

Pacific Swimming  
Zone 1 South  
January 14, 2009  
7:30 P.M.

MOB Room 3  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119

Mike,

Just a reminder that our meeting room for 2009 has changed from MOB 460-1 to MOB-3.

Medical Office Building-Room 3 is the Large building to the left of the main hospital.

This room is on the first floor to the left of the elevators.

Please pass this on to the rest of the zone or let me know and I will.

Thanks, Jim Nachtigal

## AGENDA

- ...Call to order (attendance completed)
- ...Minutes (review and approve minutes from November 12, 2008)
- ...Chairman's Report

See Draft of LSC and House of Delegates Minutes attached to Agenda (from November 22, 2008).

- ...Treasurer's Report

Z1S 2009 Target Budget

- -Standing Committee Reports – time allocated approximately 5 minutes each.

Sanctions – Doug Drogemuller

Equipment – Bill Cunningham / Frank Suchomel

Officials – Jim Nachtigal / Brian Malick

Age Group – Darwin Takaki

Scheduling – Changes?

Coaches – Shannon Mackan  
Safety – Mike McCombs  
Club Development – Sue McAllister

➤ ...Ad Hoc Committees

Zone 1 South Championships -- General Discussion, Issue Resolution, Assignments Clarification, No Show Rule Implementation (Coaches might find this particularly important, as will the deck officials – remarks likely from Frank Suchomel and Karyn Kakuta, and safety and marshal handout for each team.

Zone All Stars – Status.

➤ ...Unfinished / On-Going business

LED scoreboard status. Cost discussion. Motion amendment?

➤ ...New Business

Z1S Web Site to support Board activity. Need for Webmaster.

➤ ...Announcements

Swim Guides received. Checks should be made out to Zone 1 South, \$ 1.00 per book. For example 75 Book = \$ 75.00. Distribution will be continued at the Zone 1 South Championship Meet.

➤ ...Adjournment

**The above agenda is tentative. Please reply to me with proposed additions or other changes. Thanks, Mike M.**

**Pacific Swimming Board of Directors Meeting**  
**22 November 2008**  
(Subject to Board of Directors approval)

The meeting was called to order at 9:29 a.m.

The minutes of the meeting 29 October 2008 were approved with the following corrections:

**Travel – Rick Waterhouse**

- ~~Travel assistance for the U.S. Open Short Course National Championship Meet in Atlanta, GA will be \$350.00 plus \$400.00 stipend.~~
- ~~Travel assistance for the Junior National Championship Meet in Austin, TX will be \$320.00 plus \$400.00 stipend.~~
- ~~Swimmers may apply for travel assistance to either one of these meets, but not both.~~

The minutes of the meeting 18 September 2008 were approved with the following corrections:

**Motions and Resolutions – New Motions**

- 0809-TC1 M/Carried (Travel Committee) Travel assistance for the Short Course National Championship Meet in Atlanta, GA will be \$350.00 plus \$400.00 stipend. Travel assistance for the Junior National Championship Meet in Austin, TX will be \$320.00 plus \$400.00 stipend. Swimmers may apply for travel assistance to either one of these meets, but not both.

**Officer's Reports:**

**Chair – Joe Woo**

- An emergency Board of Directors Meeting was held on November 12, via teleconference to discuss the 2009 budget.

**Treasurer – Fred Vogelgesang**

- This year's spending closes on December 31. Any expenditures or deposits for 2008 must be submitted to Fred by December 24.
- Any athlete or coach reimbursement requests for December National or Junior National Championship Meet must be submitted by December 24.
- The transfer of Pacific's investments to Wachovia Securities is now complete. There is a change in investment categories as shown on the financial report.
- The market value of Pacific's investments is now less than the cash invested value. We have not been hit as hard as the rest of the market because of our conservative investment strategy. Despite this, the market value of our investments is still down more than \$500,000 since January, 2008.

**Age Group – Ricky Silva**

- Report presented at House of Delegates Meeting.

**Senior – Warren Lager**

- Report presented at House of Delegates Meeting.

**Registration and Membership – Laurie Benton and Judy Siegrist**

- Report presented at House of Delegates Meeting.

**Attendance:** Board members attending are noted by an 'x'; board members not present but excused are marked with an 'e.' Team representatives and guests in attendance are also noted.

Joe Woo, *General Chair* x  
Millie Nygren, *Admin. Vice Chair* x  
Warren Lager, *Senior Vice Chair*  
Ricky Silva, *Age Group Vice Chair*  
Todd Krohn, *Secretary* x  
Fred Vogelgesang, *Treasurer* x

Paul Amog, *Sanctions*  
Rick Beebe, *Newsletter, Records* x  
Clint Benton, *At Large*  
Laurie Benton, *Membership*  
Ken Brown, *Local Legislation* x  
Randy Burns, *At Large*  
Gwenn Chong, *Board of Review* x  
David Cottam, *Scheduling*  
Phil Harter, *College*  
Gary Hinderliter, *Communication*  
Katie Howard, *Athlete Rep*  
Susi Jackson, *At Large* x  
Kim Jew, *Officials* x  
Jerry Koch, *Open Water*  
Joyce Lanphere, *Finance & Audit* x  
Brian Malick, *Camps* x  
Cathy Manthey, *Club Development*  
Owen Melroy, *Time Standards*  
Mike Metcalf, *Safety*  
Jon Pallesen, *Coach Rep*  
Don Power, *Ex Officio*  
Alexa Powers, *Athlete Rep*  
Mary Ruddell, *Marketing & Promotion*  
Scott Shea, *Coach Rep*  
Judy Siegrist, *Registration*  
Elias Totah, *High School* x  
Rick Waterhouse, *Travel*  
Marie Wise, *Disability Swimming* x  
Darryl Woo, *At Large*  
Kent Yoshiwara, *Diversity & Outreach* x

**Zone Chairs**

Dave Knochenhauer, *Z1N*  
Andy Clifford, *Z1N alternate*  
Michael McComb, *Z1S*  
Sue McAlister, *Z1S alternate* x  
Kent Yoshiwara, *Z2* x  
Gwenn Chong, *Z2 alternate* x  
Lee Rosichan, *Z3*  
Dennis Sturdevant, *Z3 alternate* x  
Jim Morefield, *Z4*  
Jerry Rudd, *Z4 alternate* x

**Team Representatives present:**

ASRC – Jim Nachtigal, BSW – Debbie Reed, DCD – Fred Wales, MCSL – Bob Rodriguez, SBPB – Mike Jufiar, SSS – Lehla Irwin, TAHO – Valerie Rudd, VJO – Debbie Rodinsky, VJO – Tuffy Williams, VJO – Aron Toch, VJO – Lesley Toch, VMA – Cynthia Leonard, TIGR – Craig Norman, VS – Lee Greenwood, WEST – Danica Burge, WEST – Sandra Rasmussen, SCSR – Brenda Gritz

**Guests present:**

Marvin Lanphere

**Standing Committee Reports:****Finance – Joyce Lanphere**

- Report presented at House of Delegates Meeting.

**Zone Reports:**

- **Zone 1 North** – no report
- **Zone 1 South** – no report
- **Zone 2** – report presented at House of Delegates Meeting.
- **Zone 3** – no report
- **Zone 4** – no report

**Motions and Resolutions – Action on Pending Motions and Motions Held Over**

- 0810SC1 M/Carried (Senior Committee) To amend Pacific Swimming Rules and Regulations, Section 9 TRAVEL ASSISTANCE, C. Eligibility, 1. Representation, c. The coach/team must attend at least ~~two (2)~~ *three (3)* of the designated Pacific Swimming ~~Senior or Senior Trials and Finals~~ *Junior and Senior level* meets during the previous twelve (12) month period.
- 0810SC2 M/Carried (Senior Committee) To amend the Pacific Swimming Rules and Regulations, Section 9 TRAVEL ASSISTANCE, D. Disbursement Policy, 8. *To be eligible to travel assistance, collegiate swimmers must have been registered with a Pacific Swimming Team during their senior year of high school. Once a swimmer who was previously ineligible (based on this rule) has exhausted their college swimming eligibility, they become eligible for travel assistance on the same schedule as described in Section 9.C.2.*
- 0810MN1 M/S/Amended/Carried (Officials Committee) To amend the Pacific Swimming Rules and Regulations, Section 3 CONDUCT OF MEETS, B. Meet Operations, 5. Scratch Procedures, b. Individual Scratch Rule (2) Events Seeded on the Deck – ~~In timed final meets~~ There is no penalty for swimmers not checking in for a particular event; they will simply be scratched from it. Swimmers entered in an individual event that is seeded on the deck, ~~in whole or in part~~, who have checked in for that event, must swim in the event unless they notify the clerk of the course before the seeding for that event has begun that they wish to scratch. Failure to swim an event will result in *being scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after the second check-in process will result in being barred from the next individual event in which a swimmer is entered on that day of the next meet day, whichever is first.* Events seeded on the deck shall be closed for seeding no earlier than 30 minutes prior to the estimated start of the event. *Amended to be effective January 1, 2009 (excluding the February Junior Trials & Finals Meet, the March Short Course Junior Olympics Meet, and the 2009 Short Course Far Westerns Meet).*
- 0810AGC1 M/Carried (Age Group Committee) Pacific Swimming shall make a three-year commitment to send All-Star Teams to the North American Challenge Cup and the Western Zone Age Group Championship Meet. The N.A.C.C. will be the top priority team.
- 0811-FV1 M/S/Carried (F. Vogelgesang, T. Krohn) To increase the athlete registration fee to \$60, effective September 1, 2009.

- 0811-FV2 M/S/Carried (F. Vogelgesang, T. Krohn) The following are entry fees which shall be charged for each class of meet:

<b>Meet Entry Fees – Pacific Swimming Sanctioned Meets (effective 4/21/2009)</b>						
The following are entry fees which shall be charged for each class of meet. The meet sponsor is not required to accept entries that do not include applicable fees.						
Meet Type	Individual Entries			Relay Entries		
	Total	Host	Pacific	Total	Host	Pacific
Senior Trial & Finals	\$6.50	\$4.70	\$1.80	\$20.00	\$14.30	\$5.70
Senior, Junior T&F, Junior	\$5.50	\$4.00	\$1.50	\$16.00	\$11.70	\$4.30
Far Westerns	\$5.50	\$4.00	\$1.50	\$20.00	\$14.30	\$5.70
Junior Olympics	\$5.00	\$3.65	\$1.35	\$16.00	\$11.70	\$4.30
C, B	\$2.50	\$2.20	\$0.30	\$8.00	\$6.00	\$2.00
A and A+	\$2.75	\$2.00	\$0.75	\$9.00	\$6.60	\$2.40
Time Trials	\$9.00	\$6.70	\$2.30	\$22.00	\$15.70	\$6.30

NOTE: Multi-class meets – applicable fee will be that of the highest class included in the meet

**Motions and Resolutions – New Motions**

- 0811-AGC1 M/S/Carried (Age Group Committee) Pacific Swimming shall adopt the following time standards (B, A, JO, FW, PRT) effective January 1, 2009. *See the posting on the Pacific Swimming website.*
- 0811-CC1 M/S/Carried (Camps Committee) Expenditure authorization for \$15,000 to purchase 32 plane tickets to Colorado Springs for the OTC Distance Camp on February 12 to 15, 2009.
- 0811-OC1 M/S/Carried (Officials Committee) Expenditure authorization not to exceed \$500 for badge holders and clips for the Officials Clinic in January.
- 0811-MN1 M/S/Carried (M. Nygren, J. Lanphere) Expenditure authorization not to exceed \$5,100 for the awards to be presented at the Awards Banquet in January.
- 0811-FV3 M/S/Carried (F. Vogelgesang, M. Nygren) To present the 2009 budget to the House of Delegates with a recommendation not to approve.

The meeting was suspended at 10:49 a.m., and reconvened at 1:55 p.m., and adjourned at 3:42 p.m.

The next Board of Directors Meeting will be January 28, 2009.

Respectfully submitted,

Todd Krohn, Secretary

**Pacific Swimming House of Delegates Meeting****22 November 2008***(Subject to House of Delegates approval)*

The meeting was called to order at 11:07 a.m.

The minutes of the meeting of 14 June 2008 were approved as written.

**Confirmation of Board of Directors Action since the last House of Delegates Meeting:**

- 0911-MN1 M/S/Carried (M. Nygren, E. Totah) To approve the actions of the Board of Directors since the last House of Delegates Meeting.

**Officer's Reports:****Chair – Joe Woo**

- This is the second House of Delegates Meeting held on a Saturday, in an effort to get more teams to send delegates to the meeting.
- Teleconference Meetings have proven to be very successful. Most of Pacific's Committee meetings and the last Board of Directors Meeting were held via teleconference.

**Treasurer – Fred Vogelgesang**

- Net Worth, adjusted for the USA-S liability, is \$1,330,542.62 at of 11/15/2008.
- There is a new line on the Financial Report. 'Unrealized gains and losses' has been added because of the change in market conditions and its effects on Pacific's investments. The statement value is \$1,622,496, but the market value is \$1,261,746. The unrealized loss is \$360,751.
- Pacific operated in 2008 at a deficit of \$150,000. The deficit can be attributed to the current market conditions, the addition cost of senior travel reimbursement for Olympic Trials, and the additional cost of sending two all star teams to compete this summer at the North American Challenge Cup and the Western Zone Age Group Championship Meet.

**Age Group – Marie Wise for Ricky Silva**

- The Age Group Committee is working to send three all star teams to compete in 2009. The Pacific Coast All Star Meet is in January, the North American Challenge Cup will be held in Veracruz, Mexico in August. The Western Zone Age Group Championship Meet will be held in Hawaii in August. The budget for travel is very high in 2009, but will be considerably less in 2010 because the N.A.C.C. and the W.Z.A.G.C. Meets will both be hosted in Pacific.
- The Age Group Committee is also working to improve the major Pacific Age Group Meets: Far Westerns (spring, summer), Junior Olympics (winter, spring, and summer), and the 10&Under Championship Meet (spring).

**Senior – Todd Krohn for Warren Lager**

- The membership of the Senior Committee has been formalized to include one coach from each zone, the previous Senior Chair, and the Travel Chair. Membership is Warren Lager (Chair), Brian Bolster (Z1S), Sage Hopkins (Z1N), Jon Pallesen (Z2), Tony Scott (Z3), Dave Hoover (Z4), Rick Waterhouse (Travel), and Scott Shea (previous Senior Chair).
- In 2008, the Senior Committee worked to launch a senior meet subsidy program, introduced two new senior meets, expanded travel reimbursement to include coaches, lobbied successfully to keep the Spring Sectional Championship Meet for 2009, and revised the travel reimbursement policies to target only long standing Pacific swimmers.

**Attendance:** Board members attending are noted by an 'x'; board members not present but excused are marked with an 'e.' Team representatives and guests in attendance are also noted.

Joe Woo, <i>General Chair</i>	x
Millie Nygren, <i>Admin. Vice Chair</i>	x
Warren Lager, <i>Senior Vice Chair</i>	
Ricky Silva, <i>Age Group Vice Chair</i>	
Todd Krohn, <i>Secretary</i>	x
Fred Vogelgesang, <i>Treasurer</i>	x

Paul Amog, <i>Sanctions</i>	
Rick Beebe, <i>Newsletter, Records</i>	x
Clint Benton, <i>At Large</i>	
Laurie Benton, <i>Membership</i>	
Ken Brown, <i>Local Legislation</i>	x
Randy Burns, <i>At Large</i>	
Gwenn Chong, <i>Board of Review</i>	x
David Cottam, <i>Scheduling</i>	
Phil Harter, <i>College</i>	
Gary Hinderliter, <i>Communication</i>	
Katie Howard, <i>Athlete Rep</i>	
Susi Jackson, <i>At Large</i>	x
Kim Jew, <i>Officials</i>	x
Jerry Koch, <i>Open Water</i>	
Joyce Lanphere, <i>Finance &amp; Audit</i>	x
Brian Malick, <i>Camps</i>	x
Cathy Manthey, <i>Club Development</i>	
Owen Melroy, <i>Time Standards</i>	
Mike Metcalf, <i>Safety</i>	
Jon Pallesen, <i>Coach Rep</i>	
Don Power, <i>Ex Officio</i>	
Alexa Powers, <i>Athlete Rep</i>	
Mary Ruddell, <i>Marketing &amp; Promotion</i>	
Scott Shea, <i>Coach Rep</i>	
Judy Siegrist, <i>Registration</i>	
Elias Totah, <i>High School</i>	x
Rick Waterhouse, <i>Travel</i>	
Marie Wise, <i>Disability Swimming</i>	x
Darryl Woo, <i>At Large</i>	
Kent Yoshiwara, <i>Diversity &amp; Outreach</i>	x

**Zone Chairs**

Dave Knochenhauer, <i>Z1N</i>	
Andy Clifford, <i>Z1N alternate</i>	
Michael McComb, <i>Z1S</i>	
Sue McAlister, <i>Z1S alternate</i>	x
Kent Yoshiwara, <i>Z2</i>	x
Gwenn Chong, <i>Z2 alternate</i>	x
Lee Rosichan, <i>Z3</i>	
Dennis Sturdevant, <i>Z3 alternate</i>	x
Jim Morefield, <i>Z4</i>	
Jerry Rudd, <i>Z4 alternate</i>	x

**Team Representatives present:**

ASRC – Jim Nachtigal, BSW – Debbie Reed, DCD – Fred Wales, MCSL – Bob Rodriguez, SBPB – Mike Jufiar, SSS – Lehla Irwin, TAHO – Valerie Rudd, VJO – Debbie Rodinsky, VJO – Tuffy Williams, VJO – Aron Toch, VJO – Lesley Toch, VMA – Cynthia Leonard, TIGR – Craig Norman, VS – Lee Greenwood, WEST – Danica Burge, WEST – Sandra Rasmussen, SCSR – Brenda Gritz

**Guests present:**

Marvin Lanphere

- The primary goal of the Senior Committee in 2009 is to expand the senior meet schedule, especially during the long course season.

**Registration and Membership** – Laurie Benton and Judy Siegrist

- 2009 Athlete Membership is 7,066 as of November 21, 2008 (6,021 as of 11/2007)
- 2009 Non-Athlete Membership is 452 as of November 21, 2008 (581 as of 11/2007)
- 2009 Club Membership is 45 as of November 21, 2008 (52 as of 11/2007)

**Standing Committee Reports:**

**Scheduling** – Millie Nygren for David Cottam

- Some zones have scheduled meets during the 2009 House of Delegates Meetings, which was a ‘protected weekend.’

**Athletes** – Millie Nygren for Alexa Powers

- There are now 11 athlete members on the Pacific Board of Directors.

**Disability Swimming** – Marie Wise

- The Disability Committee is working with members of the Palo Alto Stanford Aquatics coaching staff to put on clinics for swimmers, coaches, and interested parents about coaching disability swimmers.
- The Committee is also working to educate registering swimmers on the classification system for disability swimmers.

**Diversity** – Kent Yoshiwara

- The Diversity Committee is reviewing and standardizing the process to apply for, review, and receive financial aid from Pacific for team’s diversity programs.
- In an effort to measure the success of failure of Pacific’s Diversity program, the Committee is looking at the ethnic make-up of Pacific swimmers. It has proven very difficult because more than 60% of the athletes that register in Pacific do not fill out this part of the form (it is optional). The committee may develop a Diversity survey for teams to fill out.

