



ILLINOIS/WISCONSIN SWIMMING ELITE MEET
REC PLEX, PLEASANT PRAIRE
JANUARY 6-8, 2012

GOAL: *To provide a motivational, education, training, and social experience for Illinois/ Wisconsin Female Senior Swimmers in an Olympic year. The opportunity to train with peers from both LSC's at a quality 50 meter facility is very valuable in preparation for upcoming Grand Prix and Olympic Trials.*

EVENT INFORMATION: *The event will be led by three Illinois and Wisconsin coaches with National experience. We are excited to announce the coaching staffs from both LSC's. From Illinois is Steve Iida/GTAC, Tim Lewarchick/SCST, Maureen Sheehan/LFSC, and manager Judy Busse/EXPR. Wisconsin staff members are Tom Coons/LAKE, Michael Hamm/WEST, Cheri Zimdar/J-HAWK, and manager Whitney Witt/LAKE. The event will have five LC training sessions which the athletes will be divided into three training groups; Sprint, Stroke, and Mid-Distance/Distance. Placement will be based on their application. Along with a positive and competitive pool environment there will be motivational and educational class room sessions. USA Swimming has approved Rick Bishop, formerly a Sports Performance Consultant now working exclusively with the USA National Team to attend. Rick will give several presentations to include the stepping stones to the National Team, goal setting, nutrition, and films from USA National Team events. We are proud to announce our National Level Athlete is Maggie Meyer the 2011 NCAA 200 yard backstroke champion and 2011 Big Ten Swimmer of the Year!*

It is important that the club coaches, parents, and most important the athletes respect this opportunity. Being prepared for this type of training regimen is a MUST! All athletes should be in the pool training consistently prior to the trip. Athletes with injuries that would restrict any aspect of their training should not apply.

APPLICATION INFORMATION: *Application and Check List form, Illinois Swimming Medical History form, Code of Conduct form can be located on the Illinois Swimming website under "SENIOR". Applicant must have achieved a 2011 NCSA JR National qualifying time to apply.*

All applications must be post marked by Monday, December 19th, or hand delivered by Tuesday, December 20th, 3:00 pm. to the ISI office located at 1400 E Touhy Rd, Suite 245, Des Plaines, IL, 60018. Applications must be fully completed with two separate checks one in the amount of \$225.00, and another in the amount of \$75.00. Incomplete or late applications will not be accepted.

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Athletes will be notified via email by Friday, December 23rd, 2011. In the case that all allotted spots are filled any applications not accepted will have all checks returned within ten days. Athletes accepted will be refunded \$225.00 two weeks after the last day of the event. If an athlete does not attend after accepted the athlete will forfeit the entire amount of \$300.00. If there is a cost occurred due to vandalism, damage, misconduct, etc. these cost will be deducted from the deposit.

A minimum of eighteen female athletes and a maximum of twenty-five will be selected. If more than twenty-five athletes apply the group will be selected by FINA power points. Illinois/Wisconsin Swimming will provide hotel, meals, and ground transportation while in Pleasant Prairie. We recommend athletes bring some spending money for snacks, etc. Hotel arrangements have been made at the Holiday Inn Express Hotel & Suites located ten minutes from the Rec Plex, Pleasant Prairie. Additional details will follow once applications are finalized.

Any question please contact Dave Krotiak at coachdave@foxswimteam.com



2011 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Spring Championships @ Orlando, FL
March 15-19, 2011

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.39	27.19	27.59	50 FREE	21.69	23.99	24.79
52.39	57.99	59.89	100 FREE	47.09	52.09	53.99
1:53.19	2:04.89	2:08.09	200 FREE	1:43.09	1:54.19	1:58.09
4:59.99	4:18.89	4:27.89	400/500 FREE	4:39.59	4:02.09	4:09.79
10:15.99	8:54.99	9:08.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:12.89	17:02.59	17:34.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
58.59	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.99	200 BACK	1:54.79	2:07.49	2:12.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:06.39	1:14.19	1:16.29	100 BREAST	59.49	1:06.09	1:08.29
2:23.29	2:40.39	2:41.89	200 BREAST	2:09.79	2:25.59	2:29.79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
57.99	1:03.79	1:05.29	100 FLY	51.89	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:08.49	2:21.89	2:26.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:29.99	4:58.19	5:05.99	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
3:32.09	3:57.79	4:00.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:40.79	8:36.09	8:44.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

QUALIFYING PERIOD: Jan 1, 2009 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved There are no bonus entries permitted in the 1000 & 1650 Free. You must have the standard to enter.

