimmer on Friday, August 5, 2011, determines his/her age for the pool events. Fourteen and under (14-Un) swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day. Coaches will setup relays from entered swimmers based on provable times achieved at sanctioned meets. Swimmers who achieve or exceed an *individual* event cut for the Short Course National Championships, Summer National Championships, Summer US Open, Summer Junior National Championships *prior* to the Zone entry deadline may not participate in that event or swim that stroke or distance in a relay at the Central Zone Championships. (Please note that swimmers who achieve a Speedo "Sectional" cut *are eligible and encouraged* to swim those events at Zones).

**RELAYS**

Relay lineups are setup by the Illinois Zone Coaches assigned to each age group. TEAM ILLINOIS is permitted to enter an "A" and "B" relay for each event. Lineups are based on current season times from fastest to slowest from all applications received. Relays will be posted PRIOR to the first day of competition; however, relay lines up may change based upon coaches discretion. If a relay swimmer is leaving the meet early, the coaches will contact the next available alternate.

**TEAM  
MEMBERS:**

Parents are responsible for food, lodging, transportation, social activities, and supervision. TEAM ILLINOIS coaches will coach and supervise swimmers during the Wednesday practice, warm-up sessions and the pool & open water meet session(s) during which an athlete is competing each day.

**OFFICIALS:**

Applications for officiating at the meet can be found on the official meet website at [www.centralzones.org](http://www.centralzones.org).

- LODGING:** Hilton Hotels the “Official Hotel of Illinois Swimming” has discounted rates for Illinois Swimming members at Embassy Suites Hotel Indianapolis North - 3912 Vincennes Road Indianapolis, IL 46268. Phone: 317-872-7700. **Use Group Code ILLINOIS SWIMMING and receive reduced rate!** Rooms are \$115.00 plus taxes for King Suite and \$124.00 plus taxes for a Double Suite. Rate includes: Full Cooked to order Hot Breakfast & Breakfast Bar, Complimentary two hour manager’s reception each evening, High Speed internet access and Free Parking. Hotel is 15 minutes from pool. **Block discounted rate expires July 20, 2011**
- ADMISSION:** All Session pass: \$35 (this includes meet program, heat sheets for all meet sessions).  
General Admission: \$8 Daily (includes all three sessions). Finals only: \$4  
Children 6 and under will be admitted free of charge. Open Water Psyche Sheet \$1.00  
Cost for parking is determined by the IUPUI Parking Services. \$5.00 per car fee for Open Water
- ENTRY DEADLINE:** All entries and reservations for the Illinois Zone team should be made *as soon as the swimmer qualifies and a decision has been made to attend the Zone Championships*. This includes athletes qualifying during the 2010-2011 short course, or 2011 long course seasons. You will be allowed to add events and update your times through and while attending the Illinois Age Group Championships. The official deadline for registering for this meet is **Wednesday, July 27, 2011 at 12:00pm (noon)**. A Zone table will be setup at the Illinois Age Group State Championships to accept entries from swimmers who **newly** qualify for Zones **AT THAT MEET**, or add entries and update times from swimmers already registered for Zones. **NO NEW APPLICATIONS WILL BE TAKEN AFTER WEDNESDAY, JULY 27, 2011 @ 12:00PM (noon) UNLESS THE TIME IS ACQUIRED AT THE AGE GROUP STATE MEET.**
- OPEN WATER:** To participate in the Open Water Championships on the morning of Monday August 8, 2011, swimmers must have achieved a National ‘A’ in the following events (yards or meters): 10-Under 200 Free, 11-12 400/500 Free, or 13-14 1500/1650 Free. It is recommended all swimmers entering the pool events also enter the Open Water event. Swimmers that have qualified for the Open Water Championships but have not qualified for pool events are members of TEAM ILLINOIS and may obtain the apparel package. The following Open Water distances will be swum by age group: 10U – ½ mile, 11-12 – 1 mile, 13-14 – 1 ½ mile.
- PAYMENT:** Checks should be made payable to “ILLINOIS SWIMMING” and must accompany registration forms.
- TEAM APPAREL:** Team Illinois will be providing a discount on the suits listed at [www.theswimteamstore.com](http://www.theswimteamstore.com). Please be aware, in order to receive the discount, the swimmer must qualify AND participate at the Zone Meet as part of Team Illinois. Once the swimmer’s application has been processed, the user name and password to order apparel will be provided to the families via e-mail. **BE SURE TO INCLUDE A REGULARLY CHECKED EMAIL ADDRESS ON THE APPLICATION TO INSURE YOU RECEIVE ALL THE NECESSARY INFORMATION IN A TIMELY MANNER.**
- E-MAIL LIST:** An Illinois Zone Team e-mail distribution list will be created to send out e-mail updates and other important information through Illinois Swimming’s Constant Contact account. An initial email will come from the Team Illinois Manager Jessica Bogie at [coachjessica@comcast.net](mailto:coachjessica@comcast.net) this email will include your log in information to the Zone Apparel website through The Swim Team Store’s on line ordering system. Once all of your forms and payments have been received by the Illinois Swimming Office your e-mail will be placed on the distribution list. Please be sure to print your e-mail address clearly on all forms and make sure you provide an address that you check regularly.