**Records** – Rick Beebe

- There were 157 new Pacific Age Group and Senior records set in 2008 (up from 48 in 2006, and 73 in 2008).
- Pacific swimmers set seven American Records, three National Age Group Records, and nine National All-Star Relay Records.

**Zone Reports:**

- **Zone 1 North** – no report
- **Zone 1 South** – no report
- **Zone 2** – Kent Yoshiwara reported that Zone 2 will give its teams preference for entering its meets. The Zone will also provide teams ‘A’ medals for swimmers who will “jump” to ‘A’ times with the revised time standards.
- **Zone 3** – no report
- **Zone 4** – no report

**Special Reports – Delegates Reports from the USA Aquatic Sports Convention:**

**Coaches** – Lehla Irwin

- The Western Zone Senior Championship Meet will immediately follow the Western Zone Age Group Championship Meet, which will be held in Hawaii, in early August, 2009. Interested athletes will enter individually and represent their clubs. LSC’s will not send All Star teams to compete.
- USA-Swimming is working to expand the IMX Challenge Motivational Program.
- The new suit rule for 12&Unders goes into effect on May 15, 2009.

**Board of Review – Kim Jew**

- Effective immediately, all rules and procedures for Board of Review will be set by USA-Swimming.

**Officials – Kim Jew**

- Officials who worked at the 2008 Olympics made a presentation on the use of underwater video equipment to verify disqualifications. This technology may be used in future USA-S competition.
- Open Water Officials made a presentation on how to judge competitions.
- The Officials Tracking System database is now being used nation-wide, and has been upgraded to allow LSC's to input official's evaluations from local competitions.
- The most heavily discussed rule was the proper way to enforce the suit rules for 12&Unders that is effective May 15, 2009.

**Scholastic All-American Recognition – Joyce and Marvin Lanphere**

- 598 girls and 375 boys were named USA-S Scholastic All-Americans in 2008. The award is for 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students who have at least at 3.5 grade point average and have met the Junior National Bonus time standard.
- Pacific was the most successful LSC.
- Applications will be available in January.

**Times & Recognition – Rick Beebe**

- The LSC Portals on the USA-Swimming website are a new avenue to the SWIMS searchable results database. The database is accurate back to 2003, but the LSC records section is not accurate.
- Rick will put a link to the Pacific LSC Portal on the Pacific website.

**Internet Workshop – Rick Beebe**

- The Children's Online Protection Act was discussed. The COP-Act could have legal ramifications for team websites and websites or services that target children under the age of 13. For more information, contact Rick Beebe.

**Diversity – Kent Yoshiwara**

- Kent played two videos presented at the Convention. One chronicled the Oakland Undercurrent's trip to New Orleans to teach swimming and water safety skills. The other presented information about 'The Josh Foundation' that teaches swimming and water safety skills in Toledo, Ohio.

**Motions and Resolutions – New Motions:**

- 0811-MN2 M/S/ (M. Nygren, F. Vogelgesang) To allow Joe Woo to present his reorganization plan for the structure of the Pacific Board of Directors without the required 30 days notice. *Joe then gave 30 days notice than the plan will be presented at the Special House of Delegates Meeting scheduled for January 28, 2009.*
- 0811-FV1 M/S/ (F. Vogelgesang, M. Nygren) To approve the 2009 Budget, as presented by the Board of Directors. *The budget is now returned to the Board of Directors and to be re-presented at the Special House of Delegates Meeting scheduled for January 28, 2009.*

The meeting was suspended at 11:55 a.m., reconvened at 12:30 p.m., suspended again at 1:50 p.m., reconvened again at 3:44 p.m., and finally adjourned at 4:00 p.m.

There will be a Special House of Delegates Meeting scheduled for January 28, 2009, at the San Lorenzo Community Church.

Respectfully submitted,

Todd Krohn, Secretary



**Pacific Swimming  
Zone 1 South  
January 14, 2009  
7:30 P.M.**

**MOB Room 3  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119**

## Final Minutes

7:35 PM call to order

### **Board members present at meeting:**

Mike McCombs, Chairman  
Sue McAllister, Vice-Chairman  
Cliff Reyda, Treasurer  
Linda Nollette, Secretary

November minutes reviewed, approved and seconded.

Chairman's report - No report from Mike. Sue attended House of Delegates meeting, and suggested that more people attend - major decisions are being made regarding finances, rule changes and priorities. Budget was not accepted, and will be discussed at the January House of Delegates meeting. January 28 is both HOD meeting and Pacific LSC meeting. Darwin spoke about reasons for not cutting All Star teams in 2009.

Mike brought Marshall guidelines for each team to take back to their parent volunteers. Mike has swim guides available tonight, at Zones, and at his office - maps are available.

**Treasurer:** report attached with details. Not much activity in the past 2 months.

Zone 1South 2009 target budget is a project Cliff will be working on, to be presented at the March meeting.

**Zones:** Frank Suchomel reports that it is 14% larger than ever before. 2 long days. New scratch rules will be in effect. The rule will be printed in the programs, and all swimmers will be given written notice at check-in.

Shannon Mackin brought up a concern regarding relays. Their whole team will be there, and they don't want them split to save an hour. Frank will bring up at the coaches meeting and let the coaches decide.

Sue McAllister has concerns about the swim guides being handed to parents out prior to zones because time standards have changed and may cause confusion.

All Marshalls need to report at 7:00 each day.

### **Standing Committee reports:**

**Sanctions:** N/A

**Equipment:** N/A

**Officials:** Jim Nachtigal spoke about how well Z1S is doing. We have over 100 officials scheduled for Zones. Still looking for more officials. Many attended the clinic in Pleasanton.

**Age group:** All star team won - by over 90 points. 13/14 boys did especially well, with many new records set in all age groups. Z1S had 4 swimmers and 1 coach.

**Scheduling:** May15/16 CCS at Santa Clara

**Coaches:** N/A

**Safety:** N/A

**Club development:** Sue McAllister announced that diversity applications will be available within a few weeks. Also, with respect to the HOD meeting, the children's online protection act was discussed and could affect teams with websites. PacSwim's chair is trying to restructure the board of Directors and any input is welcome. Darwin advised that the suggested changes are inline with USA Swimming. Z1S needs one more youth representative - Mike McCombs should be contacted

with questions.

**Unfinished/ongoing business:**

LED scoreboard status is still pending.

**New business:**

Motion made by Cliff Reyda to have a Z1S Website, Darwin seconded it. Cliff volunteered to be webmaster. Discussion ensued. Motion passed. Cliff will be temporary webmaster and look for volunteers.

March 7 a clinic will be held for disabled swimmers at Fremont High School. 4 kids are entered currently, looking for a total of 12 kids. Karyn Kikuta is the contact and will have flyers available.

Meeting adjourned at 8:30

	Attendance
Marisa Watts Cozort	Swim South Bay
Kaye Luck	SCSC
Veronica Hernandez	WEST
Karyn Kikuta	VS
Curtiss Kikuta	VS
Marianne Feldman	VS
Karol McKinney	VS
Mark Scott	MAKO
Darwin Takaki	Age Group
Jim Nachtigal	ALMA
Andre Salles-Cunha	ALMA
Tom Clark	GGST
Cliff Reyda	ALMA
Mike McCombs	ALMA
Sue McAllister	WEST
Linda Nollette	ALMA
Frank Suchomel	UN

## GUIDELINES FOR MARSHALS

### Marshals must be current members of USA Swimming.

#### **USA Swimming rulebook:**

*102.18 MARSHALS- Shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue. The marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.*

#### **Responsibilities of Marshals include:**

Marshals should arrive at the swim venue at least fifteen (15) minutes prior to the beginning of warm-ups. They should check in with the referee to receive instructions, i.e. where they will be positioned, special safety concerns for the meet, etc.

The head marshal should have a whistle. Marshals should be easily identifiable by a distinctive article of attire. (Hat, jacket, vest, etc.)

Warm-down areas must be marshaled throughout the meet.

Marshals must not leave the area until coverage is provided or until excused by the referee.

#### **Marshals duties include:**

Making sure that swimmers behave in a safe manner. (No running, abusive behavior, etc.)

During general warm-ups, make sure that swimmers enter the water feet first from the starting end only and ease into the water. Swimmers should **NOT** be entering from the opposite end or sides of the pool during warm-ups. **ABSOLUTELY NO DIVING!!!!**

Be alert to dangerously overcrowded warm-ups and alert the meet referee or manager.

Notify the coach of any swimmer who is behaving/acting in an unsafe manner.

Use appropriate language. **NO POWER TRIPS, PLEASE.**

Make sure lanes are cleared before sprint lanes begin.

Your role is to help maintain a safe environment. **Please, Pay Attention!**

## Marshals

**Safety First.** USA Swimming holds the safety of its athletes paramount to their involvement in the sport. Marshals are the primary enforcers of safety rules, but all carded USA Swimming members need to be aware of and enforce safety practices. Marshals must strive to keep our swimmers safe before, during and after the meet.

USA Swimming *Rules and Regulations* provide that Marshals shall:

- Enforce warm-up procedures and maintain order in the swimming venue.
- Have full authority to warn or order to cease and desist and with the concurrence of the referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane language, or whose actions are disrupting the orderly conduct of the meet.

"Swimming venue" means the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, any adjacent areas used by the swim meet, and such other areas as may be specifically designated by the host club or organization, meet director, or meet referee.

The Meet Director must identify the Head Marshal in the application for meet sanctioning by Pacific Swimming. The Meet Referee has responsibility to establish safety rules for safe conduct of the meet within the guidelines of Pacific Swimming and USA Swimming. The Head Marshal is responsible for enforcing the safety rules, and reports to the Meet Referee. All Marshals are officials of the meet and **MUST** be non-athlete members of USA Swimming. Any carded USA Swimming official may be asked by the Meet Referee to assist with marshal's duties as needed at a swim meet.

### *Head Marshal Job Duties*

#### **Before the Meet:**

- Recruit a crew of marshals to cover the assignments—remember, locker rooms need to be monitored, so a mix of men and women is needed.
- Make sure all marshals are members of USA Swimming; registration can be done on deck at meet time (no surcharge on the registration fee).
- Get a copy of the Pacific Swimming *Safety Guidelines and Warm-Up Procedures*—these are included in the Meet Director's packets.
- Have a plan for the pool lane set up—which lanes are to be designated as general warm up, push pace, and race start; lane designations are established by the warm-up procedures, but can be modified by the Meet Referee.
- Meet with your crew of marshals for training, and ask the Meet Referee to join you.
- Schedule a venue walk-through a few days before the meet with the Facility Manager, the Meet Director, and the Head Lifeguard who is assigned to your meet.
- Have a safety checklist—go over it.
- Document concerns and recommend corrections before the start of the meet. Note anything broken at the facility, such as cracked windows. (Swim teams have been billed after a meet for repairing items that were broken or damaged before the meet.)
- Ensure that the whereabouts of first aid supplies are known, and that the location and contact details for the nearest paramedics and hospital are known.
- Let the Meet Referee know of any problems.

### **During meet set-up:**

Make sure the supplies you will need are there: Traffic cones, lane designation signs (General Warm-up/Race Starts/Push Pace), rolls of yellow caution tape, duct tape, and distinctive marshal vests or other attire.

### **At the Meet:**

- Be at the pool 20-30 minutes before warm-ups open.
- Your marshals must be ready to work as soon as warm ups are scheduled to begin.
- Before the pool is open warm-ups:
  - Φ Post Pacific Swimming *Safety Guidelines and Warm-Up Procedures*
  - Φ Make sure lane designation signs are up—initially all lanes should be for General Warm Up
- The Meet Referee will open the pool when marshals are on station and the pool is considered to be safe.
- Once the pool is open follow the Referee's instructions for lane use; if a coach asks for Push Pace and/or Race Start lanes, go ahead and make the lane designation changes according to the *Safety Guidelines and Warm-up Procedures*, or as instructed by the Meet Referee.
- Check with the Referee before any announcements are made. The Referee can modify the warm-up schedule if needed.
- During the meet be sure to check in with the Referee, let the Referee know your plan of rotation.
- Make sure any accidents are properly reported on a *Report of Occurrence* form.

### ***Marshal Job Duties***

You are the safety representatives of USA Swimming on deck. Your presence on deck, and your attention to safety, helps your club maintain the protection of USA Swimming insurance within the meet venue for the duration of the meet.

- Be on time for your assignment
- Observe the deck and around the starting blocks.
- Keep clear the areas where the swimmers need to walk—such as a route between the warm-up/warm-down pool and the starting blocks.
- Keep “non-swimming” swimmers and parents out of the timers view line *especially for starts and finishes.*
- Monitor the warm up lanes to assure swimmers can warm up and warm down; keep the swimmers moving; no diving, circle swimming only—the warm-up/warm-down lanes are not a place to visit and not a place to play.
- Is the deck safe—no running or horseplay that could cause injury?
- Are there glass containers being used by anyone on deck? If so, have the containers removed.
- Check locker rooms and bathrooms. Are they safe? Let the pool staff know about any supply problems you discover.

Do you need more help? Ask the Meet Director for more volunteers.

**Your attention needs to be on the swimmers and the meet venue.** If you need to attend to personal business while on duty, ask a registered non-athlete member to cover. Remember, inadequate marshaling of the venue may invalidate the USA Swimming insurance granted with the meet sanction and may leave your club liable for damages from any incident. **THANK YOU FOR YOUR HELP!**

# PACIFIC SWIMMING SAFETY GUIDELINES AND WARM-UP PROCEDURES

## Warm-up Procedures

1. General Warm-up (initial period)
  - a. All lanes to be used for general warm-up. Circle swimming only.
  - b. Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool.
  - c. No sprinting or pace work allowed during general warm-up session.
2. Specific Warm-up (upon request of coaches, and with concurrence of Meet Referee or designee)
  - a. The number of push/pace and race start lanes, and when they are made available, will be determined by the Meet Referee or his designee. In general, the outermost lane(s) should be used for push/pace, the next inner lane(s) for race starts, and the remaining lanes for general warm-up. For instance, for a 6-lane pool, lanes 1 and 6 would be for push/pace, lanes 2 and 5 for race starts, and lanes 3 and 4 for general warm-up. Any configuration is acceptable provided safety of swimmers is not compromised.
    - 1) Push/Pace Lanes: For short course, push off for 1-2 lengths of the pool from starting end; circle swimming only, under direct coach supervision. For long course, push off from either end, circle swimming permissible if considered safe by the Meet Referee and if swimmers are under the direct supervision of their coach by walking along with the swimmers.
    - 2) Race Start Lanes: Sprint lanes for race starts from blocks, deck, or for backstroke starts in specified lanes at designated times. Direct coach supervision is required. Swim in one direction, one length of pool only.
    - 3) General warm-up lanes: Circle swimming only.
  - b. Except for lanes designated for Race Starts, swimmers must enter the water feet first while maintaining at least one hand on pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING.

## Safety Guidelines

3. Coach Responsibilities
  - a. Coaches shall instruct their swimmers regarding these safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
  - b. Coaches shall supervise and be responsible for the conduct of their swimmers throughout the meet, including the warm-up session.
4. Host Club Responsibilities
  - a. Marshals
    - 1) The Meet Director shall appoint a minimum of two marshals for a 6-8-lane short course meet, and a minimum of four marshals for a dual short course or any long course meet.
    - 2) One of the marshals shall be designated Head Marshal. The Head Marshal shall receive instruction from the Meet Referee, and shall supervise the activities of other marshals.
    - 3) Marshals shall be current members of USA Swimming.
    - 4) Marshals should be clearly visible by wearing distinctive clothing during warm-up sessions and competition.
    - 5) Marshals shall be on deck during the entire warm-up session to enforce these Safety Guidelines and Warm-up Procedures.

- 6) Marshals shall be on deck during competition to oversee pool areas designated by the Meet Director and Meet Referee for warm-up/warm-down.
- 7) If lifeguards are assigned to work the meet by the host facility, the number of marshals may be reduced, but in no case should the number of marshals be less than two.
- 8) Since lifeguards are usually under the supervision of pool management, they cannot be directed to enforce these safety guidelines and warm-up procedures. However, lifeguards can be asked to do so, if that is acceptable to pool management.

- b. Host team shall provide signs for each lane at both ends of the pool that indicate the designated lane use during warm-up sessions.
- c. Written notices regarding warm-up procedures and no-diving rules shall be posted within the meet venue.
- d. Host club may, with the consent of the Meet Director and Meet Referee, modify the time schedule or recommend lane assignments depending on pool configuration, provided safety considerations are not compromised. Any such changes shall be announced and/or posted prominently in the immediate pool area.
- e. The following statement shall appear in the meet information: "Pacific Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
- f. An announcer should be on duty for the entire warm-up session to announce lane and/or time changes and to assist the conduct of the warm-up session. The announcer should announce race start lanes and warm-up procedures and remind coaches and swimmers of pool closings.
- g. Hazards within the swimming venue shall be removed or clearly marked.

#### 5. Safety Responsibilities During Warm-up and Competition

- a. The Meet Safety Committee shall consist of the Meet Director, Meet Referee and Head Marshal, and shall be responsible for all meet safety issues within the swimming venue.
- b. The Meet Referee shall have ultimate responsibility to establish and enforce rules for safe conduct within the competition pool area for the duration of the swimming competition.
- c. The Head Marshal shall enforce warm-up procedures and maintain order in the swimming venue. During the competition, the Head Marshal shall be responsible for enforcing all safety rules in all other areas other than the competition pool, and shall assist the Meet Referee in the competition pool area as required.
- d. Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Meet Safety Committee, to remove, or have removed, from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.
- e. The Meet Director shall ensure that any incident resulting in bodily injury or property damage is properly reported on a Report of Occurrence form.

#### 6. Miscellaneous

- a. "Swimming venue" is defined as the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (eg, portion of the building designated for teams and swimmers, or fenced area around an outdoor pool), locker rooms, and such other areas as may be specifically designated by the Host Club or organization, Meet Director, or Meet Referee.
- b. Coaches of backstrokers shall ensure that backstrokers are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- c. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- d. Swimmers are required to exit the pool upon completion of the warm-up to allow other swimmers adequate warm-up time. The warm-up pool is not for visiting or playing.
- e. Warm-up procedures shall be enforced for any breaks scheduled during the competition.

\* WALKWAYS AND STEPS MAY NOT BE OBSTRUCTED.

\* EVERYBODY WALKS UNLESS THEY ARE SWIMMING. NOBODY RUNS.