NO INDIVIDUAL EVENT LIMIT TWO RELAY ENTRIES PER EVENT PER CLUB

Form Revised: Oct 28 2009

For Complete Meet Information: www.ncsa-usa.org or www.juniornationals.org



2011 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

BONUS TIME STANDARDS

Spring Championships – Orlando, FL
March 15-19, 2011

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
24.89	27.49	27.99	50 FREE	22.19	24.49	25.29
53.39	58.89	1:00.69	100 FREE	48.09	53.09	54.99
1:55.19	2:07.89	2:10.09	200 FREE	1:45.09	1:56.19	2:00.09
5:03.09	4:25.89	4:31.69	400/500 FREE	4:44.59	4:06.09	4:14.79
n/a	n/a	n/a	800/1000 FREE	n/a	n/a	n/a
n/a	n/a	n/a	1500/1650 FREE	n/a	n/a	n/a
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
59.59	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:06.99	2:21.79	2:26.99	200 BACK	1:56.79	2:09.49	2:14.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:26.29	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
58.99	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89
2:08.29	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.99	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59
4:34.99	5:05.19	5:13.69	400 INDIV. MEDLEY	4:12.09	4:38.69	4:47.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
n/a	n/a	n/a	400 FREE RELAY	n/a	n/a	n/a
n/a	n/a	n/a	800 FREE RELAY	n/a	n/a	n/a
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
n/a	n/a	n/a	400 MEDLEY RELAY	n/a	n/a	n/a

QUALIFYING PERIOD: Jan 1, 2010 THROUGH THE ENTRY DEADLINE.

BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved There are no bonus entries permitted in the 1000 & 1650 Free. You must have the standard to enter.

BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES

Form revised: Oct 28 2009

For Complete Meet Information:

www.ncsa-usa.org or www.juniornationals.org



Maggie Meyer

👉 Class: Senior	👉 Height: 6-1
👉 Hometown: White Bear Lake, Minn.	👉 Position: Back/Sprint Free
👉 High School: White Bear Lake	👉 Experience: 3V

At a Glance: 2011 NCAA 200-yard backstroke champion ... 2011 Big Ten Swimmer of the Year ... Wisconsin's Big Ten Medal of Honor winner in 2010-11 ... 2009-10 USA Swimming National Team member ... 2009 U.S. Open 200-meter backstroke champion ... seven-time Big Ten champion ... 11-time All-American ... 7-time honorable mention All-American ... 10-time Big Ten champion ... holds six school records ... 2010-11 Academic All-Big Ten ... seven-time Big Ten Swimmer of the Week, the most of any Wisconsin swimmer, including twice in the 2010-11 season (Nov. 9 and Dec. 7, 2010)

02/19/2010

Big Ten Championships - Day 3

Photos from the third day of the 2010 Big Ten Women's Swimming & Diving Championships, Feb. 19, 2010

2010-11: National champion in the 200-yard backstroke, the first individual title in Wisconsin women's swimming and diving program history and the fastest time in the country in 2010-11 (1:50.76) ... went undefeated in the event for the season ... earned six All-American honors at the NAAs, finishing 2nd in the 200-yard medley relay (1:35.71), 4th in the 100-yard backstroke (52.01), 5th in the 400-yard medley relay (3:31.73), 6th in the 200-yard freestyle relay (1:28.67) and 8th in the 400-yard freestyle relay (3:15.95) ... also took 24th in the 50-yard freestyle (22.41) ... won five titles at the Big Ten Championships, claiming wins in the 100-yard backstroke (51.99), the 200-yard backstroke (1:52.07), the 200-yard medley relay (1:36.68), the 400-yard medley relay (3:32.47) and the 400-yard freestyle relay (3:15.06) ... also swam in the fifth-place 800-yard freestyle relay (7:08.56) at the Big Ten Championships ... won the 100-yard (52.39) and 200-yard (1:51.59) backstrokes at the Texas Invitational ... swam a school-record time of 51.66 in the 100-yard backstroke during the 3rd-place 400-yard medley relay ... finished 1st in the 200-yard medley relay (1:40.60), the 100-yard backstroke (54.53), the 200-yard backstroke (1:57.17) and the 400-yard freestyle relay (3:23.29) at the Northwestern Dual ... finished 1st in the 400 yard medley relay (3:40.13), the 100 yard backstroke (54.36) and the 200 yard backstroke (1:58.72) and finished 2nd in the 200 yard freestyle relay (1:33.24) at the Arizona Dual ... finished 1st in the 200 yard medley relay (1:44.79), 1st in the 200 yard freestyle (1:50.25), and 1st in the 100 yard backstroke in an NCAA 'B' qualifying time of 54.53 at the Milwaukee Dual