# 2011 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM TENTATIVE SCHEDULE OF EVENTS

ILLINOIS ZONE TEAM WEBSITE: [www.ilswim.org](http://www.ilswim.org) > Age Group > Zones

Indianapolis observes Eastern Daylight Time. All times listed are local time.

<b>Thursday August 4th</b>	11:00-11:30AM	Team Registration (at the Team Illinois Zone Table in the East Concourse)
	11:30AM	Team Picture (wear your Orange t-shirt!)
	12:00-1:00PM	Team Practice
	2:00-3:30PM	Team Social/Meal @ Lucas Oil Stadium ( <i>Meal information &amp; sign-up can be found in this application</i> )
	5:30PM	Friday Events Scratch Deadline
<b>Friday August 5th</b>	7:00AM	Warm-ups for 11-12 and 13-14 age groups PRELIMS
	8:40AM	Meet Starts for 11-12 and 13-14 age groups PRELIMS
	**	Warm-ups for 10-under age group TIMED FINALS
	**	Meet Starts for 10-under age group TIMED FINALS
	4:00PM	Warm-ups for 11-12 and 13-14 groups FINALS
	5:00PM	Meet starts for 11-12 and 13-14 age groups FINALS
	5:30PM	Saturday Events Scratch Deadline
<b>Saturday August 6th</b>	7:00AM	Warm-ups for 11-12 and 13-14 age groups PRELIMS
	8:40AM	Meet Starts for 11-12 and 13-14 age groups PRELIMS
	**	Warm-ups for 10-under age group TIMED FINALS
	**	Meet Starts for 10-under age group TIMED FINALS
	4:00PM	Warm-ups for 11-12 and 13-14 groups FINALS
	5:00PM	Meet starts for 11-12 and 13-14 age groups FINALS
	5:30PM	Sunday Events Scratch Deadline
<b>Sunday August 7th</b>	7:00AM	Warm-ups for 11-12 and 13-14 age groups PRELIMS
	8:40AM	Meet Starts for 11-12 and 13-14 age groups PRELIMS
	**	Warm-ups for 10-under age group TIMED FINALS
	**	Meet Starts for 10-under age group TIMED FINALS
	4:00PM	Warm-ups for 11-12 and 13-14 groups FINALS
	5:00PM	Meet starts for 11-12 and 13-14 age groups FINALS
<b>Monday August 8th</b>	6:30AM	13 & Over Open Water Event Registration / Check-in
	7:00-7:30AM	13 & Over Open Water Warm-up
	7:30AM	Mandatory clinic for 13 & Over Participants
	8:00AM	Open Water 13 & Over Competition starts
	8:00AM	12 & Under Open Water Event Registration / Check-in
	8:30-9:00AM	12 & Under Open Water Warm-up
	9:00AM	Mandatory clinic for 12 & Under Participants
	9:30AM	Open Water 12 & Under Competition starts (start may be staggered by age groups)

**\*\*TIMES WILL BE POSTED ON THE CENTRAL ZONES WEBSITE BY 6PM WEDNESDAY,  
AUGUST 3, 2011 AND AT THE VENUE**



2011 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS  
ILLINOIS ZONE TEAM APPLICATION – Page 1

Name (Last, First, MI): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last Name First Name Initial

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_ Female \_\_\_\_ USA Swimming ID#: \_\_\_\_\_  
MM DD YY Format MMDDYYFFILLLL F=First Name L=Last Name I=Initial

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age on August 5, 2011 \_\_\_\_\_

FREQUENTLY CHECKED E-Mail Address: \_\_\_\_\_

Club: \_\_\_\_\_ Coach’s E-mail Address: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Phone # (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_ (Cell) \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Phone # \_\_\_\_\_

**APPLICATION CHECKLIST:**

*(All items must be received by 12:00pm (noon) on July 27, 2011 for application to be considered)*

- \_\_\_\_\_ Application form filled out completely
- \_\_\_\_\_ Medical History Questionnaire
- \_\_\_\_\_ Signed Code of Conduct
- \_\_\_\_\_ Team Social/Meal sign-up completed *(even if you are not participating)*
- \_\_\_\_\_ Check for full amount payable to “Illinois Swimming”