**Zone 1 South Closed Short Course Championship Meet**  
 Saturday-Sunday, January 17-18, 2009

- Sanction:** Sanctioned by USA/Pacific Swimming sanction number: 0039
- Location:** George Haines International Swim Center in Santa Clara, 2625 Patricia Drive, Santa Clara, CA. From Highway 101, exit south on Lawrence Expressway or Bowers Avenue. Turn left at Homestead Road. Turn left at Las Palmas Drive. Proceed to Patricia Drive and turn left. -Or- Exit Highway 101 on San Tomas Expressway. Turn right on Homestead Road. Turn right on Las Palmas. Proceed to Patricia Drive and turn left.
- Time:** Meet begins 9:00 a.m.
- Warm-up:** Warm-ups begin at 7:30 a.m. *← REFEREE CAN GIVE EARLIER PERMISSION BUT THIS IS MOST LIKELY. ONLY REFEREE CAN START WARM-UPS.*  
 "8 & unders" can **only** warm-up from 8:20 a.m. until 8:45 a.m. in lanes available at the south end of the pool (by the bubble).
- Course:** Out door 25 yard x 50 meter pool with two (2) courses. Up to 20 competition lanes may be used.  
 A separate warm-up pool will be available.
- Rules:** Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are timed finals. Relay swimmers must have entered at least 1 individual event. All coaches and officials must visibly wear their USA Swimming (USA-S) membership card. If local conditions warrant it, the meet referee with the concurrence of the meet director may require a mandatory scratch down. An immediate cash refund will be made for any such scratch down.
- Eligibility:** All swimmers must have a current USA/Pacific Swimming registration card and must enter the registration number on their consolidated entry card. Entries are limited to swimmers registered with teams in Zone 1 South. Teams not registered with Pacific/USA Swimming for the year 2009 cannot be represented in this meet. (Swimmers from such teams may compete as unattached if the team was registered for the year 2007). Swimmers who enter "pending" or "applied for" must be prepared to present their current card or register before being allowed to check-in unless the Meet Director determines that they are validly pending. Swimmers registering at the meet must pay a \$10.00 surcharge in addition to the regular fee. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy. Swimmers aged 19 years and older may participate in the meet; but may not score points or receive awards.
- Check-in & Seeding:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Events will include all classifications. Swimmers will be seeded C, B, BB, A or AA according to entry times. Swimmers who do not check-in will not be allowed to participate in the event.
- Scratches:** Any swimmer checked-in for an individual event and failed to swim that event may be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances that were beyond the control of the swimmer.
- Awards:** The swimmer's awards will be available to a team representative at the end of competition each day. "A" medals will be awarded to "C", "B" and "BB" division swimmers achieving "A" times. The team awards will be presented following the meet conclusion.

Classification	Awards
AA	Distinctive pins 1 <sup>st</sup> - 3 <sup>rd</sup> , ribbons 4 <sup>th</sup> - 8 <sup>th</sup>
A	Distinctive pins 1 <sup>st</sup> - 3 <sup>rd</sup> , ribbons 4 <sup>th</sup> - 8 <sup>th</sup>
BB	Rosettes 1 <sup>st</sup> - 3 <sup>rd</sup> , ribbons 4 <sup>th</sup> - 8 <sup>th</sup>
B	Rosettes 1 <sup>st</sup> - 3 <sup>rd</sup> , ribbons 4 <sup>th</sup> - 8 <sup>th</sup>
C	Rosettes 1 <sup>st</sup> - 3 <sup>rd</sup> , ribbons 4 <sup>th</sup> - 8 <sup>th</sup>
Relays	Distinctive pins 1 <sup>st</sup> - 3 <sup>rd</sup> , ribbons 4 <sup>th</sup> - 8 <sup>th</sup>
Team	Plaques 1 <sup>st</sup> -3 <sup>rd</sup> for each division



**Team Scoring:** Teams will be placed in one of three Divisions based on the number of year-round swimmers USAS registered as of January 17<sup>th</sup>, 2009. Teams choosing to compete in higher division must contact Head Referee prior to January 17<sup>th</sup>.

Division	# of registered swimmers
I	More than 140
II	85-140
III	Less than 85

Team points are scored according to the table below.

Classification	Event Place											
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
AA	13	11	10	9	8	7	6	5	4	3	2	1
A	11	9	8	7	6	5	4	3	2	1		
BB	10	8	7	6	5	4	3	2	1			
B	9	7	6	5	4	3	2	1				
C	7	5	4	3	2	1						
Relay	26	22	20	18	16	14	12	10	8	6	4	2

**Entries:** There are two ways to enter this meet: 1) Online entries, or 2) Team entries hand delivered or by surface mail. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. "No Time" entries will be accepted. NO REFUNDS will be made. No late entries will be accepted. No faxes will be accepted. Entries will not be accepted without payment.

Recommendation: Swimmers coordinate entry with your coach when entering either online or team entry.

**1) Online Meet Entries:**

Enter at: <http://swimconnection.com/pc/meet/z1schamp> to receive immediate confirmation of acceptance via email. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. If you do not wish to pay the processing fee, enter the meet using team entry. Entering online is a convenience and is completely voluntary. Online entries must be submitted no later than January 7, 2009.

**2) Team Entries:**

Swimmers choosing this entry method **MUST** enter on **a team-entry** with **one, single check for the total fees for all swimmers included on the team entry**, (payable to Zone 1 South). Entries must be submitted on the SAMMS Consolidated Entry Card or acceptable disk. Entry blanks must contain all information requested including best short course time for each event. Entries must be delivered no later than January 7, 2009, to Entries Chairman: **Peggy Pinarbasi, 16620 Dale Hollow Court, Morgan Hill, Ca. 95037 (408) 779-9485 (peggypinarbasi (at) aol (dot) com) Call before 9:00 PM.**

**Relay Entries:** Each Zone 1 South team is limited to one relay team in each relay event. All relay team entries must be postmarked by the closing date for individual entries (January 7, 2009) and include a team check covering the relay entry fee for each team listed. **Relays may NOT be entered online.** Write the entry time in the appropriate box of the consolidated entry form for each relay team you wish to enter. Do not list the swimmer's names at this time. **No deck entered relay teams or swimmers. Any swimmer who is not entered in an individual event or is unattached is not eligible to participate in a relay.** Relay cards will be generated by the computer operator and distributed to each team on the day the event is scheduled. Relay Check-in is accomplished by returning the relay cards with each swimmer's complete name and actual age to the Clerk of Course by **NOON** each day. Cards will be checked for completeness and then seeded. Order of swim must be listed on the relay card prior to the start of the heat. Refunds will be made for any relay entries not swum.

**Entry Fees:** \$2.25 per individual event for all classes (C, B, BB, A, AA)  
 \$7.00 per relay team entered  
 \$5.00 participation fee per swimmer.

**Admission:** Free admission. A two-day program will be on sale for \$4.00.

**Meet Officials:** Head Referee: Frank Suchomel      Head Starter: Don Power  
 Head Marshall: John Golos      Meet Director: Karol McKinney 408-448-0388  
 swimmom8791 (at) juno (dot) com



No later than **January 7, 2009**, each participating team shall provide the meet director a list of officials who have agreed to represent that team for the duration of the meet. The listed officials need not be members of the team. The responsibility of coordinating the proper number of officials is the teams. One hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of officials comparing the number of entries against the number of officials present to represent each team. Teams who have not provided sufficient officials for that day will not score points. The Head Referee or designee may relieve teams and officials of these obligations at any time. In order to qualify officials must be certified Level 2 Stroke & Turn Judges, Referees, or Starters. Trainees do not count toward the fulfillment of this requirement. The number of officials required from each team shall be determined from the number of entered swimmers according to the table below:

Swimmers Entered in Meet	Required Qualified Officials
0-15	0
16-25	1
26-40	2
41-60	3
61-80	4
81-110	5
111-140	6
141-175	7
Over 175	8

*NO HEATERS - GAS OR ELECTRIC*

*ABSOLUTELY NO RUNNING (EXCEPT EMERGENCY PERSONNEL OR POLICE)*



**Restrictions:** Smoking and the use of other tobacco products and the sale and the use of alcoholic beverages is prohibited in all areas of the meet venue, including, but not limited to, pool deck, locker rooms, spectator seating or standing areas and in all areas used by swimmers during the meet or during warm-up periods in connection with the meet.

**Miscellaneous:** No overnight parking is authorized. One parking space allotted per vehicle. Facilities will not be provided after meet hours. **NO** cameras, cell phone or video taping in locker rooms. No campsites, chairs, ez-ups, tents, tarps or space heaters allowed inside gated pool deck, either in the stands or on the grass areas. No taping off or marking territories in the stands. No glass allowed inside gated area. Anything left overnight will be thrown out before the next day.



*NO ANIMALS UNLESS THEY ARE WORKING*

**Event Summary**  
**Saturday**

8&Under	9-10	11-12	13-14	15-16	17-18
25 Fly	50 Fly	50 Fly	100 Fly	100 Fly	100 Fly
25 Breast	50 Breast	50 Breast	100 Breast	100 Breast	100 Breast
25 Back	50 Back	50 Back	100 Back	100 Back	100 Back
8 & Under	10 & Under	11-12	13-14	15-18	
100 Med. Relay	200 Med. Relay	200 Med. Relay	200 Med. Relay	200 Med. Relay	

**Sunday**

8&Under	9-10	11-12	13-14	15-16	17-18
25 Free	50 Free	100 Free	100 Free	100 Free	100 Free
100 IM	100 IM	100 IM	200 IM	200 IM	200 IM
50 Free	100 Free	50 Free	50 Free	50 Free	50 Free
8 & Under	10 & Under	11-12	13-14	15-18	
100 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay	

*LIGHTNING RULE??*

**SATURDAY**

Girls					Age/Distance/Stroke	Boys				
Event	B	BB	A	AA		B	BB	A	AA	Event
1	1:19.39	1:13.79	1:08.09	1:05.29	13-14 100 Fly	1:13.99	1:08.69	1:03.39	1:00.79	2
3	1:17.99	1:12.39	1:06.89	1:04.09	15-16 100 Fly	1:10.59	1:05.59	1:00.49	57.99	4
5	1:16.99	1:11.49	1:05.99	1:03.29	17-18 100 Fly	1:08.99	1:04.09	59.09	56.69	6
7	26.99		21.59		8&Under 25 Fly	26.99		20.49		8
9	48.79	42.99	37.29	35.29	9-10 50 Fly	47.29	41.99	36.69	34.89	10
11	38.09	35.39	32.69	31.29	11-12 50 Fly	38.59	35.49	32.39	30.89	12
13	1:30.99	1:24.49	1:17.99	1:14.79	13-14 100 Breast	1:24.39	1:18.39	1:12.29	1:09.29	14
15	1:29.09	1:22.69	1:16.39	1:13.19	15-16 100 Breast	1:20.69	1:14.99	1:09.19	1:06.29	16
17	1:29.09	1:22.69	1:16.39	1:13.19	17-18 100 Breast	1:18.79	1:13.19	1:07.59	1:04.79	18
19	29.99		24.79		8&Under 25 Breast	29.99		24.29		20
21	53.59	47.79	41.99	40.09	9-10 50 Breast	53.89	48.19	42.49	40.59	22
23	44.29	41.09	37.99	36.39	11-12 50 Breast	44.59	41.09	37.59	35.79	24
25	1:20.19	1:14.39	1:08.69	1:05.89	13-14 100 Back	1:15.69	1:10.29	1:04.89	1:02.19	26
27	1:18.99	1:13.29	1:07.69	1:04.89	15-16 100 Back	1:11.49	1:06.39	1:01.29	58.79	28
29	1:18.19	1:12.59	1:06.99	1:04.19	17-18 100 Back	1:09.99	1:04.99	59.99	57.49	30
31	27.99		23.19		8&Under 25 Back	27.99		22.69		32
33	48.89	43.49	38.19	36.39	9-10 50 Back	49.29	43.89	38.39	36.59	34
35	39.99	37.09	34.29	32.79	11-12 50 Back	39.79	36.79	33.69	32.19	36
37					13-14 200 Medley Relay					38
39					15-18 200 Medley Relay					40
41					8&Under 100 Medley Relay					42
43					10&Under 200 Medley Relay					44
45					11-12 200 Medley Relay					46

**SUNDAY**

Girls					Age/Distance/Stroke	Boys				
Event	B	BB	A	AA		B	BB	A	AA	Event
47	1:12.59	1:07.39	1:02.19	59.59	13-14 100 Free	1:07.69	1:02.89	57.99	55.59	48
49	1:11.29	1:06.19	1:01.09	58.59	15-16 100 Free	1:04.59	59.99	55.39	53.09	50
51	1:10.89	1:05.79	1:00.79	58.19	17-18 100 Free	1:03.39	58.89	54.29	52.09	52
53	23.49		19.49		8&Under 25 Free	23.49		18.39		54
55	40.09	36.19	32.39	31.09	9-10 50 Free	39.19	35.59	31.89	30.69	56
57	1:13.59	1:08.29	1:03.09	1:00.49	11-12 100 Free	1:13.29	1:08.09	1:02.89	1:00.19	58
59	2:56.49	2:43.89	2:31.29	2:24.99	13-14 200 IM	2:45.49	2:33.69	2:21.89	2:15.89	60
61	2:53.09	2:40.69	2:28.39	2:22.19	15-16 200 IM	2:38.29	2:26.99	2:15.69	2:09.99	62
63	2:51.49	2:39.19	2:26.99	2:20.89	17-18 200 IM	2:34.59	2:23.59	2:12.49	2:06.99	64
65	2:09.99		1:49.29		8&Under 100 IM	2:09.99		1:45.09		66
67	1:45.69	1:34.39	1:23.19	1:19.39	9-10 100 IM	1:41.59	1:31.39	1:21.29	1:17.89	68
69	1:26.49	1:20.29	1:14.09	1:11.09	11-12 100 IM	1:24.39	1:18.29	1:12.19	1:09.09	70
71	33.39	30.99	28.69	27.49	13-14 50 Free	31.09	28.79	26.59	25.49	72
73	32.89	30.49	28.19	26.99	15-16 50 Free	29.59	27.49	25.39	24.29	74
75	32.79	30.49	28.19	26.99	17-18 50 Free	28.99	26.89	24.89	23.79	76
77	51.99		42.99		8&Under 50 Free	51.99		40.89		78
79	1:31.89	1:22.09	1:12.29	1:09.09	9-10 100 Free	1:29.19	1:19.99	1:10.79	1:07.69	80
81	34.59	32.19	29.79	28.59	11-12 50 Free	33.39	30.99	28.59	27.39	82
83					13-14 200 Free Relay					84
85					15-18 200 Free Relay					86
87					8&Under 100 Free Relay					88
89					10&Under 200 Free Relay					90
91					11-12 200 Free. Relay					92

PAGES 5-7 NOT  
REQUIRED  
(VOLUNTEER LISTS,  
RELAY CARDS)

USA SWIMMING  
Report of Occurrence

(Circle one) Personal Injury / Property Damage (please print clearly)

Date of Incident: 01/13/07 LSC: PACIFIL Name of Club: [HOST] ZONE 1 SOUTH

Injured:  Athlete \_\_\_ Coach \_\_\_ Official \_\_\_ Member /Other: \_\_\_ Guest/Spectator \_\_\_ Other

Name (legal): BONITA A. ZACHERY USA Swimming Athlete ID#: 121398 BONAZACH

Address: 11 SMITH STREET City/State/Zip: SAN JOSE, CA 95117

Birthdate: 12/13/1998 Age: 8 Sex: \_\_\_ M  F Phone: (408) 123-4567

Where did incident occur:  In Water \_\_\_ On Deck \_\_\_ On Blocks \_\_\_ In Locker Room \_\_\_ In Bleachers  
\_\_\_ In Hallway \_\_\_ On Stairs \_\_\_ In Gym \_\_\_ Outside Venue (list)

Activity: \_\_\_ Meet/Competition  Meet/Warmup \_\_\_ Meet/Warmdown \_\_\_ Practice/Water \_\_\_ Practice/Dryland  
\_\_\_ Other

Facility Name: SUNSET AQUATICS CENTER City/State/Zip: SAN SUNSET, CA 95118

Describe the Incident: EXITING POOL, SWIMMER'S LEFT LEG WENT INTO GUTTER AND BECAME TRAPPED. LEFT ANKLE THEN TWISTED, SWIMMER SWIMS FOR SUNSET AQUATICS CLUB (SAC)

Affected Body Part (specify RIGHT or LEFT) \_\_\_ Head/Neck LEFT Leg/Foot \_\_\_ Ears/Nose/Mouth/Teeth \_\_\_ Knees  
\_\_\_ Hand/Arm \_\_\_ Shoulder \_\_\_ Torso \_\_\_ Internal \_\_\_ Other

Describe the Injury: L. LEG BRUISED BELOW KNEE. L. ANKLE TWISTED.

On-Site Care Given By:  Coach \_\_\_ Parent \_\_\_ EMT/Paramedic \_\_\_ Facility Staff JAMES DOLLAR  
Name of person giving care

Care Given On-Site:  Ice  Immobilized \_\_\_ Bandage \_\_\_ Cleaned \_\_\_ Other:

Care Refused by Injured: \_\_\_ Yes  No

If yes, Signature of Injured or of Guardian/Parents if under 18 yrs of age: \_\_\_\_\_

Parent / Guardian Notified:  YES or \_\_\_ NO Comment: MOTHER ADVISED. TOLD BY COACH TO REST CHILD.

Taken to Clinic / Hospital: \_\_\_ YES or  NO If yes, location: \_\_\_\_\_

Please include the names and phone numbers of three (3) witnesses: (If others, list on reverse)

Name SUNSET SMITH Address 261 OREGON, SAN JOSE, CA 95111 Phone (408) 234-5678

Name HENRY COCHRANE Address 4407 MONTY, GILROY CA 95021 Phone (408) 683-6836

Activity Supervisor: MEET DIRECTOR ( ) ( )  
(please print) Name Daytime Phone Evening Phone

Report Submitted By: MIKE McCOMBS (408) 441-2222 (408) 222-3333  
(please print) Name Daytime Phone Evening Phone

Date Report was submitted: \_\_\_\_\_

Club Personnel / Club Safety Coordinator is responsible for returning completed form immediately following incident to:  
USA Swimming Risk Management Services, Inc. Pacific Swimming Safety Chair  
Risk Management Department P.O. Box 32712 Michael Metcalf  
One Olympic Plaza Phoenix, AZ 85064-2712 279 Birchwood Drive  
Colorado Springs, CO 80909 FAX: 602-274-9138 Moraga, CA 94556  
FAX: 719-866-4050 [h]: 925-376-4315  
FAX: 925-376-3368  
mail: mike.metcalf@comcast.net

Please attach any additional reports (facility reports, newspaper articles, witness statements). Revised 05/2004

Revised 12/2001

*(Handwritten notes and stamps at the bottom left of the page)*

USA SWIMMING  
Report of Occurrence

(Circle one) Personal Injury / Property Damage (please print clearly)

Date of Incident: 01/14/07 LSC: PACIFIC Name of Club: ZONE 1 SOUTH [HOST]

**VICTIM**  
Injured:  Athlete  Coach  Official  Member /Other:  Guest/Spectator  Other

Name (legal): BONITA A. ZACHARY USA Swimming Athlete ID#:

Address: 11 SMITH STREET City/State/Zip: SAN JOSE, CA 95117

Birthdate: Age: Sex:  M  F Phone: (408) 123-4567

Where did incident occur:  In Water  On Deck  On Blocks  In Locker Room  In Bleachers  
 In Hallway  On Stairs  In Gym  Outside Venue (list)

Activity:  Meet/Competition  Meet/Warmup  Meet/Warmdown  Practice/Water  Practice/Dryland  
 Other SPECTATOR, FRIEND OF SWIMMER

Facility Name: SUNSET AQUATICS CENTER City/State/Zip: SAN SUNSET, CA 95118

Describe the Incident: GUEST FELL ASLEEP, WHEN SHE WOKE, HER PURSE WAS MISSING, INCLUDING WATCH AND ABOUT \$20. POLICE NOTIFIED, AND THEY MADE A REPORT.