2009-10: At the NCAA Championships finished 6th in the 100 yard backstroke (52.38), 17th in the 200 yard backstroke (1:54.95), 33rd in the 50 yard freestyle (22.77), 9th in the 200 yard freestyle relay (1:29.44), 9th in the 400 yard freestyle relay (3:16.66), 5th in the 200 yard medley relay (1:37.68), and 15th in the 400 yard medley relay (3:37.61)... tied her own school record in the 100 yard backstroke by recording a 1st place finish at the Big Ten Championships in 52.27... also at the Big Ten Championships won the 200 yard freestyle relay in 1:28.97 and won the 200 yard medley relay in 1:37.34, earning First Team All-Big Ten honors... and also at the Big Ten Championships finished 2nd in the 400 yard freestyle relay (3:17.58), 3rd in the 400 yard medley relay (3:36.47), 4th in the 50 yard freestyle (22.58), and 6th in the 200 yard backstroke (1:56.47)... won the 100 yard freestyle at the Green Bay Dual in 50.82... Set a personal best time with a 1st place finish in the 200 yard IM with a 2:08.72 at the Milwaukee Dual... won the 100-yard backstroke at the Texas Invitational, Northwestern Dual, SMU Classic, Minnesota Dual, Iowa Dual, Arizona Tri-Dual, and the Milwaukee Dual... also won the 200 yard backstroke at the Northwestern Dual, SMU Classic, Iowa Dual, Hawaii Dual, Minnesota Dual, and the Arizona Tri-Dual... part of Badgers' 1st place finishes in the 200 yard freestyle relay at the SMU Classic (1:33.08) and at the Green Bay Dual (1:37.30)... Led the Badgers' to 1st place finishes in the 400 yard freestyle relay at the Northwestern Dual, Iowa Dual, Hawaii Dual, and the Minnesota Dual... Helped the Badgers finish 1st in the 200 yard medley relay at the Minnesota Dual, Northwestern Dual, Iowa Dual, Hawaii Dual, Green Bay Dual, and the Milwaukee Dual... Part of the Badgers winning effort in the 400 yard medley relay at the SMU Classic in a time of 3:43.32

2008-09: Won 200-meter backstroke at 2009 U.S. Open, also finishing fourth in the event at the 2009 USA Swimming National Championships ... scored two All-America finishes as part of UW's national runner-up 200 medley relay and seventh-place 400 medley relay teams at the NCAA championships ... also helped Badgers to finish ninth in 200 freestyle relay and took 11th individually in the 50 free ... helped set four school records - and two Big Ten Conference - marks during the season ... part of Big Ten champion 200 medley relay team ... also took third in three events at conference meet ... overall, earned top-five finishes in all seven events in which she competed at Big Tens

2007-08: Earned All-America honors in the 200 free relay as a freshman at the NCAA championships ... also earned two honorable mention All-America citations ... part of Big Ten champion 200 freestyle relay team ... also contributed to runner-up finishes in the 200 medley and 400 free relays ... finished third individually in the 100 back ... qualified for USA Olympic Trials in the 100-meter backstroke and 50-meter freestyle

Prep: Three-time Minnesota Class AA state champion ... won state titles in the 100-yard backstroke and 100 freestyle in 2006 and in the 100 back in 2004 ... finished second in 100 back and third in 50 freestyle at 2005 state meet ... also was 50 free runner-up at state in 2004 ...four-time NISCA High School All-American ... 2007 USA Summer Nationals qualifier

Personal: Born in Maplewood, Minn. ... parents are Fred and Lisa ... has one older brother, Eric ... serves as vice-president of the Student-Athlete Advisory Committee ... majors are English and Religious Studies

Personal Bests (SCY)

50 Free: 22.18 (3/19/2009)
 100 Free: 48.70 (12/4/2010)
 100 Back: 51.66 (12/2/2010) - *School record*
 200 Back: 1:50.76 (3/19/2011) - *School record*

Personal Bests (LCM)