**APPLICATION DEADLINE:**

All payments and forms **must** be received no later than **12:00pm (noon) on Wednesday July 27, 2011.** Acceptance response will be emailed once your application is received and processed. Applications received after 12:00pm (noon) on July 27, 2011 **will not be accepted!!!**

**QUALIFYING TIMES:**

- Pool events qualifying times must equal or exceed National USA Swimming Long Course Meter “AAA” Qualifying Times as Published by USA Swimming Inc. and Illinois Swimming Inc. Swimmers who achieve or exceed an *individual* event cut for the Short Course National Championships, Summer National Championships, Summer US Open, Summer Junior National Championships *prior* to the Zone entry deadline may not participate in that event or swim that stroke or distance in a relay at the Central Zone Championships. (Please note that swimmers who achieve a Speedo “Sectional” cut *are eligible and encouraged* to swim those events at Zones).
- Open Water qualifying times are National USA Swimming “A” Times for the following events:  
10&under – 200 Free; 11-12 – 400/500 Free, 13-14 – 1500/1650 Free



2011 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS
ILLINOIS ZONE TEAM APPLICATION – Page 2

Name (Last, First, MI): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
Last Name First Name Initial

Event Limits:

Fourteen and under (14-Un) swimmers may enter no more than six (6) individual events (excluding the Open Water event) of which no more than three (3) may occur on any given day.

Table with 5 columns: Event #, Event Name (i.e. 11-12 50 Back), Best Time (LCM, SCM, SCY), Date Achieved (MM/DD/YY), Entry Fee. Includes example row for 11-12 Girls 100 Breast and Open Water event.

ENTIRE PAYMENT MUST BE SUBMITTED WITH APPLICATION.

ENTRY FEES: NUMBER OF INDIVIDUAL EVENTS x \$6.00 = \$ \_\_\_\_\_
ENTRY FEES: MONDAY OPEN WATER x \$20.00 = \$ \_\_\_\_\_
ENTRY FEES: NUMBER OF RELAY EVENTS x \$12.00 (relays TBD by coaching staff) = \$ paid by Illinois Swimming
ENTRY FEES: SWIMMER FACILITY & CENTRAL ZONE SURCHARGE = \$ 2.50
TEAM SOCIAL/MEAL FEES: NUMBER ATTENDING x \$21.00 = \$ \_\_\_\_\_
TOTAL (MAKE CHECKS PAYABLE TO "ILLINOIS SWIMMING"): = \$ \_\_\_\_\_

I, the undersigned, am a club coach for which the above athlete represents. My signature is verification that the time(s) stated above have been achieved in a USA Swimming sanctioned or approved meet by the stated athlete. I understand that if these times are not correct that I and/or the athlete will be subject to potential sanction by the Illinois Swimming Inc. Board of Review.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_
Head Club Coach/Head Age Group Coach (Required Signature)

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_
Athlete

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_
Parent

SEND COMPLETED APPLICATION VIA US POSTAL MAIL, FED EX, UPS, OR ANOTHER DELIVERY SERVICE TO THE FOLLOWING ADDRESS: (NO FAXED APPLICATIONS WILL BE ACCEPTED)

CENTRAL ZONE ATHLETE APPLICATION
C/O ILLINOIS SWIMMING
1400 E. TOUHY AVENUE - SUITE 245
DES PLAINES, IL 60018



# 2011 CENTRAL ZONE AGE GROUP CHAMPIONSHIPS ILLINOIS ZONE TEAM SOCIAL/MEAL SIGN-UP

Name (Last, First, MI): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last Name
First Name
Initial

**THIS FORM MUST BE RETURNED, EVEN IF YOU ARE NOT PARTICIPATING.**

After the completion of each team’s Thursday practice session, a team social/meal is being offered at Lucas Oil Stadium, home of the 2011 inaugural Big Ten Football Championship, 2012 Super Bowl, and the Indianapolis Colts. All Team Illinois Zone athletes and their families are welcome to attend.

**Date:** Thursday, August 4, 2011

**Time:** 2:00-3:30pm (Time is for Team Illinois members and their families only)

**Location:** Lucas Oil Stadium

**Cost:** \$21 per person

**Meal includes:**

- Penne Pasta
- Choice of 2 sauces (Meat Sauce, Alfredo, Pesto, Marinara, etc...)
- Grated Parmesan Cheese
- Italian Breadsticks
- Assorted Cookies and Brownies
- Lemonade & Iced Tea

Wristbands will be handed out when you check-in during Team Illinois registration from 11:00-11:30am on Thursday, August 4, 2011. The wristbands are your ticket into the Team Social/Meal.