Affected Body Part (specify RIGHT or LEFT):  Head/Neck  Leg/Foot  Ears/Nose/Mouth/Teeth  Knees  
NA  Hand/Arm  Shoulder  Torso  Internal  Other

Describe the Injury:

On-Site Care Given By:  Coach  Parent  EMT/Paramedic  Facility Staff Name of person giving care

Care Given On-Site:  Ice  Immobilized  Bandage  Cleaned  Other:

Care Refused by Injured:  Yes  No

If yes, Signature of Injured or of Guardian/Parents if under 18 yrs of age:

Parent / Guardian Notified:  YES or  NO Comment:

Taken to Clinic / Hospital:  YES or  NO If yes, location:

Please include the names and phone numbers of three (2) witnesses: (If others, list on reverse)

NO WITNESSES.

Name Address Phone

Name Address Phone

Name Address Phone

Activity Supervisor: MEET DIRECTOR ( ) ( )  
(please print) Name Daytime Phone Evening Phone

Report Submitted By: MIKE McLOMBS (408) 555-7777 (408) 666-7777  
(please print) Name Daytime Phone Evening Phone

Date Report was submitted:

Club Personnel / Club Safety Coordinator is responsible for returning completed form immediately following incident to:

USA Swimming  
Risk Management Department  
One Olympic Plaza  
Colorado Springs, CO 80909  
FAX: 719-866-4050

Risk Management Services, Inc.  
P.O. Box 32712  
Phoenix, AZ 85064-2712  
FAX: 602-274-9138

Pacific Swimming Safety Chair  
Michael Metcalf  
279 Birchwood Drive  
Moraga, CA 94556  
[h]: 925-376-4315  
FAX: 925-376-3368  
mail: [mike.metcalf@comcast.net](mailto:mike.metcalf@comcast.net)

Please attach any additional reports (facility reports, newspaper articles, witness statements).

Revised 05/2004

Revised 12/2001

USA SWIMMING  
Report of Occurrence

(Circle one) Personal Injury / Property Damage (please print clearly)

Date of Incident: \_\_\_\_\_ LSC: \_\_\_\_\_ Name of Club: \_\_\_\_\_

Injured:  Athlete  Coach  Official  Member /Other: \_\_\_\_\_  Guest/Spectator  Other \_\_\_\_\_

Name (legal): \_\_\_\_\_ USA Swimming Athlete ID#: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F Phone: (\_\_\_\_) \_\_\_\_\_

Where did incident occur:  In Water  On Deck  On Blocks  In Locker Room  In Bleachers  
 In Hallway  On Stairs  In Gym  Outside Venue (list) \_\_\_\_\_

Activity:  Meet/Competition  Meet/Warmup  Meet/Warmdown  Practice/Water  Practice/Dryland  
 Other \_\_\_\_\_

Facility Name: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Describe the Incident: \_\_\_\_\_  
\_\_\_\_\_

Affected Body Part (specify RIGHT or LEFT):  Head/Neck  Leg/Foot  Ears/Nose/Mouth/Teeth  Knees  
 Hand/Arm  Shoulder  Torso  Internal  Other \_\_\_\_\_

Describe the Injury: \_\_\_\_\_

On-Site Care Given By:  Coach  Parent  EMT/Paramedic  Facility Staff \_\_\_\_\_  
Name of person giving care

Care Given On-Site:  Ice  Immobilized  Bandage  Cleaned  Other: \_\_\_\_\_

Care Refused by Injured:  Yes  No

If yes, Signature of Injured or of Guardian/Parents if under 18 yrs of age: \_\_\_\_\_

Parent / Guardian Notified:  YES or  NO Comment: \_\_\_\_\_

Taken to Clinic / Hospital:  YES or  NO If yes, location: \_\_\_\_\_

Please include the names and phone numbers of three (2) witnesses: (If others, list on reverse)

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Activity Supervisor: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
(please print) Name Daytime Phone Evening Phone

Report Submitted By: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
(please print) Name Daytime Phone Evening Phone

**Date Report was submitted:** \_\_\_\_\_

Club Personnel / Club Safety Coordinator is responsible for returning completed form immediately following incident to:

USA Swimming  
Risk Management Department  
One Olympic Plaza  
Colorado Springs, CO 80909  
FAX: 719-866-4050

Risk Management Services, Inc.  
P.O. Box 32712  
Phoenix, AZ 85064-2712  
FAX: 602-274-9138

Pacific Swimming Safety Chair  
Michael Metcalf  
279 Birchwood Drive  
Moraga, CA 94556  
[h]: 925-376-4315  
FAX: 925-376-3368  
mail: [mike.metcalf@comcast.net](mailto:mike.metcalf@comcast.net)

Please attach any additional reports (facility reports, newspaper articles, witness statements).

Revised 05/2004

Revised 12/2001

USA SWIMMING  
Report of Occurrence

(Circle one) Personal Injury / Property Damage (please print clearly)

Date of Incident: \_\_\_\_\_ LSC: \_\_\_\_\_ Name of Club: \_\_\_\_\_

Injured:  Athlete  Coach  Official  Member /Other: \_\_\_\_\_  Guest/Spectator  Other \_\_\_\_\_

Name (legal): \_\_\_\_\_ USA Swimming Athlete ID#: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F Phone: (\_\_\_\_) \_\_\_\_\_

Where did incident occur:  In Water  On Deck  On Blocks  In Locker Room  In Bleachers  
 In Hallway  On Stairs  In Gym  Outside Venue (list) \_\_\_\_\_

Activity:  Meet/Competition  Meet/Warmup  Meet/Warmdown  Practice/Water  Practice/Dryland  
 Other \_\_\_\_\_

Facility Name: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Describe the Incident: \_\_\_\_\_

Affected Body Part (specify RIGHT or LEFT):  Head/Neck  Leg/Foot  Ears/Nose/Mouth/Teeth  Knees  
 Hand/Arm  Shoulder  Torso  Internal  Other \_\_\_\_\_

Describe the Injury: \_\_\_\_\_

On-Site Care Given By:  Coach  Parent  EMT/Paramedic  Facility Staff \_\_\_\_\_  
Name of person giving care

Care Given On-Site:  Ice  Immobilized  Bandage  Cleaned  Other: \_\_\_\_\_

Care Refused by Injured:  Yes  No

If yes, Signature of Injured or of Guardian/Parents if under 18 yrs of age: \_\_\_\_\_

Parent / Guardian Notified:  YES or  NO Comment: \_\_\_\_\_

Taken to Clinic / Hospital:  YES or  NO If yes, location: \_\_\_\_\_

Please include the names and phone numbers of three (2) witnesses: (If others, list on reverse)

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Activity Supervisor: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
(please print) Name Daytime Phone Evening Phone

Report Submitted By: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
(please print) Name Daytime Phone Evening Phone

**Date Report was submitted:** \_\_\_\_\_

Club Personnel / Club Safety Coordinator is responsible for returning completed form immediately following incident to:

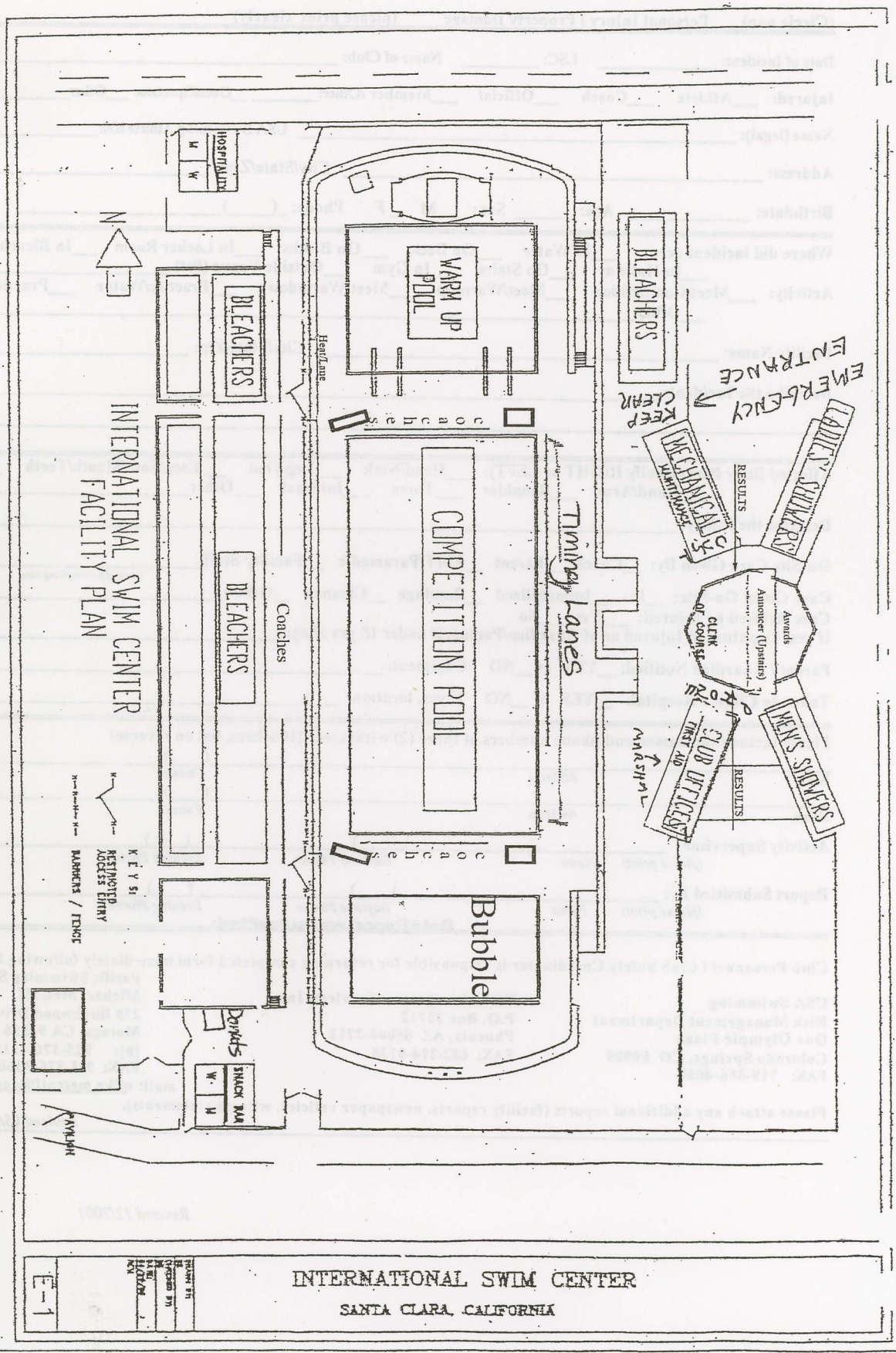
USA Swimming Risk Management Department One Olympic Plaza Colorado Springs, CO 80909 FAX: 719-866-4050	Risk Management Services, Inc. P.O. Box 32712 Phoenix, AZ 85064-2712 FAX: 602-274-9138	Pacific Swimming Safety Chair Michael Metcalf 279 Birchwood Drive Moraga, CA 94556 [h]: 925-376-4315 FAX: 925-376-3368 mail: <a href="mailto:mike.metcalf@comcast.net">mike.metcalf@comcast.net</a>
--	---	---

Please attach any additional reports (facility reports, newspaper articles, witness statements). Revised 05/2004

Revised 12/2001

STATION  
TYPE

LEMS  
INDIVIDUALS



INTERNATIONAL SWIM CENTER  
SANTA CLARA, CALIFORNIA

DATE	BY
REVISION	BY
NO.	
NO.	
NO.	
NO.	

E-1

MEET DIR.

ALL EMERGENCIES 911  
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A.H.M.



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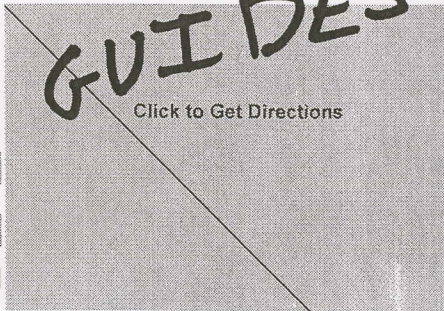
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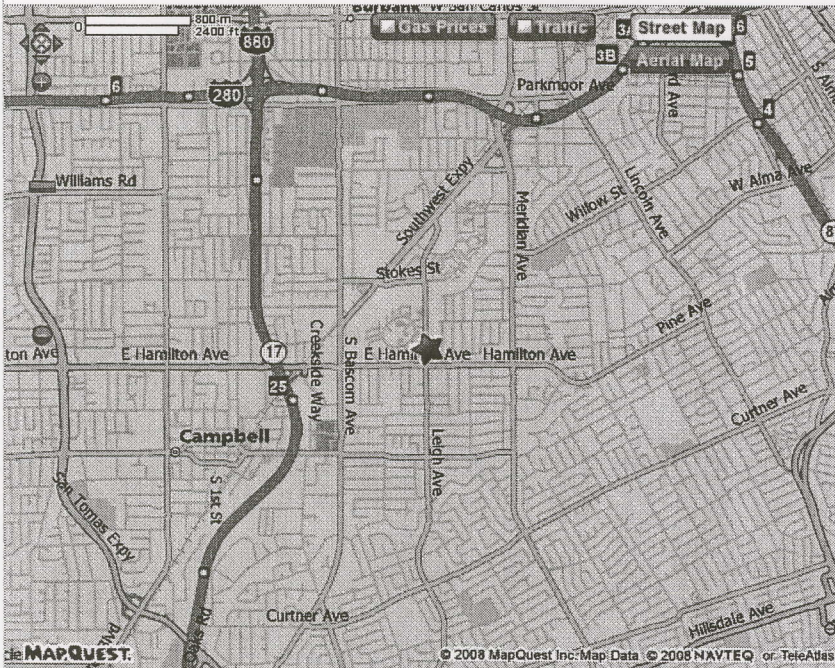
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Pacific Swimming  
Zone 1 South  
March 11, 2009  
7:30 P.M.

MOB Room 3  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119

**Just a reminder that our meeting room for 2009 has changed from MOB 460-1 to MOB-3.**

**Medical Office Building-Room 3 is the Large building to the left of the main hospital.**

**This room is on the first floor to the left of the elevators. Jim.**

**It is tax season, and I am seriously tied up tonight. Sue will also be unable to attend. Cliff, Linda, or any hardy volunteer to run the meeting? Mike.**

## AGENDA

- △ Call to order (attendance completed)
- △ Minutes (review and approve minutes from January 14, 2009)
- △ Chairman's Report – N/A but see LSC and House of Delegates January, 2009, Minutes attached
- △ Treasurer's Report
- △ Standing Committee Reports – time allocated approximately 5 minutes each.

Sanctions – Doug Drogemuller

Equipment – Bill Cunningham / Frank Suchomel

Officials – Jim Nachtigal / Brian Malick

Age Group – Darwin Takaki

Scheduling – Changes?

Coaches – Shannon Mackan

Safety – Mike McCombs

Club Development – Sue McAllister

### △ Ad Hoc Committees

Zone 1 South Championships – Summary, Comments, Suggestions, Money Made & Lost, etc. Good job on no show rule implementation.

Zone All Stars – Hey, how did that go? Jim M. and Mike P. Others. See attached.

△ Unfinished / On-Going business

Formal request for swimmer reps at LSC and Zone. We need at least one in both places. Tyler Nollette (ALMA) has come forward. Try to decide by May meeting.

Report on Zone Website. Any volunteers beyond Cliff?

△ New Business

East Side Union High School District Pools – Status.

Mike McCombs has been selected in Morgan Hill (first meeting tomorrow night) to work on aquatics and pool issues. I have heard that MHSC has been asked, as well as the Aquatics Foundation, but I have no confirmation.

△ Announcements

Swim Guides received. Checks should be made out to Zone 1 South, \$ 1.00 per book. For example 75 Books = \$ 75.00. Distribution will be continued at the Zone 1 South Championship Meet. Send checks to Cliff Reyda, 7036 Burnside Drive, San Jose, CA 95120, or to Mike McCombs c/o Abbott, Stringham & Lynch, at 1550 Leigh Ave., San Jose, CA 95125 I do have the books there, so you can also pick them up. Send checks to Cliff if you have not paid but have the books.

Z1S received no stimulus money, nor were we a pork beneficiary. Sorry.

△ Adjournment

The above agenda is tentative. Please reply to me with proposed additions or other changes. Thanks, Mike M.

**Pacific Swimming**  
**Zone 1 South**  
**March 11, 2009**  
**7:30 P.M.**  
<http://sites.google.com/site/zoneonesouth.home>

MOB Room 3  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119

## Final Minutes

7:40 PM call to order

### **Board members present at meeting:**

Mike McCombs, Chairman  
Cliff Reyda, Treasurer  
Linda Nollette, Secretary

January minutes reviewed, approved and seconded. Add Frank Suchomel to attendance.

Chairman's report - attached

**Treasurer:** report attached with details. Report sent to Mike, and reconciled. Attached is annual report that will be sent to Pacific. We're operating at a bit of a loss. We had no reports from 2007. Attached is a report from Champs, still some expenses outstanding. We had a loss in programs - printed too many. Surprise expenses included tires/rims for the trailers. All star expenses will be finalized next meeting.

Zone 1 South 2009 target budget is a project Cliff is working on, and is attached. This is to be used as a guideline, and as a springboard for discussion regarding expenditures.

### **Standing Committee reports:**

**Sanctions:** N/A

**Equipment:** \$1275.00 is final cost for scoreboards previously authorized, and it has been ordered. Two Colorado 5 systems would cost \$5070.00. (The Colorado 6 are \$4500.00 each. Frank suggests we wait for the price to come down, and the bugs to be worked out.) These would be supplementing the two 5s we have. We may then be able to sell the 4s we have. One 5 needs repairs. Both systems probably need maintenance/calibration. Frank will eventually request \$ for cabinetry material for the trailer. Motion/2d/passed for purchase of one Colorado 5 (\$2500+) and repairs for one Colorado 5 (\$500.00).

**Officials:** Jim Nachtigal - 114 officials at Champs. Holding more clinics at meets.

**Age group:** Darwin Takaki - HOD approved both All-star meets this summer. Co-pays will be equal.

**Scheduling:** Jim Malley wants to give back June 20-21 meet. VS may try to pick it up.

**Coaches:** N/A

**Safety:** N/A

**Club development:** Sue McAllister's report is attached.

**Zone 1 S Champs:** Survey out to coaches. Committee will be Veronica, Cathy, Andre and Johanna. Meet too large. How to limit? Minimum standards? Increase fees? Prior experience? Split meet?

**Zone All Star Meet:** Jim Malley's letter and Karen Green's letter are attached. Discussions regarding recruitment, volunteer commitment, swimmers levels. Potential volunteer names should be forwarded to Mike McCombs.

**Unfinished/ongoing business:** Swimmer reps still needed. Any interested swimmers to apply to Mike for LSC and Zone level.

Zone website volunteers still welcome, Cliff is maintaining it currently - and doing it well. Moved/2d/approved Cliff stays as webmaster.

**New business:**

New committee being formed in Morgan Hill regarding pool usage.