50 Free: 25.33 (7/7/2009)
 100 Free: 55.77 (7/7/2009)
 100 Back: 1:01.19 (8/4/2009)
 200 Back: 2:09.53 (8/4/2009)

Honors and Awards

High-Point Scorer at Big Ten Championships (2010)
 CSCAA Scholar All-American (2009)
 Academic All-Big Ten (2009, 2010, 2011)
 Counsilman Hunsiker National Collegiate Swimmer of the Week (11/18/2009)
 Big Ten Swimmer of the Week (10/13/2009, 10/20/2009, 11/10/2009, 11/17/2009, 2/2/2010)
 Big Ten Swimmer of the Week (11/9/2010, 12/7/2010)

Current Big Ten Conference Records (2)

200 Medley Relay: 1:35.71 (3/18/2011)
 200 Free Relay: 1:28.51 (2/21/2008)

Current School Records (6)

100 Back: 51.66 (12/2/2010)
 200 Back: 1:50.76 (3/19/2011)
 200 Medley Relay: 1:35.71 (3/18/2011)
 400 Medley Relay: 3:31.73 (3/17/2011)
 200 Free Relay: 1:28.51 (2/21/2008)
 400 Free Relay: 3:15.06 (2/19/2011)

All-America Awards (11)

2011 (6)

100 Back: 4th (52.01)
 200 Back: 1st (1:50.76)
 200 Free Relay: 6th (1:28.97)
 400 Free Relay: 8th (3:15.95)
 200 Medley Relay: 2nd (1:35.71)
 400 Medley Relay: 5th (3:31.73)

2010 (2)

100 Back: 6th (52.38)
 200 Medley Relay: 5th (1:37.68)

2009 (2)

200 Medley Relay: 2nd (1:36.53)
 400 Medley Relay: 7th (3:33.56)

2008 (1)

200 Free Relay: 4th (1:29.18)

Honorable Mention All-America Awards (7)

2010 (3)

200 Free Relay: 9th (1:29.54)

400 Free Relay: 9th (3:16.66)

400 Medley Relay: 15th (3:37.61)

2009 (2)

50 Free: 11th place (22.29)

200 Free Relay: 9th place (1:29.21)

2008 (2)

200 Medley Relay: 11th place (1:39.63)

400 Free Relay: 16th place (3:19.54)

All-Big Ten Awards (11)

2010(4)

100 Back: 1st (52.27)

200 Free Relay: 1st (1:28.97)

400 Free Relay: 2nd (3:17.58)

200 Medley Relay: 1st (1:37.34)

2009 (4)

200 Medley Relay: 1st (1:36.29)

100 Back: 2nd (52.41)

200 Free Relay: 2nd (1:29.36)

400 Free Relay: 2nd (3:17.36)

2008 (3)

200 Free Relay: 1st (1:28.51)

200 Medley Relay: 2nd (1:39.24)

400 Free Relay: 2nd (3:17.98)

At the NCAA Championships

2011

50 Free: 24th (22.41)

100 Back: 4th (52.01)

200 Back: 1st (1:50.76)

200 Free Relay: 6th (1:28.67)

400 Free Relay: 8th (3:15.95)

200 Medley Relay: 2nd (1:35.71)

400 Medley Relay: 5th (3:31.73)

2010

50 Free: 33rd (22.77)

100 Back: 6th (52.38)

200 Back: 17th (1:54.95)

200 Free Relay: 9th (1:29.44)

400 Free Relay: 9th (3:16.66)

200 Medley Relay: 5th (1:37.68)

400 Medley Relay: 15th (3:37.61)

2009

50 Free: T-11th (22.29)

100 Back: 17th (52.90)

200 Back: DNS

200 Medley Relay: 2nd (1:36.53)

400 Medley Relay: 7th (3:33.56)

200 Free Relay: 9th (1:29.21)

400 Free Relay: DQ

2008

100 Free: 38th (49.58)
 100 Back: 25th (54.73)
 200 Medley Relay: 11th (1:39.63)
 400 Medley Relay: DQ
 200 Free Relay: 4th (1:29.18)
 400 Free Relay: 16th (3:19.54)
 800 Free Relay: 19th (7:17.22)

At the Big Ten Championships

2011

100 Back: 1st (51.99)
 200 Back: 1st (1:52.07)
 400 Free Relay: 1st (3:15.06)
 800 Free Relay: 5th (7:08.56)
 200 Medley Relay: 1st (1:36.68)
 400 Medley Relay: 1st (3:32.47)