Please complete this form, even if you are not participating. Thank you!

Swimmer Name (Last, First, MI): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
Last Name
First Name
Initial

\_\_\_\_\_ (# people) at \$21 per person = **TOTAL** \_\_\_\_\_

*(Please transfer this amount to the fees page of the application and include the cost of the meal in your payment to Illinois Swimming.)*

Any fees paid for the meal are non-refundable.  
 We will **NOT** be able to add any meals last minute, please plan ahead if you want to attend.

\_\_\_\_\_ Our swimmer/family is not participating in the Team Social/Meal.

Parent Signature \_\_\_\_\_ (ONLY SIGN IF YOU ARE NOT PARTICIPATING)

**THIS FORM MUST BE RETURNED, EVEN IF YOU ARE NOT PARTICIPATING.**



**ILLINOIS SWIMMING  
MEDICAL FORM**

Athlete Name: \_\_\_\_\_

**PLEASE INCLUDE TELEPHONE NUMBERS WHERE A RELATIVE OR GUARDIAN CAN BE REACHED  
IN CASE OF AN EMERGENCY.**

_____ FATHER	_____ PHONE- CELL
_____ MOTHER	_____ PHONE- CELL
_____ EMERGENCY CONTACT	_____ PHONE- AM
	_____ PHONE- PM
	_____ PHONE- CELL

Allergies: Is there a history of skin or other untoward reaction or sickness following injection or oral administration of:

- |  |     |    |
|--|-----|----|
| (a) Penicillin or other antibiotics        | Yes | No |
| (b) Morphine, Codeine, Demerol (narcotics) | Yes | No |
| (c) Novocain or other anesthetics          | Yes | No |
| (d) Aspirin, Emperin, other pain remedies  | Yes | No |
| (e) Sulfa Drugs                            | Yes | No |
| (f) Tetanus, antitoxin or other serums     | Yes | No |
| (g) Adhesive Tape                          | Yes | No |
| (h) Iodine or Methiolate                   | Yes | No |
| (i) Any other drug or medication           | Yes | No |
| (j) Any foods (eggs, milk, chocolate, etc) | Yes | No |
| (k) Insect bites, bee stings other         | Yes | No |
| (l) Other _____                            | Yes | No |

Drugs taken recently: within the last six months has the athlete taken-

- |   |     |    |
|---|-----|----|
| (a) Cortisone                                   | Yes | No |
| (b) ACTH  | Yes | No |
| (c) Anticoagulants                              | Yes | No |
| (d) Tranquilizers                               | Yes | No |
| (e) Hypotensives (high blood pressure medicine) | Yes | No |

Has the athlete ever received treatment for:

Asthma/ Rheumatism, Rheumatic Fever	Yes	No
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Any other physical conditions of which we should be aware of:

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## **ILLINOIS SWIMMING HONOR CODE**

\_\_\_\_\_ as a member of \_\_\_\_\_, understand and will comply with the following guidelines as set forth by Illinois Swimming, USA Swimming and the Olympic / International Operations Committee regulations.

- The possession or use of alcohol, tobacco products or controlled substances by athlete or staff member of Team Illinois is prohibited throughout the duration of trip, meet, camp (until team has officially disbanded).
- Curfew established by the staff will be adhered to each day of the training camp and at the competition.
- Team members and staff will attend all team functions, including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the Head Coach or Director.
- 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. Every attempt will be made to provide an open area for all athletes and staff to gather.
- Team members and staff will comply with uniform requirements. Details of this policy will be further explained at the beginning of the training camps or competitions.
- Team members and staff will refrain from any illegal or inappropriate behavior that could detract from a positive image of Illinois Swimming or be detrimental to its performance objectives.
- Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
- Any additional guidelines for Team Illinois will be established as needed by the Head Coach or Director.

Coaches, managers and athletes will all be included under these terms.

### Implementation:

- All Team and staff are apprised in writing of this policy, signature of the document constitutes unconditional agreement to comply with the Honor Code of Illinois Swimming.
- An evaluation system will be established to determine if team and staff members have followed all aspects of the policy
- Failure to comply with the Honor Code as set forth in this document may result in disciplinary action.

Such disciplinary action may include, but not limited to:

- Dismissal from the Team and immediate return home at the expense of the parent/ athlete
- Disqualification from one or more events, or all events of competition
- Disqualification from future Team Illinois camps and competitions

Any appeal taken from any disciplinary action shall be in accordance with Part Four of USA Swimming Rules and Regulations.

Name: \_\_\_\_\_ Event: \_\_\_\_\_

Signature of Swimmer / Date: \_\_\_\_\_

Signature of Parent/ Guardian: \_\_\_\_\_