**Announcements:**

Swim guides available.

Meeting adjourned at 9:17

Attendance

Marianne Feldman	VS
Darwin Takaki	Age Group
Jim Nachtigal	ALMA
Andre Salles-Cunha	ALMA
Cliff Reyda	UN
Mike McCombs	ALMA
Linda Nollette	ALMA
Rush Bolender	CAB
Cathy Manthey	VS
Johanna Brown	MBSC
Frank Suchomel	UN
Brian Malick	GGST

## Pacific Swimming

### All Star Zone Championship Swim Meet

#### Report to Zone 1 South Committee

We start off with much organization and preparation by Mike Piccardo. We need to say, "thank you!" He had much gathering of information and contacting of persons and swimmers.

We organized an All Star practice at Lynbrook HS pool on Saturday, February 28, 2009. I introduced myself and all of the Z1S Swim Coaches. I gave all the swimmers a motivational talk for a few minutes to get us going in the right direction. We broke off into age groups for a practice. After the practice, we ate pizza and drank water. We boarded the bus for Burlingame and the Marriot Hotel. After checking in the swimmers were able to watch an appropriate on demand movie in a few rooms. We ate dinner in a ballroom, but the main course wasn't necessarily delicious. Hence we have our first suggestion. This is that we take the swimmers out to restaurant like Sweet Tomatoes or Fresh Choice. The swimmers turned in with light outs by 9:30 P.M. Tape was put on the outside of their doors to make certain we didn't have any mid night adventures or escapades. Breakfast was served in the morning. We had another Zone staying at the hotel so it was a little crowded, but the lines moved quickly. We departed from the hotel around 9:30 A.M.

We arrived at the pool for warm ups. It was raining, but Mike, Sharon, and Les the managers had set up a canopy with food for our swimmers. The food was appropriate and everyone approved. The meet went well. We did have to substitute two swimmers. We placed third out of five Zone Teams. There were many lifetime best performances. We boarded the bus and arrived back at Lynbrook High School around 5:00 P.M. All swimmers and coaches were picked up by 6:00 P.M.

Some suggestions I have received from All Star Coaches and myself are that the bus schedule could be coordinated better in regards to timing. This pertains to the 8 & Under bus also if we have one. We had the same situation at Carson City the previous year. We want to minimize lag time. We should take the swimmers out to a restaurant for dinner. We should schedule some activities if we have time, transportation, and money. We should print Z1S All Star Team 2010 along with our logo on the swimmers swim caps. It would be nice to have a Zone banner. Some coaches were concerned that a manager had a child on the team. They were concerned that this might cause some conflict of interest. Rooms should be arranged by the hotel if at all possible in a block, rather than spread out over a number of floors. This would make supervision smoother. We had a team cheer. We still could improve on this one. Recruiting still is an area to work on. We need to motivate more 13-14 years olds to join the team.

From what I have heard from coaches other than All Star Coaches, swimmers enjoyed the trip and meet. I think we are meeting the expectations of this meet for our swimmers.

Z1S Head Swim Coach 2009 Jim Malley

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### 2009 All-Stars Meet

From: **Karengren@aol.com**

Sent: Sun 3/08/09 11:47 PM

To: asrcswimteam@earthlink.net; 5McCombs@msn.com

Andre and Mike,

I attended this year's All-Star's Meet as a Team Manager/Chaperone for Z1S. I've been asked to submit my feedback for the event. I really made an extra effort to make sure that I was an objective Team Manager and not a parent at this event. Here are my observations:

**Positive:**

Arriving at the hotel mid-afternoon was good. It gave the kids a chance to wander a bit and check out the hotel.

Great bus driver/service – he was punctual and accommodating. After finding that some of the kids left very necessary items because of such a wet meet, he brought the bus back.

Arranging for 3 separate movies by age-group was great bonding time for the kids.

Dinner by age-group, another great bonding time.

Meals/snacks were well thought out, however, we did run short on Saturday afternoon.

The arrival/set up time for the meet was perfect. The pool was open and canopies were set up for the kids, even though we were a little short.

**Negative:**

While being at the mercy of the hotel, the rooms by age-group should be better organized/enforced. For example, the 13/14 girls were on two different floors. There were other age-groups that this was also a problem with. The only age-group that had their room next to each other were the 11/12 girls. Z2 was able to obtain two consecutive rows of rooms on two different floors with Coaches/Chaperones on the outside of each set of rooms. Z1S had 3 different floors.

Granted that rain is never easy to accommodate, we really needed more canopies/coverage for the kids.

There should be more than one parent as a Team Manager.

There were problems with late, middle of the night and early morning phone calls to other rooms and coaches. The 13/14 boys were reportedly calling other rooms in the middle of the night. Also, 9/10 girls were texting their coach late in the evening and early in the morning.

Dinner was scheduled for 7pm – this was too late. The kids were done exploring, watching their movies and were starving. Fortunately, the hotel made a mistake and were looking for us to eat at 6pm.

~Karen Green

Worried about job security? Check out the 5 safest jobs in a recession.

**ZIS Vice Chair and Club Development Report - March 11, 2009**  
**Sue McAllister**

**ESUHSD Athletics News:**

Tuesday, March 10, 2009 ESUHSD Board of Trustees approved a 1 year athletic plan to keep all sports (including aquatics) active. The 1 year plan calls for athletics to be self funded through participation fee donations, district fundraisers (fundraising cards, large event fundraisers (5k Run)), donations and cooperative fundraisers with local sports teams, and the intent to charge fees. A district fundraising committee has been formed and has a fundraising goal of \$550,000 by F'2009.

The aquatics portion proposes a modified pool schedule:

**Water Polo** 3 district pools Santa Teresa, Evergreen Valley High School and Independence open Aug 15--Nov 15.

**Swimming** 11 district pools open for Swimming Feb 15 – May (12 weeks) .

**West Coast Aquatics** plans to be an active participant in the district fundraising committee, WEST is continuing with 2009 summer plans and 2009 April Meet, June Meet, and Far Western plans. WEST expects to be meeting with district officials soon to discuss anticipated contract modifications.

**Pacific Swimming Diversity Grant Applications are NOW Available for Clubs –**

Pacific Swimming Clubs are welcome to submit an application for a **Pacific Swimming Diversity Grant**, (<http://www.pacswim.org/2009PacificSwimmingDiversityGrant.pdf>)

The application deadline is March 31, 2009. Please submit your application via email to [kyoshiwara@sbcglobal.net](mailto:kyoshiwara@sbcglobal.net) by March 31, 2009.

Clubs and organizations requesting support from Pacific Swimming shall submit a written Program Plan which includes the purpose, plan description, test metrics, schedule, budget, funding requested from Pacific Swimming, and manpower expectations. The Committee shall evaluate the requests based on the following criteria:

- Fulfillment of the USA Swimming Outreach Program Mission, (i.e. Provide opportunities in swimming to the underrepresented and economically disadvantaged youth in the United States )
- Fulfillment of the Pacific Swimming Mission (i.e. Encourage participation and the pursuit of excellence in swimming)
- Benefit to the athletes
- Innovation
- Likelihood of success
- Other sources of funding
- Available funding for this grant period is up to \$10,000

For questions or additional information contact Kent Yoshiwara at [kyoshiwara@sbcglobal.net](mailto:kyoshiwara@sbcglobal.net).

**11-12 AA+ Motivational Camp to be Hosted by West Coast Aquatics this weekend**

Coordinated by Jennifer Malick camp will be held in March 14-15. Forty-eight swimmers were selected at the Short Course Junior Olympic Championship meet held in Pacifica on Dec. 5-7, 2008.





1551 East 11<sup>th</sup> Street  
 Loveland, CO 80537  
 Phone: 970-667-1000  
 Fax: 970-667-5876



March 9, 2009

Bill Cunningham  
 Pacific Swimming I  
 Cust # 1112

Dear Bill:

Following is the price quotation you requested. We are pleased that you have considered Colorado Time Systems to be a part of your team. CTS has been the leader in sports timing for over 30 years and is the only aquatic sports timing equipment vendor whose products are listed for use in a pool environment by Underwriters Laboratories, Inc. to the United States and Canadian safety standards.

Colorado Display Systems, a division of CTS, offers a wide range of multi-sport scoreboards tailored to fit your needs – and your budget. If you have any questions or comments, please call me at 800-279-0111 x 283 or e-mail me at [RickC@coloradotime.com](mailto:RickC@coloradotime.com). Look for us on the World Wide Web: <http://www.coloradotime.com> for aquatics and <http://www.coloradodisplay.com> for multi sports.

***TIMING SYSTEM***

<u>Qty</u>	<u>Model</u>	<u>Description</u>
2	SYS5	System 5 sports timer
		<i>Includes:</i> Keyboard inserts, built-in clock calendar, parallel port for external printer interface, 80 character x 25 line LCD and manuals.
		<i>Features:</i> Swimming and diving software, stored splits lap, cumulative or both, back-up timing (software only), “meet memory” (Stores up to 500+ races).
2	R-5000-0321	System 5 or System 6 carrying case

**TOTAL PRICE \$5,070 includes shipping**

***SCOREBOARD***

<u>Qty</u>	<u>Model</u>	<u>Description</u>	<u>Price</u>
1	LED-R	<b>Single-line</b> LED Scoreboard:	<b>\$1,275</b>
		<i>Each module includes:</i> 10-inch LED digits. Standard unistrut, galvanized steel channel mounting hardware, data cables.	<b>Includes Shipping</b>

*Scoreboard functions:*

1. Begin Running Time
2. Flash and Hold Lead Split
3. Return to Running Time
4. Sequence through all Finish times
5. Display Home and Guest Scores

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<b>TERMS:</b>	Purchase order or 50% down, net 30 days. Visa, MasterCard or American Express are acceptable. Quote does not include power, permits, engineering fees, delivery charges or installation, unless otherwise noted. Change order fee of 5% will apply after purchase.
<b>WARRANTY:</b>	2 Year limited
<b>DELIVERY:</b>	4 to 6 weeks after receipt of order.
<b>NOTE:</b>	No sales or use taxes are included.

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Best Regards,



Rick Connell  
National Sales Manager

RC/bjb

*Pacific Swimming  
Zone 1 South  
May 13, 2009  
7:30 P.M.*

*MOB Room 3  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119*

**Just a reminder that our meeting room for 2009 has changed from MOB 460-1 to MOB-3. Medical Office Building-Room 3 is the Large building to the left of the main hospital. This room is on the first floor to the left of the elevators. Jim.**

#### **AGENDA**

Δ Call to order (attendance completed)

Δ Minutes (review and approve minutes from March 11, 2009).

Δ Chairman's Report – LSC, A. King, T. Nollette, E. Malick, C. Isleta, Morgan Hill Committee

Δ Treasurer's Report – Policy re Fee Waivers?

Δ Standing Committee Reports – time allocated approximately 5 minutes each.

Sanctions – Doug Drogemuller

Equipment – Bill Cunningham / Frank Suchomel

Officials – Jim Nachtigal / Brian Malick

Age Group – Darwin Takaki

Scheduling – Changes?

Coaches – Shannon Mackan (McCombs has a bad idea?)

Safety – Mike McCombs

Club Development – Sue McAllister

Website – Cliff Reyda

Δ Ad Hoc Committees

Zone 1 South Championships – Commentary

Zone All Stars – Status, Changes, MHAC

Δ Unfinished / On-Going business

Formal request for swimmer reps at LSC and Zone.

Δ New Business

Δ Announcements

Swim Guides received. Checks should be made out to Zone 1 South, \$ 1.00 per book. For example 75 Books = \$ 75.00.

Send checks to Cliff Reyda, 7036 Burnside Drive, San Jose, CA 95120. Send checks to Cliff if you have not paid but have the books.

Δ Adjournment

**Pacific Swimming**

**MOB Room 3**

**Zone 1 South**

Santa Teresa Hospital

**May 13, 2009**

1000 Cottle Road

**7:30 P.M.**

San Jose, CA 95119

<http://sites.google.com/site/zoneonesouth.home>

### **Draft Minutes**

7:30 call to order

#### **Board members present at meeting:**

Mike McCombs, Chairman

Sue McAllister, Vice-Chairman

Cliff Reyda, Treasurer

Linda Nollette, Secretary

March minutes reviewed, approved and seconded.

Chairman's report: Mike McCombs attended Pacific meeting. Nominations were made, and elections may be contested later this month. Everyone is urged to attend the House of Delegates meeting. Volunteers are dropping out, and power is being consolidated. All-Star teams are in jeopardy. Jenny & Brian Malick have been nominated as volunteers of the year. USA Swimming has notified us that A. King is not allowed on any pool deck, and Mike McCombs should be notified if he is. Tyler Nollette and Eddie Malick are the newest swimmer reps to Pacific. Chloe Isleta did not set the records she was attempting to achieve at the dual meet set up for this purpose. An e-mail vote was held regarding charging for equipment usage - total \$100 for set-up and teardown. (standard is \$100 for setup, \$100 teardown; \$125.00 for usage) Additionally, an unsanctioned meet sheet was circulated, and a \$50.00 fine may ensue. Moved/seconded/approved to fine Dave of RAC. A Morgan Hill Aquatics committee has been formed to look at pool usage/community involvement. Mike McCombs is on this committee. High schools are not getting experienced swimmers, and funding is difficult. Different programs are being looked at and a report will issue shortly. Discussion ensued.

**Treasurer:** report attached with details. Report sent to Mike, and reconciled. We're operating at a bigger loss than anticipated, (\$4400 vs \$800) mostly due to All-Star reimbursements from Pacific. If people feel strongly about this, they should attend the HOD meeting. New scoreboard and switches and Colorado purchased. No record in minutes regarding swimmer contributions/reimbursements - discussion ensued regarding history. 60 day motion to suspend all Z1S reimbursements of co-pay for all-star meets/seconded. 60 day motion to suspend all Z1S stipends for coaches and managers for all-star meets/seconded.

Policy re: fee waivers discussed. Point made that 7/2005 minutes recorded discussion of this topic. Motion made/second/passed with one abstention that no decision can be made about fee waivers without presenting to Z1S meeting.

**Standing Committee reports:**

**Sanctions:** N/A

**Equipment:** purchased

**Officials:** Jim Nachtigal - officials doing great. Request made of funds for: CCS hospitality; 2010 HS books; for officials gifts/incentives up to \$1000 moved/second/approved.

**Age group:** Darwin Takaki - 2009 WZ copay \$970; NACC copay \$500+. Pac Coast 2010 allstars in social; approx \$250.00 copay. No manager for NACC yet. Applications being accepted.

**Scheduling:** VS has picked up June 20-21 meet.

**Coaches:** parents allowed on coaches committee?

**Safety:** N/A

**Club development:** Sue McAllister's pictures of the building of Independence HS.

**Zone 1 S Champs:** Survey will out to coaches. Committee will be Veronica, Cathy, Andre and Johanna. Meeting next week. Meet too large. How to limit? Minimum standards? Increase fees? Prior experience? Split meet? Decisions to be presented July 8 meeting. Coaches will be encouraged to attend. The meeting in order to vote.

**Zone All Star Meet:** Veronica, Johanna & Shannon will form a committee to determine what can be done better. We need to move earlier on this. Additional potential volunteer names should be forwarded to Mike McCombs.

**Unfinished/ongoing business:**

**New business:** ESUHD pools and all athletics are currently cancelled. Details to keep sports going are still being worked on - pending elections. May 21 is board meeting, looks good.

**Need a scheduling committee:** Brian Malick, Jim Nachtigal, Mike Piccardo, Andre Salles-Cunha, Shannon Mackin

**Nominating committee:** Darwin, Johanna, Marissa need to nominate entire board

**Announcements:**

Meeting adjourned at 10:03

## Attendance

Darwin Takaki	Age Group
Jim Nachtigal	ALMA
Cliff Reyda	UN
Mike McCombs	ALMA
Andre Salles-Cunha	ALMA
Linda Nollette	ALMA
Sue McAllister	WEST
Johanna Brown	MBSC
Frank Suchomel	UN
Brian Malick	GGST
Curtis Kikuta	VS
Gordy Smith	SJA
Mike Piccardo	
Mark Scott	MAKO
Veronica Hernandez	WEST
Mark Scannell	ALMA
Shannon Mackin	Osprey

# Z1S MEETING AGENDA -- 07/08/2009

△ Call to order (attendance completed)

△ Minutes (review and approve minutes from May 13, 2009).

△ Chairman's Report

△ Treasurer's Report

△ Standing Committee Reports – time allocated approximately 5 minutes each.

Sanctions – New Person to be Announced?

Equipment – Bill Cunningham / Frank Suchomel

Officials – Jim Nachtigal / Brian Malick

Age Group – Darwin Takaki

Scheduling – See Below

Coaches – Shannon Mackan

Safety – Mike McCombs -- Injury @ West, Good Response

Club Development – Sue McAllister

△ Ad Hoc Committees

Zone 1 South Championships

Zone All Stars -- Negotiating Pool for March 6/7, 2009.

*\$1000*

△ Unfinished / On-Going business

Formal request for swimmer reps at LSC and Zone. Have swimmer reps at LSC Level (3). Now need them at Zone Level.

East Side Union High School District Pools, Lynbrook -- Status

Morgan Hill City and High School Pools Proposed to be Under Shared Use / Management.

△ New Business

Officer Elections (Secret Ballot if Contested)

Bid on 2010 Zone 1 S Meets

These two items could take 45 Minutes or longer combined.

△ Announcements

△ Adjournment

## Pacific Swimming

### Zone 1 South

July 8, 2009

7:30 P.M.

<http://sites.google.com/site/zoneonesouth.home>

MOB Room 3

Santa Teresa Hospital

1000 Cottle Road

San Jose, CA 95119

### Final Minutes

7:35 PM call to order

#### Board members present at meeting:

Mike McCombs, Chairman

Sue McAllister, Vice-Chairman

Cliff Reyda, Treasurer

Linda Nollette, Secretary

May minutes reviewed, approved and seconded.

Chairman's report: None

**Treasurer:** report attached with details. Report sent to Mike, and reconciled. Cliff projects a loss of \$8600. Cliff added \$4000 to allow for co-pay changes for the all-star meet. We purchased the Colorado 5000.

#### Standing Committee reports:

**Sanctions:** 2 people have stepped forward, both would rather not serve. Bill Cunningham will be accepting the position temporarily.

**Equipment:** 5000 in, pending repairs.

**Officials:** Jim Nachtigal - officials doing great. Clinic at WEST went well.

**Age group:** Applications for NACC and WZ on web. Due at Sectionals.

**Scheduling:**

**Coaches:**

**Safety:** Injury at WEST was handled well.

**Club development:** Sue McAllister reports we have our Pacific Swimming grant for underprivileged kids to learn out to swim. EUHSD has voted to continue athletics, but need to raise funds. Some questions as to which schools will have open pools for WP; all should be open for swimming. Funding discussions ensued.

**Zone 1 S Champs:** Veronica has survey for clubs regarding potential solutions. Forum online to address the survey. Survey will be posted online.

**Zone All Star Meet:** March 6-7 2010 - we have MHAC. \$1000/500 full/half day. Still in negotiations.

**Unfinished/ongoing business:** 60 day motion to suspend all Z1S reimbursements of swimmer co-pay for all-star meets/seconded. 60 day motion to suspend all Z1S stipends for coaches and managers for all-star meets/seconded. Approximately \$2600 coaches, \$950 managers; swimmers \$12000.00. Total \$15,600.00. With these numbers, we are



\$8600.00 over budget . First motion - discussion ensued. Motion made, seconded, failed 7/10/3. Second motion made, seconded, failed 3/15/2.

Still looking for 2 athlete representatives at the zone level.

**New business:** Mike Piccardo moved to change Z1S all-star swimmer reimbursement of co-pays by an amount not to exceed 50% of the current formula for swimmers. Percent to be determined by treasurer and approved by board. This adjustment process shall be done yearly. Seconded. Discussion ensued. Vote passed. Mike Piccardo moved to change Z1S all-star coaches' and managers' stipends by an amount not to exceed 75% of the current formula for managers/coaches. Percent to be determined by treasurer and approved by board. This adjustment process shall be done yearly. Seconded. Discussion ensued. Vote passed.

**Officer Election:** Sue is the only officer not eligible for reelection. Veronica Hernanadez and Mariann Feldman both nominated for vice-chair position. Motion made, seconded, passed for all 3 unopposed positions. Secret ballot election held for vice-chair. Veronica Hernandez is the winner.

Motion made to postpone bidding until August. Not seconded. Dead. Motion made to have all meets available from beginning of bid meeting. Seconded. Passed. Motion made to accept meet schedule. Approved. Bidding for 2010 meets held. VS wants a one-day invitational on 3/21/2010. Moved/ seconded/discussed/passed. Discussion ensued regarding scheduling of Almaden Relay meet. Moved/seconded/passed. Suggestion made that we formalize the bidding process and Mike and Jim will submit it as a motion at the September meeting.

#### **Announcements:**

Meeting adjourned at 9:30

#### Attendance

Darwin Takaki	Age Group
Jim Nachtigal	ALMA
Cliff Reyda	UN
Mike McCombs	ALMA
Andre Salles-Cunha	ALMA
Linda Nollette	ALMA
Sue McAllister	WEST
Johanna Brown	MBSC
Frank Suchomel	UN
Brian Malick	GGST
Curtis Kikuta	VS
Gordy Smith	SJA
Mike Piccardo	
Mark Scott	MAKO
Veronica Hernandez	WEST
Mark Scannell	ALMA
Shannon Mackin	Osprey

# All Star Coach/Manager Stipends & Swimmer Co-pay Reimbursements

rev 7/6/2009

Oct 2008 - May 2009

Meet	# Coaches	Coach Stipend	# Mgr's	Manager Stipend	# Swimmers	"Last Year"		"Next Year"		Oct-May Totals	Projected Oct-May Totals
						Swimmer Co-pay	50%	Projected 50%	Co-pay		
Pacific Coast All Star	1	\$150	0	\$0	4	\$480	50%	\$500	50%	\$630	\$650
Zone All Star Developmental	9	\$900	N/A (3)	\$0	N/A (65)	\$0		\$0		\$900	\$900
Western Zone All Star Championships	3	\$1,050	2	\$700	20	\$5,053		\$9,950		\$6,803	\$11,700
North American Challenge Cup All Star	2	\$500	1	\$250	11	\$2,494		\$1,485		\$3,244	\$2,235
<b>Totals</b>	<b>15</b>	<b>\$2,600</b>	<b>3</b>	<b>\$950</b>	<b>35</b>	<b>\$8,027</b>		<b>\$11,935</b>		<b>\$11,577</b>	<b>\$15,485</b>

(Looking at \$4K increase)

## Notes:

1. No Stipend for managers at Zone All Star Developmental Meet
2. Zone All Star Developmental Meet not included in Jul 2008 motion. Covered by Mar 2007 Motion.
3. 2009 WZ co-pay \$995, NACC \$270
4. "Last Year" = Oct 2008 - May 2009

	2010 Date	Pacific & Zone 1 South Meets	Location	Zone
	Jan 9-10	Pacific Swimming Officials Clinic	PLS-Hotel	2
	Jan 9-11	Pacific Swimming Coaches Clinic		2
	Jan 9-10	Pacific Coast All-Stat Meet		
	Jan 16-17	Zone 1 South Championships	SCSC	1S
	Jan 23-24			
	Jan 30-31	Junior+, (SC) WEST or SCSC or CROW		
*	Feb 6-7	C/B/A+ Short course		1S
	Feb 12-14	Junior T&F, (SC)---Cabrillo	CAB	1S
	Feb 20-21			
*	Feb 27-28	C/B/A+ Short course		1S
	March 6-7	PC Zone All-Star Meet		
*	March 13-14	C/B/A+ Short course		1S
	March 19-21	<i>vs Invitational on 21 Sun. SC</i>		
	March 27-28	Spring Junior Olympics, (SC) PLS or SRVL		2
	April 3-4	C/B/A+ Short course		1S
	April 8-11	Far Westerns, (SC) Almaden @ Morgan Hill	ALMA	1S
*	April 17-18	C/B/A+ Long course		1S
	April 24th	10 & Under Championships	SUNN	1N
*	May 1-2	C/B/A+ Long course		1S
	May 8-9			
	May 12-15	League Champs		High School
	May 21-22	NCS-North Coast Section		High School
	May 21-22	CCS-Central Coast Section	SCSC	High School
	May 23rd	Walk On Meet	SCSC	High School
	May 22-23			
	May 29-30	AGO (LC) PLS, TIGR, MBSC, WEST		
	May 29-30	AGO (LC) Three open for four requests		
	May 29-30	AGO (LC) Three open for four requests		
	June 5-6	Junior+, (LC) PLS or SJA		
*	June 12-13	C/B/A+ Long course		1S
	June 16th	Z1S---Officials Scheduling Meeting	TBA	1S
	June 17-20	Santa Clara International	SCSC	1S
*	June 26-27	C/B/A+ Long course		1S
	July 3-4	AGO (LC)	NO BID	
	July 3-4	AGO (LC)	NO BID	
	July 10-11	USA Grand Prix--Los Angeles		
	July 11th	Almaden Relays	ALMA	1S
	July 10-11			
	July 15-18	Adam Szmidt Junior Olympics, (LC)	TERA	2
	July 16-18	Senior T&F		
	July 17th	Cabana Championships		CABANA
	July 24-25	Summer Sectionals		
	July 24-25	SVSL		
	July 24-25	SBSL		
	July 28-Aug 1	Far Western, (LC)	TERA	2
	Aug 3-7	USA Conoco Phillips National Championship	xxxxxxx	
	Aug 4-8	North American Challenge Cup	xxxxxxx	
	Aug 7-8	CVAL		
	Aug 9-13	USA Speedo Junior Championship	xxxxxxx	
	Aug 10-14	Western Zones	xxxxxxx	

WEST

GGST

SJA  
VS

SLUG

CAB

MAKO

← SJA, GGST Backup

VS



	Aug 18-23	Pan Pacific Championships	xxxxxxx	
	Aug 21-22	Vacation		
	Aug 28-29	Vacation		
	Sept 4-5	AGO (SC)----Monterey Bay Swim Club	MBSC	1S
	Sept 4-5	AGO (SC)		
	Sept 11-12			
	Sept 15th	Z1S---- Officials Scheduling Meeting	ST Hospital	1S
	Sept 18-19			
*	Sept 25-26	C/B/A+ Short course		1S
	Oct 2-3	Junior+ (SC) CROW or BEAR or SJA		
*	Oct 9-10	C/B/A+ Short course		1S
	Oct 16-17	Senior+ (SC)	BEAR	3
*	Oct 23-24	C/B/A+ Short course		1S
	Oct 30-31			
*	Nov 6-7	C/B/A+ Short course		1S
	Nov 13-14	Senior T&F A&B Session	TERA	2
*	Nov 20-21	C/B/A+ Short course		1S
	Nov 27-28			
	Dec 2-4	Conoco Phillips SC Nationals	xxxxxxx	
	Dec 3-5	PC JO's (SC) Championship (14-under)	PLS	2
	Dec 4-5			
	Dec 9-12	USA Speedo Junior Championships	xxxxxxx	
	Dec 10-12	Senior T&F	NO BID	
*	Dec 11-12	C/B/A+ Short course		1S
	Dec 18-19			
	Dec 25-26	Vacations		ALL
	<b>2011 Date</b>			
	Jan 8-9	Officials Clinic	PLS-Hotel	2
	Jan 29-30	Junior+, (SC) CROW or SCSC		
	* Bid Dates			
	updated 6-26-09			
	High School			
	Z1S-Open Bid			
	LSC			

SCCA  
WEST  
MBAY  
ALMA  
← SBA

WAVE

## Strategic Planning Questionnaire for Zone 1 South Championships 2009

### Current Concerns with the Operation of Zone 1 South Championships:

Number of Participants which effects:

- Safety
- Length of Meet
- First meet experience for some swimmers
- Accessibility of teams from the entire zone

### Options for dealing with Concerns

There are several things that we in Zone 1 South would like to see improved at our Zone Championship Meet. One, we believe that all athletes should have as positive an experience as possible. Our current meet is becoming a safety issue due to the large number of participants. Before each event the number of kids and parents surrounding the posting boards, can easily cause someone to be injured. If there were ever a fire or other natural disaster at this meet, the ability to evacuate everyone safely could also be in question. This is not to place any blame on Santa Clara, they have graciously held this meet for the zone for decades, and have done everything they possible can to make the meet safe.

The next issue is the length of the meet. Because of the number of participants, the meet often lasts upwards of 8 hours. Typically we like to follow the 4 hour rule for children under the ages of 10, but this is not possible at a meet of this size. Add on the factor that the weather is typically very poor at this meet, and it becomes difficult for anyone to give their best performance in as many as 5 events in one day. Not to mention the sanity of parents, officials, and coaches after being at the pool for as long as 12 hours. One big question we have is: does deck seeding really save us that much time? Is it worth trying to have the meet pre-seeded to see if it is not faster, and to eliminate delays and danger from posting event?

Traditionally this meet has been one at which teams bring every member no matter how experience they are. The current meet is a poor experience for a new swimmer, and is not a good example of the typical USS, Z1S meet. Again, at no fault of the host team, this meet is very stressful and often scary for young new swimmers.

Lastly, a championship meet is not a true championship unless the meet is accessible to all teams within the zone. No one has ever placed a limit on which teams can and can not attend the meet, but our zone is quite large, and driving over an hour to a pool where one will not be able to park, and need to sit out in the freezing cold for the entire day, is not the best way to invite all teams to participate. To declare a real champion, we should encourage as many teams to participate as possible.

Please read over the possible options that we have devised as ways of relieving the issues with our current winter championship meet, and selected which actions you would like to see enacted for Zone 1 South.

Addressing Logistical Efforts: (please mark one)

- 1. Keep the meet the way it is, with check-in, deck seeding, and posting.
- 2. Pre-seed all of the entries, and run through the meet with one call per athlete.

Addressing Number of Participants: (please mark one)

- 1. Keep the meet the way it is.
- 2. Require that all athletes must have participated in at least one sanctioned swim meet prior to entering Zones.
- 3. Require a minimum "B" time standard to enter events, plus one bonus event, of any time standard, each day.

Addressing Accessibility of All Teams in the Zone:

- \_\_\_\_\_ 1. Keep the meet the way it is at Santa Clara.
- \_\_\_\_\_ 2. Keep the same format for the meet, but move it to a different site. Please suggest one or two sites: \_\_\_\_\_
- \_\_\_\_\_ 3. Split the meet into 3 Divisional meets. Divisions based on size of teams and/or standing from last year's meet. Divisional meets would have results compiled at the end of the weekend with the results of other meets.  
If you want to have Divisional meets, we should:
  - \_\_\_\_\_ A. Have each meet swim all events as Timed Finals.
  - \_\_\_\_\_ B. Have each meet be a Trial/Final meet.
- \_\_\_\_\_ 4. Split the meet into three Regional meet locations and divide teams by locations. Each site will run Trials, and Finals will be held at one central location. All relay events will be Timed Finals and will be swum during the finals session.  
If we run a Trial and Final meet:
  - \_\_\_\_\_ A. Have the top 8 individuals swim finals.
  - \_\_\_\_\_ B. Have the top 16 individuals swim finals.

Addressing which Sites to Use for Meets if we Divide the Championship:

If we were to separate the meet into 3 locations, whether it be for Divisional or Regional meets, which site would you like to see used? Please number to following locations with 1 being your first choice of location and 6 being you the site that you would like to use least.

- \_\_\_\_\_ 1. Santa Clara
- \_\_\_\_\_ 2. Morgan Hill
- \_\_\_\_\_ 3. West Coast
- \_\_\_\_\_ 4. San Jose Aquatics
- \_\_\_\_\_ 5. Aptos
- \_\_\_\_\_ 6. Monterey

If we run a Trial/ Final meet at which site would you like to have Finals run? Mark your top 3 locations in priority order, 1 being your favorite and 3 being your least likely choice of attending.

- \_\_\_\_\_ 1. Santa Clara
- \_\_\_\_\_ 2. Morgan Hill
- \_\_\_\_\_ 3. West Coast
- \_\_\_\_\_ 4. San Jose Aquatics
- \_\_\_\_\_ 5. Aptos
- \_\_\_\_\_ 6. Monterey

Thank you for participating in this survey, and we hope that we will be able to make this next year's zone meet the best ever. Please, feel free to write out any comments or suggestion that you may have, or voice any concerns. The goal is to take every team into consideration.

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Sincerely,  
Zone 1 South Board

Pacific Swimming  
Zone 1 South  
September 23, 2009  
7:15 P.M.

MOB Room 3  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119

#### AGENDA

Δ Call to order (attendance completed)

Δ Minutes (review and approve minutes from July 8, 2009).

Δ Chairman's Report

Δ Treasurer's Report

Δ Standing Committee Reports – time allocated approximately 5 minutes each.  
I have remarks concerning additional duties or proposed split duties impacting most committee chairs. I have discussed this with the LSC and the it has been suggested that we arrange our chairs to align with the LSC Chairs. This was not a command, but there are aspects to this that are attractive. Presently I represent the Zone on most LSC committees. It is too much. And on some I may lack the necessary special knowledge of the committee. A couple of you have suggested that the committee chairs represent Z1S and vote for us on the LSC committees. I like the idea. For example, Jim Nachtigal already does this. Think about it. The meetings are often by teleconference, so extra travel seems minimal.

Sanctions – Bill Cunningham  
Equipment – Bill Cunningham / Frank Suchomel  
Officials – Jim Nachtigal  
Age Group – Darwin Takaki  
Scheduling – See Below  
Coaches – Shannon Mackin  
Safety – Mike McCombs  
Club Development / Diversity -- See Below  
Special Report -- Sue McAllister

Δ Ad Hoc Committees

Zone 1 South Championships -- Meet Director Volunteer?, Venue / Format Changes?  
Zone All Stars – Les Greenwood is Team Manager, Johanna Brown is Head Coach, Mark Scannell is Meet Director, Mike McCombs is Head Marshall (Meet is March 6/7, 2009, at MHAC)

Δ Unfinished / On-Going business

Formal request for swimmer reps at LSC and Zone. Have swimmer reps at LSC Level (3). Now need them at Zone Level.

East Side Union High School District Pools, Lynbrook -- Status ?????

Zone Meet Bid Process

Δ New Business

Swim Guide loose ends -- entry corrections, meet details, team orders

Δ Announcements

Δ Adjournment



**Pacific Swimming  
Zone 1 South  
September 23, 2009  
7:30 P.M.**

<http://sites.google.com/site/zone1south/home>

## Final Minutes

7:20 call to order

### **Board members present at meeting:**

Mike McCombs, Chairman  
Veronica Hernandez, Vice-Chairman  
Cliff Reyda, Treasurer  
Linda Nollette, Secretary

Received an e-mail from Mark Scannell regarding clubs and teams on website. All teams, clubs and officials should check their information for accuracy and e-mail Mike ASAP.

All teams should request the number of swim guides they need, in advance. ZIS will need authorization from each club so we don't get stuck holding the bag. Darwin suggests that we individually contact each team. Veronica will help him, as will Les Greenwood.

Introductions were made. Interest is building for athlete reps

July minutes rev/approved and seconded. We will have hard copies of the minutes at the next meeting.

Chairman's report: Darwin reported for LSC meeting. Final registration numbers up 11% over last year. Minutes are on-line on the Pacswim website. BAMP has changed their name to Conkohr Barracudas. Amendment passed for time standards. Time standard changes discussed.

**Treasurer:** report attached with details. Not much activity this time of year. Anticipated operating loss of \$1450.00 for the year. 3.5% net loss of last years' net worth.

Special Guest Millie Nygren Administrative Vice Chair. Millie wanted to see our meeting, announce the House of Delegates Meeting 11/22/09 - 7:00 in the evening. Awards banquet will be Jan 2 at Hilton - new date. Clinic is planned for with 5 people from USA Swimming on Jan 9, 2010. Brian Malick is new LSC Officials Chair. The possibility of Summer JO's going to 2 venues is under discussion. All information is available online. Discussions regarding splitting 15-over from FW.

**Standing Committee reports:** Do current committee chairs wish to stay and align with the committees at the LSC level and represent at LSC Committee meetings?

**Sanctions:** n/a

**Equipment:**

**Officials:** Jim Nachtigal tough time getting officials at FW - will levels of officials required change at these meets? Clinic at VC - 86 attendees. Clinics coming every 2 months at C/B/A meets. Coaches need to inform Jim regarding meet changes. Coaches' creds will be 100% checked.

**Age group:**

**Scheduling:** Mark Scannell will fill position

**Coaches:** Shannon will represent us at LSC

**Safety:** Coach injury at a practice. USA advised coach that they should avoid maintenance and equipment. Advises that team stop maintaining and working with equipment. All coaches on deck must be carded to have coverage effective.

**Club development:** Cathy Manthey will fill position.

**Zone 1 S Champs:** Athletes should be represented on committee. Zones will be at Santa Clara. Frank Suchomel is head ref. Marianne Feldman will be meet director. Marianne will also be an at-large rep. There will be an all-team meeting October 14.

**Zone All Star Meet:** Les Greenwood is team manager; Johanne Brown is head coach, Mark Scannell is meet director, Mike McCombs is meet marshall - we have MHAC.

**Unfinished/ongoing business:** 2009-10 season that started with NACC and WZ will leave coaches stipend and swimmer reimbursements the same as they have been.

This will leave us \$1400 below 2008.

**Diversity:** Danica Burge will fill position.

**New Business:**

Darwin went to a crisis communication workshop at USA convention. Scenario involved a LSC and a coach charged with improper behavior with a swimmer. The LSC and it's rep (Mike McCombs) were given high marks for how they handled the situation .

Darwin highly recommends as many people as possible attending national convention. Pacific needs more of a presence.

Request to move Valley Splash March 21 to Marsh 20. Approved.

SLUG would like to move their 4/3-4 meet from Easter to either April 10/11 (FW) or 5/15-16 (CCS). Decision will be left up to team. Motion made, second, passed.

We need to get meet schedule to publisher - so Mike needs that information, also.

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**Announcements:**

Meeting adjourned at 9:00

## Attendance

Darwin Takaki	
Jim Nachtigal	ALMA
Cliff Reyda	UN
Mike McCombs	ALMA
Andre Salles-Cunha	ALMA
Linda Nollette	ALMA
Johanna Brown	MBSC
Frank Suchomel	
Diane Suchomel	
Brian Malick	GGST

Curtis Kikuta	VS
Mike Piccardo	
Mark Scott	MAKO
Veronica Hernandez	WEST
Mark Scannell	ALMA
Shannon Mackin	Osprey
Marianne Feldman	
Keltan Lawler	
Rea Brakey	
Karen Ferkel	WAVE
Carlene Takaki	BAY
Andrew Parker	SLUG
Nick Jufiar	SBPB
Meredith Rhodes	SCCA
Danica Burge	WEST

Date: Mon, 9 Nov 2009 18:24:11 -0800

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*Pacific Swimming  
Zone 1 South  
November 11, 2009  
7:30 P.M.*

*MOB Room 3?  
Santa Teresa Hospital  
1000 Cottle Road  
San Jose, CA 95119*

**Medical Office Building-Room 3 is the Large building to the left of the main hospital.  
This room is on the first floor to the left of the elevators. Jim.**

## AGENDA

△ Call to order (attendance completed)

△ Minutes (review and approve minutes from September 23, 2009).

△ Chairman's Report -- Please be aware of minutes posted at Pacific Swimming Website (if any).  
Be aware of pending House of Delegates Meeting, Saturday, November 21, 2009, 7 - 9 PM.

**House of Delegates meeting set for Nov. 21** -- **NEW!** Don't forget -- Saturday, November 21, is the date for Pacific's fall House of Delegates meeting. The meeting will take place at the Hilton Pleasanton at the Club, 7050 Johnson Drive, Pleasanton, and will run from 7:00-9:00 p.m. All clubs are strongly encouraged to send representatives. One of the items of business will be to approve Pacific's 2010 budget. A copy of the proposed budget is available by contacting Pacific's treasurer at [treasurer@pacswim.org](mailto:treasurer@pacswim.org). In response, it will be forwarded to the club's representative to the House of Delegates.

Every club has a vote at the House of Delegates. So that s/he can vote, it's important that the person who attends the meeting on behalf of your club is the person listed with Membership Chair Laurie Benton as your club's delegate or alternate delegate to the House of Delegates. If you have a question as to who your team's delegates are, contact Laurie at (925) 686-1286 or [laurie4pc@aol.com](mailto:laurie4pc@aol.com).

Many clubs have not named delegates or alternate delegates. If your club has not done so, please fill out and send in the Club Delegates Form. A person not listed as a delegate from your club may represent your club at the House of Delegates meeting if he or she brings a letter of authorization signed by your club president.

△ Treasurer's Report

Swim Guides Ordered and we need the money! We ate nearly \$ 350 last year, and do not wish to repeat. Send an email to Cliff if you need verification of what you owe. Bring check to the meeting. Thanks.

△ Standing Committee Reports – time allocated approximately 5 minutes each.

Sanctions – Bill Cunningham  
Equipment – Bill Cunningham / Frank Suchomel (see New Business)  
Officials – Jim Nachtigal  
Age Group – Darwin Takaki  
Scheduling – Mark Scannell (see New Business)  
Coaches – Shannon Mackin  
Safety – Mike McCombs  
Club Development / Diversity -- Danica Burge

Δ Ad Hoc Committees

Zone 1 South Championships -- Marianne Feldman (Meet Director), Frank Suchomel (Head Ref), Diane Suchomel

Zone All Stars – Les Greenwood is Team Manager, Johanna Brown is Head Coach, Mark Scannell is Meet Director, Mike McCombs is Head Marshall (Meet is March 6/7, 2009, at MHAC). Mike Piccardo and Darwin Takaki.

Δ Unfinished / On-Going Business

Repeat formal request for swimmer reps and at-large seats in Zone.

Zone Champs Configuration & Changes, if any -- on hold.

Zone Meet Bid Process -- Mike McCombs & Jim Nachtigal -- on hold.

Δ New Business

Motion re request concerning equipment from Bill Cunningham: Attached you will find a invoice for some equipment from Colorado Timing Systems. I would like to order the wireless connections for the scoreboards as this will eliminate the need for the wires to the trailers. The LED scoreboard is the only scoreboard it works with which is why I am asking for a new one. I could contact Larry Rice and see if he would be interested in buying our old one ( at a reduced price of course ). The four mikes are to replace the ones that we have had for years and we are having problems finding parts for them. Motion to be formalized.

Motion re Zone position concerning separation of 15 and overs and 14 and unders at some or all LSC meets. Motion to be formalized.

Δ Announcements

GGST Swim Meet scheduled for December 12 & 13: They need some assistance finding CTJs. I promised them I would help find someone. I discussed this with Jim Nachtigal and suggested this might be a good training opportunity as well. Let us help out. GGST has been kind enough to allow us use of their EZ Ups for the All Star Meet. Thanks.

Δ Adjournment

Pacific Swimming  
Zone 1 South  
November 11, 2009  
7:30 P.M.  
<http://sites.google.com/site/zone1south/home>

**Board Officers:**  
Mike McCombs, Chair  
Veronica Hernandez, Vice Chair  
Cliff Reyda, Treasurer  
Linda Nollette, Secretary

## Final Minutes

See website for copies of handouts. Contact Treasurer for financial reports.

Meeting called to order at 7:35PM.

-Minutes for last meeting approved with edits from Darwin Takaki and Cliff Reyda.

-Forms to attend the House of Delegates meeting were passed out.

-Chairman's Report- Mike McCombs: Recent Andy King news is NOT to be discussed on pool decks anywhere!

-Treasurers Report given by Cliff.

Reimbursements for NACC are being held up by Ricky Silva, because he has not gotten address and names to Cliff. Frank Suchomel will get Cliff swimmer names if required.

-Standing Committees: New Sanctioning rule that must be included in all meet sheets.

-Zone needs more Chief Timing Judges. Every team should have one.

-Motion made by Darwin Takaki, and seconded by Frank Suchomel:

Starting January 1<sup>st</sup>, if a host team does not provide their own Chief Timing Judge, that team will pay for a volunteer Chief Timing Judge at a cost of \$100 a day. Note that the Chief Timing Judge shall not be the same person as the Colorado Operator.  
Motion passed unanimously.

-Age Group- Darwin Takaki: Pacific All Star coaches, managers and head coach have been selected.

-Scheduling- Mark Scannell: The new 2010 meet schedule is complete and all meets are posted on the Pac Swim website.

-Darwin made a suggestion to everyone to have their team parents all run through Megan's List to have back ground checks done. Suggestion of caution.

-LSC is still asking for all teams to have a Facility Safety Director. This is something that all teams need to take care of.

-Zone Championships: Tentative Job Assignments were passed out to all team reps present.

-Wave will take care of all the Marshals.

-Meet sheet is in for sanctioning. Should be out for everyone soon.

-Motion for Bill Cunningham, put forth by Darwin Takaki, to have the zone purchase new equipment, at a price of \$2,745.00. Includes 4 wireless adapters, 4 microphones, and 1 LED score board panel. Price includes shipping. Seconded by Cathy Manthey. Passed unanimously.

-Discussion about Zone 1 South's position on the separation of 15 and Ups from Far Westerns, making that meet a 14 and Under meet only. Over all unofficial stance: we do NOT want the two age groups to be separated for LSC level meets, to have the older age group attend another meet of a nonequivalent time standard.

-Darwin Takaki made a motion to send thank you flowers to Mary Lou Hinderliter of Z1S. Passed.

-Meeting adjourned at 9:37PM.

Attendees:

Mike McCombs, Veronica Hernandez, Cliff Reyda, Frank and Diane Suchomel, Darwin Takaki, Shannon Mackin, Johanna Brown, Carlene Takaki, Mike Picarrdo, Tyson Ormonde, Mark Scannell, Marianne Feldman, Nicholas Jufiar, Cathy Manthey, Ben Bethune, Andre Salles-Cunha, Jenna Overby, Kaye Luck, Keltan Lawler, Rea Brakay, Mark Scott, Mollie Selfridge, Whitney Dean, Misuk Frear.





**2009 PACIFIC SWIMMING**  
**CLUB DELEGATES**

**House of Delegates Information**

(Pacific Swimming has two meetings each year, in June and December, of delegates from each club. Each Club may designate one person as their delegate and one person as an alternate.)

Club Name: \_\_\_\_\_

All Club delegates and alternates MUST be current members of USA Swimming to be eligible to vote.

Club Delegate: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Alternate Club Delegate: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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Return Form to:

**Pacific Swimming Membership**

**1374 Lupine Court**

**Concord, CA 94521**

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## Team Responsibility Job Description 2010

**Announcer:** Experienced announcers preferred; should have previous swim meet experience; Need to be on deck by 8:00 AM Saturday and Sunday. Supplies: clipboard, ruler, pencil, scratch paper.

**Must be very careful not to talk over starters.** One announcer is needed per day to cover the whole day.

**Awards:** Responsible for preparing awards at the meet. Need 3-4 people. Recommend one person in charge of coordinating and training volunteers. One person to give out awards to the teams as per the meet sheet. Provide the following: sorting boxes or suitable containers, one for each team. Awards are kept in containers for pickup at the end of each day.

**Check-In:** Responsible for checking-in swimmers at the meet. Approximately 10-12 volunteers needed plus Head Check-in chair at 7:00 am Saturday and Sunday; 3 volunteers during the day. **Must be ready by 7:00 am Saturday and Sunday.** Provide pencils, highlighter, ruler, and permanent markers. Head check in should not be a rotated position, but stay on duty and in place all day. Must obtain list (from meet director) of swimmers with potential USA Swimming registration problems to be resolved before allowing check-in. Needs to provide blank USA registration forms and transfer forms. When Check-In is shared between 2 teams, each team must provide their own Head Check-In. These people must be on duty at all times.

**Chief Timing Judge:** Experienced CTJs required to determine the official time for each swimmer according to USA Swimming rules.

**Colorado 5000 operator:** Operate a 10 lane, 3 push button Colorado Timing System. Must be ready by 8:30 am Saturday and Sunday.

**Clerk of the Course:** Responsible for closing events w/ Head Check-In and the Admin Ref. Needs experienced person. Must be ready by 7:00 am Saturday and Sunday. Responsible for filing the meet paperwork. Supplies required: **a file folder for each event (approximately 100)**, 2 empty boxes (for files), paper, pencils, pencil sharpener, paper clips, stapler and staples. One person required at all times from the start to the end of the meet.

**Desk/Scoring:** Assist Clerk of Course and Admin Ref in filing paperwork. Responsible for posting the scores for the meet. Come prepared with 6 large poster boards with all team names on it and a wide marker. Make enough spaces to update scoring 6 times. Writing must be large. One person required at all times from the start to the end of the meet.

**Entries:** Handle entries and send to computer operator. Obtain printout of online (Swim Connections) entries. When individual entries are returned, file them by sex and age group alphabetically by last name. Get to the Clerk of Course the night before the meet, together with check in sheets, and meet paperwork. Entry fees will be given to the Zone 1 South treasurer.

**First Aid:** Provide first aid as required at the meet. Must be ready by 7:15 am Saturday and Sunday. **Provide a first aid kit and ice.** One person to be on duty at all times including warm-ups. Give all Report of Occurrences to the Head Referee at the end of the meet.

**Head Runner:** Provides direction and instruction to the runners as needed. Report to Clerk of Course by 8:00 am Saturday and Sunday. One person required at all times. A table will be setup in the office for sorting and distributing paperwork. Supplies: 4 highlighters of different colors for indicating distribution of paperwork and 4 rolls of blue painters tape.

**Head Marshal:** Oversee and coordinate marshals. Assure that assigned marshals are on deck prior to the start of warm-ups and there is marshal coverage throughout the meet. Must be on deck prior to the start of warm ups. One person required.

**Head Timer:** Teams have been assigned a lane. Responsibilities include: distributing clipboards, pencils and stopwatches to each lane **at least 30 minutes before the start of the meet** each day; starting two watches at the beginning of each heat (in case one of the lane timers' watches does not start) and timing each heat winner; comparing the heat winner's time with the scoreboard time, and if there is more than .3 seconds difference will alert the Colorado operator to a possible problem; and collecting the clipboards and stop watches from each lane at the end of the day.

**Hospitality:** Provide a continuous supply of drinks, snacks, etc., for the officials. Hospitality is paid for by the zone. For reimbursement, **original** receipts must be given to the treasurer. Deliver hospitality items including lunch to the working stroke and turn officials, referees, starters, computer operators, and office personnel.

**Marshals:** Each team to provide volunteers based on the team size. Report to the Head Marshal at least 10 minutes prior to the start of your shift. Head Marshal will coordinate volunteers. Training for this facility will be offered and recommended. **\*\* It is critical to report for duty on time.**

***Warm-ups can not begin until Marshals are on deck. Once on duty, the marshal may not leave until a replacement has arrived.***

**Program Sales:** Responsible for selling programs at the meet. Need 2 people. Must be ready by 7:15 am Saturday and Sunday. Provide the following: money box, \$300 in small bills (\$1's and 5's), income report. Turn in funds to the treasurer. (Start-up cash of \$300 may be provided by Zone treasurer if contacted.)

**Relay Desk:** Responsible for receiving, coordinating, and keeping track of relay entries. Must verify that swimmer listed is entered in the meet. Verify that full payment is received for all relays entered by the deadline. Need to be on duty by 9:30 AM each day. Two people required.

**Runners:** Runners should report to the head runner. Need 3 per assigned team at all times. Must be ready by 8:00 am Saturday and Sunday.

**Lane Timers:** Timers must report no later than 8:45 AM each day for instructions. Minimum of 3 timers per lane with one timer operating stop watch and electronic button; one timer recording stop watch time and operating an electronic button; and one timer operating electronic button.

<b>Assignment</b>	<b>Team</b>	<b>Timing - Girls</b>	<b>Sat</b>	<b>Sun</b>
Announcer	CAB	G1	WAVE	WAVE
Awards	WEST	G2	SEA	SEA
Check In	MAKO	G3	SLST	MBSC
CTJ - Boys	TBD	G4	MTW	MTW
CTJ - Girls	Steve Lindt	G5	ALMA	ALMA
Clerk of Course	ALMA	G6	VS	VS
Colorado System - Boys	TBD	G7	CAB	CAB
Colorado System - Girls	Bill Cunningham	G8	GGST	GGST
Desk/Scoring	KOHR	G9	SJA	SJA
Entries	Peggy	G10	KOHR	KOHR
Facilities	SCSC			
First Aid	GGST			
Head Marshall	SCSC			
Marshalls	2 each team each day			
Head Runner	VS			
Head Timer - Boys	LA			
Head Timer - Girls	LA			
Hospitality	SCSC			
Meet Director	Marianne & Diane			
Programs	BAY			
Relay Desk	KOHR			
Runners - Boys	CSC			
Runners - Girls	OAQ			
Signs	ALMA			
Snack Bar	SCSC			
All Star Desk	ALMA			

<b>Timing - Boys</b>	<b>Sat</b>	<b>Sun</b>
B1	OAQ	OAQ
B2	WAVE	WAVE
B3	ALMA	ALMA
B4	SJA	SJA
B5	VS	VS
B6	WEST	WEST
B7	LA	MCAT
B8	CAB	CAB
B9	SCCA	SCCA
B10	SBA	SBA

2010 MEET SCHEDULE



Zone 1 South

Hosted by Zone 1 South Club  
 Hosted by Club outside of Zone 1 South  
[http://www.pacswim.org/page/meet\\_schedule.html](http://www.pacswim.org/page/meet_schedule.html)



PACIFIC SWIMMING

Start Date	End Date	Zone	Club	Meet Type	Course	Meet Director	Meet Director Phone	Meet Director Email	Pool Name	Pool Street Address	Pool City	Pool State	Pool Zip
Jan 16, 2010	Jan 17, 2010	ZIS	SCSC	Zone 1 South Championships	SCY	John Bitter	408-246-5050	jibitter@santacruzswimclub.org	George F. Haines International Swim Center	2825 Patricia Dr	Santa Clara	CA	95051
Jan 30, 2010	Jan 31, 2010	ZIS	SCSC	Junior+	SCY	John Bitter	408-246-5050	jibitter@santacruzswimclub.org	George F. Haines International Swim Center	2825 Patricia Dr	Santa Clara	CA	95051
Feb 6, 2010	Feb 7, 2010	ZIS	WEST	C/B/A+ (f-formal)	SCY	Veronica Hernandez	831-688-3613	vernonwest@gmail.com	Frank Fiscalini International Swim Center	627 North Jackson Ave	San Jose	CA	95133
Feb 13, 2010	Feb 14, 2010	ZIS	CAB	Junior T&F	SCY	Jim Triplett	831-688-3613	willtriple@aol.com	University of California at Santa Cruz	1156 High St	Santa Cruz	CA	95064
Feb 27, 2010	Feb 28, 2010	ZIS	GGST	C/B/A+ (f-formal)	SCY	Tom Clark	408-847-2424	ccoachtom@gmail.com	Gilroy High School	750 W 10th St	Gilroy	CA	95020
Mar 7, 2010	Mar 7, 2010	ZIS	ZIS	PC Zone All-Star Meet	SCY	Mark Scannell	408-596-0578	markscannell.net	Morgan Hill Aquatic Center	18200 Condit Rd	Morgan Hill	CA	95037
Mar 13, 2010	Mar 14, 2010	ZIS	SJA	C/B/A+ (f-formal)	SCY	Janet Gutierrez	408-206-0504	stevjans5@stcglobal.net	Gunderson High School	622 Gaundbert Ln	San Jose	CA	95136
Mar 20, 2010	Mar 20, 2010	ZIS	VS	Invitational	SCY	Marianna Feldman	408-781-0728	mfieldman@stcglobal.net	Valley Christian High School	100 Skyway Drive	San Jose	CA	95111
Mar 28, 2010	Mar 28, 2010	ZIS	SRVL	Spring Junior Olympic Championships	SCY	Richard Thornton	925-833-2407	rthornton@atc.com	San Ramon Olympic Pool	9900 Broadmoor Dr	San Ramon	CA	94583
Apr 8, 2010	Apr 11, 2010	ZIS	ALMA	Far Western Championship	SCY	Mark Scannell	408-596-0578	2010vmeedirector@gmail.com	Morgan Hill Aquatic Center	18200 Condit Rd	Morgan Hill	CA	95037
Apr 17, 2010	Apr 18, 2010	ZIS	CAB	C/B/A+ (f-formal)	LCM	Mark Scannell	831-688-3613	willtriple@aol.com	University of California at Santa Cruz	1156 High St	Santa Cruz	CA	95064
Apr 24, 2010	Apr 24, 2010	ZIS	SUNN	10 & Under Championships	SCY	Doug Franham	650-743-6134	SUNNmeets@yahoo.com	Sunnyvale Swim Complex	1283 Sunnyvale-Saratoga Rd	Sunnyvale	CA	94087
Apr 24, 2010	Apr 25, 2010	ZIS	SUNN	SR+	LCM	Millie Nygren	510-651-5972	m.nygren@comcast.net	Avery Aquatic Center	644-698 Nelson Rd	Stanford	CA	94305
May 1, 2010	May 2, 2010	ZIS	MAKO	C/B/A+ (f-formal)	LCM	Mike Graymont	408-891-2948	mln2@earthlink.net	Morgan Hill Aquatic Center	18200 Condit Rd	Morgan Hill	CA	95037
May 15, 2010	May 16, 2010	ZIS	SLUG	C/B/A+ (f-formal)	SCY	Kim Musch	831-459-3372	knusch@ucsc.edu	University of California at Santa Cruz	1156 High St	Santa Cruz	CA	95064
May 21, 2010	May 22, 2010	ZIS	-	CCS-Central Coast Section	SCY	John Bitter	408-246-5050	jibitter@santacruzswimclub.org	George F. Haines International Swim Center	2825 Patricia Dr	Santa Clara	CA	95051
May 23, 2010	May 23, 2010	ZIS	SCSC	High School Walk-On	SCY	John Bitter	408-246-5050	jibitter@santacruzswimclub.org	George F. Haines International Swim Center	2825 Patricia Dr	Santa Clara	CA	95051
May 29, 2010	May 30, 2010	ZIS	WEST	Age Group Open	LCM	Veronica Hernandez	408-540-8569	WESTmeedirector@gmail.com	Frank Fiscalini International Swim Center	627 North Jackson Ave	San Jose	CA	95133
May 28, 2010	May 31, 2010	ZIS	MBSC	Age Group Open	LCM	Mary Hazdovac	831-277-4107	maryhazdovac@comcast.net	Hartnell College Pool	156 Homestead Ave	Salinas	CA	93901
Jun 4, 2010	Jun 6, 2010	ZIS	PLS	Junior+	LCM	Alex Durov	925-443-8882	meedirector@leasantonsseahtwts.org	Dolores Bergison Aquatic Center	4455 Black Ave	Pleasanton	CA	94566
Jun 12, 2010	Jun 13, 2010	ZIS	SJA	C/B/A+ (f-formal)	LCM	Janet Gutierrez	408-206-0504	stevjans5@stcglobal.net	Gunderson High School	622 Gaundbert Ln	San Jose	CA	95136
Jun 17, 2010	Jun 20, 2010	ZIS	SCSC	Santa Clara International Grand Prix	LCM	John Bitter	408-246-5050	jibitter@santacruzswimclub.org	George F. Haines International Swim Center	2825 Patricia Dr	Santa Clara	CA	95051
Jun 26, 2010	Jun 27, 2010	ZIS	VS	C/B/A+ (f-formal)	LCM	Marianne Feldman	408-781-0728	mfieldman@stcglobal.net	Valley Christian High School	100 Skyway Drive	San Jose	CA	95111
Jul 11, 2010	Jul 11, 2010	ZIS	ALMA	Relay Invitational	SCY	Mark Scannell	408-596-0578	markscannell.net	Almaden Swim & Racquet Club	6804 Northridge Dr	San Jose	CA	95120
Jul 15, 2010	Jul 18, 2010	ZIS	OAPB	Junior Olympic Championships	LCM	Cynthia Funai	510-541-7270	ccfunai@comcast.net	Santa Clara Aquatic Center	300 Moraga Road	Moraga	CA	94556
Jul 21, 2010	Jul 25, 2010	ZIS	Social	Sectional Championships	LCM	Warren Lager	415-898-0249	lagersmith@comcast.net	Santa Clara Aquatics Center	3501 Cowell Road	Concord	CA	94518
Jul 23, 2010	Jul 25, 2010	ZIS	-	SBSL Championships	SCY	Marianne Feldman	408-781-0728	mfieldman@stcglobal.net	Valley Christian High School	100 Skyway Drive	San Jose	CA	95111
Jul 24, 2010	Jul 25, 2010	ZIS	TERA	SVSL Championships	SCY	Morgan Wang	408-725-0838	mowj@pacbell.net	Lynbrook High School	1280 Johnson Avenue	San Jose	CA	95129
Jul 28, 2010	Aug 1, 2010	ZIS	Social	Far Western Championships	LCM	Carol Moreno	925-250-7561	teranamedirector@gmail.com	Concord Community Park Pool	3501 Cowell Road	Concord	CA	94518
Aug 3, 2010	Aug 7, 2010	ZIS	Social	National Championships	LCM	Millie Nygren	510-651-5972	m.nygren@comcast.net	Woodliff Aquatic Center	4601 Walnut Ave	Inyine	CA	92604
Aug 5, 2010	Aug 7, 2010	ZIS	SCSC	North American Challenge Cup	LCM	Millie Nygren	510-651-5972	m.nygren@comcast.net	George Haines International Swim Center	2825 Patricia Dr	Santa Clara	CA	95051

Last Updated - Wednesday, October 14, 2009

Start Date	End Date	Zone	Club	Meet Type	Course	Meet Director	Meet Director Phone	Meet Director Email	Pool Name	Pool Street Address	Pool City	Pool State	Pool Zip
Aug 6, 2010	Aug 8, 2010	ZIS	-	CVAL Championships	SCY	Mike Greymont	408-891-2948	mhlz2@earthlink.net	Morgan Hill Aquatic Center	16200 Condit Rd	Morgan Hill	CA	95037
Aug 9, 2010	Aug 13, 2010	SoCal	-	Junior National Championships	LCM	-	-	-	Woollett Aquatic Center	4601 Walnut Ave	Irvine	CA	92604
Aug 10, 2010	Aug 14, 2010	ZIS	WEST	Western Zones	LCM	Veronica Hernandez	408-555-5287	verhemwest@gmail.com	Frank Fiscalini International Swim Center	627 North Jackson Ave	San Jose	CA	95133
Aug 18, 2010	Aug 23, 2010	SoCal	-	Pan Pacific Championships	LCM	-	-	-	Woollett Aquatic Center	4601 Walnut Ave	Irvine	CA	92604
Sep 4, 2010	Sep 5, 2010	ZIS	MBSC	Age Group Open	SCY	Mary Hazdovac	831-277-4107	maryhazdovac@comcast.net	Hannell College Pool	156 Homestead Ave	Salinas	CA	93901
Sep 4, 2010	Sep 5, 2010	ZIS	MAKO	Age Group Open	SCY	Mike Greymont	408-891-2948	mhlz2@earthlink.net	Morgan Hill Aquatic Center	16200 Condit Road	Morgan Hill	CA	95037
Sep 25, 2010	Sep 26, 2010	ZIS	SCCA	C/B/A+ (x-format)	SCY	Judy Locke	831-818-8708	zlockemst@aol.com	TBD	TBD	TBD	TBD	TBD
Oct 2, 2010	Oct 3, 2010	ZIS	SJA	Junior+	SCY	Janet Gutierrez	408-206-0504	stevjans5@sboglobal.net	TBD	TBD	TBD	TBD	TBD
Oct 9, 2010	Oct 10, 2010	ZIS	WEST	C/B/A+ (y-format)	SCY	Veronica Hernandez	408-355-5287	verhemwest@gmail.com	Gunderson High School	622 Gaundabert Lane	San Jose	CA	95136
Oct 16, 2010	Oct 17, 2010	WCAB	-	Senior	SCY	Leo Lin	925-993-2708	aquabeers@gmail.com	Frank Fiscalini International Swim Center	627 North Jackson Ave	San Jose	CA	95133
Oct 23, 2010	Oct 24, 2010	ZIS	MBSC	C/B/A+ (z-format)	SCY	Mary Hazdovac	831-277-4107	maryhazdovac@comcast.net	Clarke Memorial Swim Center	1750 Heather Drive	Wainut Creek	CA	94598
Nov 6, 2010	Nov 7, 2010	ZIS	ALMA	C/B/A+ (x-format)	SCY	Andre Sales-Cunha	408-268-8015	ascs@wnteam@earthlink.net	Monterey Peninsula College	980 Fremont St	Monterey	CA	93940
Nov 12, 2010	Nov 14, 2010	TERA	-	Senior T&F	SCY	Carol Moreno	925-250-7561	terameetdirector@gmail.com	Morgan Hill Aquatic Center	16200 Condit Rd	Morgan Hill	CA	95037
Nov 20, 2010	Nov 21, 2010	ZIS	SBA	C/B/A+ (y-format)	SCY	Cathy Larson	831-636-2846	coachcathy@sanberitoaquatics.org	Concord Community Park Pool	3501 Cowell Road	Concord	CA	94518
Dec 2, 2010	Dec 4, 2010	-	-	National Championship	SCY	-	-	-	San Benito High School	1220 Monterey St	Hollister	CA	95023
Dec 3, 2010	Dec 5, 2010	PLS	-	Junior Olympic Championships	SCY	Alex Deurov	925-443-8852	meetdirector@pleasantonsealhawks.org	Columbus, OH	4455 Black Ave	Pleasanton	CA	94566
Dec 9, 2010	Dec 11, 2010	-	-	Junior Championships	SCY	-	-	-	Pleasanton Aquatic Center	Atlanta, GA	Pleasanton	CA	94566
Dec 10, 2010	Dec 12, 2010	WCAB	-	Senior T&F	SCY	Leo Lin	925-993-2708	aquabeers@gmail.com	Lehners Aquatic Center- Diablo Valley	321 Golf Course Road	Pleasant Hill	CA	94523
Dec 11, 2010	Dec 12, 2010	WAVE	-	C/B/A+ (z-format)	SCY	Tyson Ormonde	408-866-2160	coachtyson@yahoo.com	Campbell Community Center Pool	1 West Campbell Avenue	Campbell	CA	95008

**2010 Z1 South  
Development All-Star Team  
Coaches/Chaperon Application**

Thank you for considering being a Coach or Chaperon for the 2010 Z1S Zone All-Star Developmental Meet. This year the Zone All-Star meet will be held in Morgan Hill, at the Morgan Hill Aquatic Center on March 7, 2010.

The Z1S Zone All-Star Committee is looking for dedicated and knowledgeable personnel to supervise our team during this meet. I won't fool you into thinking that this is a weekend paid vacation on Zone One South. It will be long hours, but you will be getting a close up look at some of Zone One South's future swimming stars.

As a Coach, you will be in charge of one of the age groups. It is an important role to fill since a lot of these swimmers have known no other coach but their club coach.

Your job will be to MOTIVATE the swimmers, not to provide new or additional coaching. These swimmers are all talented and would not have been selected if they were not. It will be the coaches' job to prepare the swimmers to swim their best for this meet, to ease any anxiety the swimmers may have. This may be the first time the swimmer has been away from home. You will not necessarily be placed with swimmers from your own club. Part of the objective of this team is to teach the swimmer to adapt to All-Star coaching and to be able to adapt to different situations. To place swimmers with their club coach would not achieve this. Additionally, if one of your swimmers who is on the team and seeks you out for advice or coaching, you should direct them back to the coach assigned to them.

As a Team Chaperon, you will assist the coaches in providing for the needs of the swimmers. Your job will consist of making sure the swimmers have all of their gear, are aware of timeline, and what events are in the water. You will be surrogate "mom" or "dad" on this trip. You will make sure and remind the swimmer that they represent Zone One South and have signed an Honor Code of Conduct to be on this trip and any violation of these rules can mean being sent home, which would hurt not only the swimmer but also the team.

If this is your first time as a Chaperone, you will need to become a Non-Athlete member of Pacific Swimming and you will need to have a background check. Zone One South will pay for the background check. It can be done online and only takes a few minutes.

Please return this Application/Information form to me before December 11, 2009. I will inform you if you have been selected. I look forward to hearing from you.

Sincerely,

Johanna Brown  
Z1S All-Star Team Head Coach  
748 Bellarmine Dr.  
Salinas, Ca. 93901  
(831) 235-274

**2010 ALL-STAR DEVELOPMENT MEET: ZONE ONE SOUTH**

**COACH'S / CHAPERONE'S APPLICATION & INFORMATION**

**MEET DATES: March 6-7, 2010**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**HOME PH.:** \_\_\_\_\_ **WORK PH.:** \_\_\_\_\_

**CELL PH.:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**CLUB:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**EXPERATION DATES OF COACH'S OR CHAPERONE'S CERTIFICATIONS:**

**BACKGROUND CHECK:** \_\_\_\_\_ **CPR:** \_\_\_\_\_

**FIRST AID:** \_\_\_\_\_ **SAFETY TRAINING:** \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION – PLEASE INCLUDE AREA CODES:**

**NAME:** \_\_\_\_\_ **RELATION:** \_\_\_\_\_

**HOME PH.:** \_\_\_\_\_ **CELL PH.:** \_\_\_\_\_

**WORK PH.:** \_\_\_\_\_

**PHYSICIAN:** \_\_\_\_\_ **P.H. #:** \_\_\_\_\_

**Any special medical conditions or medications:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**CLOTHING SIZES:**

**T-Shirt:** \_\_\_\_\_ **Sweat Shirt:** \_\_\_\_\_



**PREVIOUS EXPERIENCE:**

**Pac Swim or Other LSC All-Star Meets:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Pac Swim or Other LSC Camps:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Other Experience:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**APPLYING FOR:**

**Coach:** \_\_\_\_\_ **Chaperone:** \_\_\_\_\_ **Either** \_\_\_\_\_

**INTERESTED IN WORKING WITH: Please circle two age groups.**

<b>8&amp;U Boys</b>	<b>9-10 Boys</b>	<b>11-12 Boys</b>	<b>13-14 Boys</b>
<b>8&amp;U Girls</b>	<b>9-10 Girls</b>	<b>11-12 Girls</b>	<b>13-14 Girls</b>

**APPLICATION FOR:**

**Z1S Zone All-Star Meet - Morgan Hill, CA - March 6-7, 2010**

**PLEASE RETURN BY DEC. 11, 2009 TO:**

**Johanna Brown**  
**Z1S Head Coach All-Star Development Meet**  
**748 Bellarmine Dr.**  
**Salinas, Ca. 93901**

**ANY QUESTIONS PLEASE CONTACT:**

**Les Greenwood**  
**Z1S Team Manager All-Star Development Meet**  
.....  
**HOME PH.: (408) 352-5579**  
**CELL PH.: (408) 348-1491**

## **ZONE 1 SOUTH ALL-STAR TEAM**

### **STAFF RESPONSIBILITIES**

#### **OBJECTIVE:**

**The objective of the Z1S All Star Team is to offer our swimmers a stepping-stone to the next level of Pacific Swimming All Star Meets. In order to accomplish this, we must provide an environment that will provide safety and security to our team members and the experience and opportunity to compete against some of the best age-group swimmers in our LSC.**

#### **ROLES AND RESPONSIBILITIES:**

##### **TEAM MANAGER**

- 1. Work with Z1S Chairman in setting up the housing, meals, and transportation for the event.**
- 2. Tracks Z1S swimmers times, and provides that information to the Head Coach and to the Assistant Coaches**
- 3. Gives the Head Coach and the Assistant Coaches the list of the top 12 swimmers for each age group and the most recent times for each of those swimmers.**
- 4. Provides Head Coach and Assistant Coaches with the contact information for each swimmer in their age group.**
- 5. With input from the Head Coach, helps select the Chaperons for the Zone All-Star Meet.**
- 6. Organize the equipment needed for the team area.**
- 7. Works closely with the Chaperones to make sure they know which group they are assigned too, and what a Chaperones job entails.**
- 8. Ensure that one Chaperone is in the team area at all times during the swim meet.**
- 9. Assist in the enforcement of the Pacific Swimming Code of Conduct and All-Star Team Rules. Notify the Z1S Chair and the Z1S Age Group Chair and responsible coach of any violations.**
- 10. Provide a report to the Z1S Chair and Z1S Age Group Chair after the Zone All-Star meet including: expenditures report, what went well, what problems occurred, and any recommendations for future events, etc...**
- 11. Stay within the approved budget for team apparel, transportation, hotel accommodations, food, and other All-Star meet needs.**

## HEAD COACH

1. Selects the Coaches for the Zone All-Star Meet.
2. Gives input to the Team Manager on the selection of Chaperones for the Zone All-Star Meet.
3. Communicates with the Assistant Coaches on the selection process of the team, and helps Assistant Coaches with any questions they may have about selecting a team.
4. Approves the entries prepared by the Assistant Coaches.
5. Sends in the team entry for the Zone All-Star meet before the dead line, in order to make any changes that need to be taken care of before the dead line.
6. Will supervise the Assistant Coaches.
7. Provide leadership and motivation for the team, so that they can achieve their own highest potential.
8. Create for each swimmer a sense of team spirit, so that they will strive to achieve their best for the team and help others to do the same.
9. Coordinate and cooperate with the Team Manager, Z1S Chair, Z1S Age Group Chair, and other staff to ensure that the Athletes have the greatest opportunity to compete at their best.
10. Along with all other staff members help to ensure that everyone complies with the Pacific Swimming Code of Conduct.
11. With the Assistant Coaches, establish the team rules that include the following: what time swimmers are in their own rooms, lights out time, bed check, team meetings, Coaches meeting, conduct during the meet and after the meet at the housing facility, team spirit activities.
12. Foster team spirit and Good Sportsmanship by example and by planned Team Spirit activities, etc...
13. Notify the Z1S Chair and Z1S Age Group Chair of any violations of the Code of Conduct or All-Star Team Rules.
14. Provide a report to the Z1S Chair after the All-Star meet including: staff evaluations, what went well, what problems occurred, and any recommendations for future events, etc...

## ASSISTANT COACHES

1. Contact the swimmers that will be in your group as soon as possible. If a swimmer in your group is unable to compete in the Zone All Star Meet, contact the Head Coach and the Team Manager ASAP.
2. Prepare entries for their Group.
3. Take charge of their Group during the complete event, from the time the parents release their children until they are picked up again.
4. Work closely with Chaperones to ensure that the needs of the swimmers are being taken care of: while at the pool, and team housing.
5. Establish and communicate to your Group what will be expected of them during the swim meet, what they are swimming, and when they are swimming. Inform swimmers in your Group how they should act

during meals, and at the hotel or other housing facilities. Work with the assigned group chaperone to make sure that your rules, team rules, and the Pacific Swimming Rules are followed. Enforce the established curfew for the age groups and other rules with bed checks and other activities.

6. Communicate with all your swimmers before and after each event, take splits, etc.
7. Notify the Head Coach, Team Manager, and the Chaperone assigned to your Group of any swimmer who is ill or injured.
8. With the Head Coach and other Assistant Coaches, establish and enforce the team rules that include the following: what time swimmers need to be in their own rooms, what time lights out will be for certain age groups, bed checks, team meetings, meal times, and no swimmers sleeps on the floor or in the bath tubs. Conduct during the meet and after the meet at the housing facility, team spirit activities, etc...
9. Foster team spirit and GOOD SPORTSMANSHIP by example and by planned Team Spirit activities, etc...
10. Notify the Head Coach of any rules violated by team members.

#### CHAPERONE

1. Work closely with the Coach of their assigned Group(s) to ensure that the swimmers are supervised at all times and that swimmer's needs are being met.
2. Ensure that one chaperon is in the team area at all times during the Swim Meet and that liquids are provided for the swimmers, and other snacks as required.
3. Assist in the enforcement of the Pacific Swimming Code of Conduct and All-Star team rules. Notify the responsible Coach, Head Coach, and Team Manager of any violations
4. Notify the responsible Coach, Head Coach, and Team Manager of any swimmer illness or injury.
5. If you are a Parent Chaperon, you will not be assigned to your child's group. While you are working on the trip, you are not your child's parent. You are a Chaperon first.