2010

50 Free: 4th (22.58)
 100 Back: 1st (52.27)
 200 Back: 6th (1:56.47)
 200 Free Relay: 1st (1:28.97)
 400 Free Relay: 2nd (3:17.58)
 200 Medley Relay: 1st (1:37.34)
 400 Medley Relay: 3rd (3:36.47)

2009

50 Free: 5th (22.63)
 100 Back: 2nd (52.41)
 200 Back: 4th (1:55.66)
 200 Medley Relay: 1st (1:36.29)
 400 Medley Relay: 3rd (3:33.26)
 200 Free Relay: 2nd (1:29.36)
 400 Free Relay: 2nd (3:17.36)

2008

100 Back: 3rd (54.11)
 200 Back: 10th (1:57.51)
 200 Medley Relay: 2nd (1:39.24)
 400 Medley Relay: 4th (3:40.06)
 200 Free Relay: 1st (1:28.51)
 400 Free Relay: 2nd (3:17.98)
 800 Free Relay: 5th (7:15.72)

National Competitions

2009 U.S. Open

50 Free: 20th (26.10)
 100 Back: 4th (1:01.19)
 200 Back: 1st (2:09.53)

2009 USA Swimming National Championships

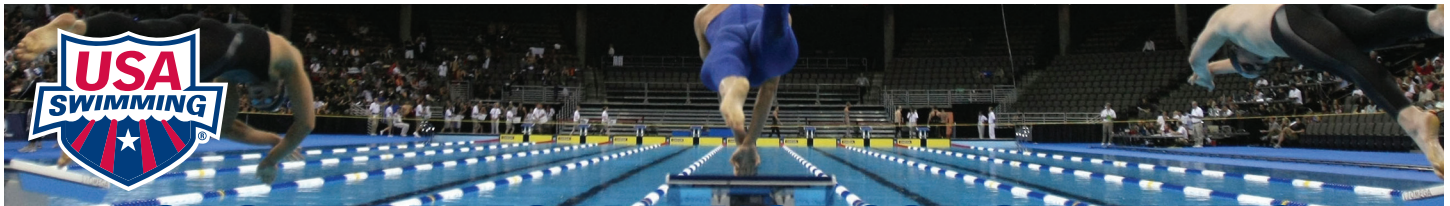
50 Free: 17th (25.33)
 100 Free: 16th (56.32)
 100 Back: 11th (1:01.45)
 200 Back: 4th (2:09.63)

2008 USA Olympic Trials

50 Free: 40th (26.14)
 100 Back: 39th (1:03.30)

2007 USA Swimming National Championships

100 Back: 53rd (1:04.82)
 200 Back: -- (2:22.77) - Time trial



SPORT PERFORMANCE CONSULTANTS

We connect coaches to ideas, research, and technology for faster swimming.

In the summer of 2005, the Club Development Division at USA Swimming added the Sport Performance Consultant position to connect coaches with ideas, research, and technology to help their swimmers go faster. Many of our nationally recognized clubs have already taken advantage of these services. Sport Performance Consultants deliver the following services to coaches and athletes through regional clinics and free individual club visits.

PRESENTATIONS FOR COACHES:

- Using Race Analysis to Swim Faster
- Effective Use of Video Capture
- Recovery and Nutrition
- Season Planning
- Lactate Testing
- DartFish training
- Latest stroke technique from the National Team (Back, Breast, Starts)
- Setting up dry-land training systems
- Progressions to the USA Swimming National Team

PRESENTATIONS FOR ATHLETES:

- Understanding Race Analysis
- Recovery and Nutrition
- Lactate Testing
- Goal setting
- Latest stroke technique from the National Team (Back, Breast, Starts)
- Progressions to the USA Swimming National Team

OUR SPORT PERFORMANCE CONSULTANTS



RICK BISHOP

Rick comes to USA Swimming from Jacksonville, Florida where he was the head coach of the Bolles School and Bolles Sharks club team. During his accomplished 20-year coaching career, he experienced success with the

Memphis Tiger Swimming, Clearwater Aquatic Team, and Baylor Swim Club. Rick's teams have won state high school titles in both Tennessee and Florida. His 2007 Bolles Sharks team finished second in combined scoring at the USA Swimming Spring Nationals. Bishop has also coached international teams at the Pan American Games, World Championships as well as the Olympics.



SCOTT COLBY

Since August 2007, Coach Scott Colby has been a Sport Performance Consultant for USA Swimming. Prior to that, Scott coached in Ohio, Louisiana, Texas, Atlanta and Long Island.

His Louisiana team placed top ten at Nationals. Also, his swimmers have finalled at Olympic Trials, won 2 National titles and 7 Junior National titles including all four strokes, set three National Age Group Records. Scott holds a Masters degree in Physical Education and is an ASCA Level 5 coach.



MARIEJO "MJ" PASION

"MJ" spent the last quad working with USA Swimming's National Team Division. She was part of the Performance Science and Technology Services Team where she was able to work closely with the National Team athletes and

coaches. She has been part of the technical staff for the 2006 Short Course Worlds, 2006 Pan Pac's, 2007 Pan Am's and 2008 Short Course Worlds Teams.

MJ was a head coach on the collegiate level for 7 years, producing several All-Americans and has been coaching club swimming for the past 12 years. MJ is a graduate of New York University where she completed both her undergraduate and postgraduate work.

Contact us at: 719-866-4578 or clubdevelopment@usaswimming.org



ILLINOIS/ WISCONSIN SWIMMING
SENIOR ELITE MEET

RETURN CHECK LIST

- ___ SENIOR ELITE PERMISSION FORM COMPLETED AND SIGNED
- ___ ILLINOIS SWIMMING MEDICAL HISTORY FORM SIGNED
- ___ ILLINOIS SWIMMING CODE OF CONDUCT SIGNED
- ___ TOP TIMES REPORT FROM USA SWIMMING WEBSITE

TWO CHECKS MADE OUT TO ILLINOIS SWIMMING

- ___ \$225.00 DEPOSIT CHECK
- ___ \$75.00 SENIOR ELITE MEET ATHLETE FEE
- ___ POST MARKED BY or RECEIVED IN THE ILLINOIS SWIMMING OFFICE BY:
MONDAY DECEMBER 19, 2011, OR HAND DELIVERED BY 3:00 PM, 12/20/2011

*RETURN APPLICATIONS TO:
Illinois Swimming Sr Elite Meet
1400 E Touhy Ave
Suite 245
Des Plaines, IL 60018*

*******DO NOT REQUEST A SIGNATURE UPON DELIVERY OF ANY SENT APPLICATIONS*******

Questions regarding the Senior Elite Meet contact Dave Krotiak
coachdave@foxswimteam.com

It is each swimmer's responsibility to make sure their application has been received. Check with Pam Lowenthal at the Illinois Swimming office, ilswimoffice@ilswim.org, or 847-824-1596 to confirm receipt of application. Please make a photo copy of your application for your records.

REMEMBER THE DEADLINE DATE IS MONDAY DECEMBER 19, 2011, or HAND DELIVERED BY 3:00 PM TUESDAY, DECEMBER 20, 2011. NO LATE APPLICATIONS WILL BE ACCEPTED.



ILLINOIS/ WISCONSIN SWIMMING
SENIOR ELITE MEET

ATHLETE'S NAME: _____

ATHLETE'S EMAIL: _____

ATHLETE'S CELL PHONE: _____

ILLINOIS SWIMMING PERMISSION FORM

I, the undersigned parent, or guardians of _____ give permission to my child to travel with Illinois Swimming to Indianapolis, Indiana. For the purpose of a swim meet and other related activities. I also appoint administrators and coaches to act in my place and authorize emergency medical treatment if necessary.

Parent or Guardian Signature: _____

Relationship: _____ Date: _____

PARENT/ GUARDIAN INFORMATION:

Home Phone Number: _____

Work Phone Number: _____

Cell Phone: Father _____ Mother _____

Email Address: _____

Please submit an email address that is checked on a regular basis

MEDICAL AND EMERGENCY INFORMATION:

Contact Person: _____ Relationship: _____

Phone Home: _____ Work: _____ Cell: _____

Email Address: _____

Please submit an email address that is checked on a regular basis

Medical Insurance Company: _____ Policy Number: _____

Additional medical information should be attached to this form

THIS FORM MUST BE SENT WITH ALL INFORMATION AND CHECKS TO:
Illinois Swimming Sr Elite Meet, 1400 E Touhy Ave, Suite 245, Des Plaines, IL 60018
Postmarked no later than Monday December 19, 2011/ or hand delivered by 3:00 pm Tuesday, December 20, 2011



ILLINOIS SWIMMING HONOR CODE

_____ as a member of Illinois Indiana Sr Elite Meet, 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 USA Swimming Rules and Regulations.

Name: _____ Event: _____

Signature of Swimmer / Date: _____

Signature of Parent/ Guardian: _____



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:
