

# New England Swimming 2009 Long Course Zone Team

## **COACH APPLICATION FORM**

The 2009 Eastern Long Course Zone Championships will be held August 12-15, 2009 at Penn State, PA (sponsored by Metro Swimming). This form must be completed and returned to Sherry Wingfield if you wish to be considered for the 2009 Long Course Zone Team Coaching Staff. The Zone Coordinator (Sherry Wingfield), the Age Group Chair (Matt Craven) and NES Chair (Laura Matuszak) will select the 2009 coaching staff with the assistance of the New England Swimming Board of Directors.

## ZONE TEAM COACHING RESPONSIBILITIES

1. Attend scheduled team practices.
2. Attend any organizational meetings.
3. Actively participate in meet coaching including the supervision of warm-up, being sure swimmers are ready to compete, watching the swimmers' races, taking event splits and providing general feedback and positive support after each race.
4. Assist coach staff in deciding relays and relay order.
5. Monitor the team at the pool and coordinate arrival, departure and meal times with the chaperones.
6. Assist the chaperones and the head coaches in enforcing trip rules and policies.
7. Maintain current USA Swimming Coaching Certification and Background Check.

## Schedule

Depart Tuesday, August 11, 2009

Meet Wednesday, August 12 – Saturday, August 15, 2009.

Return Saturday, August 15, 2009 (some coaches will return after trials on Saturday afternoon, some coaches will return after finals on Saturday evening)

## Mail Application to:

Sherry Wingfield, 419 Burts Pit Road, Florence, MA 01062. [sherbw@comcast.net](mailto:sherbw@comcast.net)

***PLEASE NOTE: All interested New England Coaches are encouraged to apply. Applications will be chosen based on Zone coaching experience and general coaching experience. After coaching two Zone Meets in a row, coaches may be asked to refrain from applying for one year in order to allow other New England Coaches to gain Zone coaching experience.***

***Coaches will receive room, board, transportation, and uniform.***

**(Please keep this sheet for reference.)**

**COACH APPLICATION FORM**

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**Personal Information (please print)**

**NAME:** \_\_\_\_\_  
Last First Middle

**ADDRESS:** \_\_\_\_\_  
Street City State Zip

**HOME PHONE:** \_\_\_\_\_ **BUSINESS PHONE:** \_\_\_\_\_

**FAX NUMBER:** \_\_\_\_\_ **TEAM:** \_\_\_\_\_

**E-MAIL ADDRESS:** \_\_\_\_\_

**TEAM APPAREL:** (*S, M, L, XL, XXL*) **Shirt** \_\_\_\_\_ **Shorts** \_\_\_\_\_

**EXPERIENCE**

Please provide a brief description of your coaching experience. (i.e., years coaching, travel, camps, national experience.)

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**COACHING ASSIGNMENT PREFERENCE**

(Please list your order of preference 1-3).

10 and Under \_\_\_\_\_

11-12 \_\_\_\_\_

13 and Over \_\_\_\_\_



### **Waiver of Liability**

*I hereby release New England Swimming, together with their operators, agents, employees, consultants, and instructors from any and all claims from injury or damage that may be sustained by me during participation in the Eastern Zone Age Group All Star Swimming Competition..*

*I represent hereby that I am in good health and capable of participating on the New England Zone Team and will not do anything which will injure myself or others while engaged in the programs. I will hold New England Swimming harmless in connection with my participation.*

*If an accident or injury occurs, I will give New England Swimming or their representatives permission to obtain medical attention and/or required treatment.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

### **Code of Conduct**

**All swimmers participating on the New England All-Star Zone Team are expected to follow all of the rules and standards set by the coaches and the chaperones on the trip.**

1. All participants must travel with the group at all times unless he or she has made other arrangements ahead of time that have been approved by the coaches. One is NEVER permitted to travel alone. Please use the buddy system at all times and stay with your assigned trip group.
2. All participants are expected to be on time for all team meals, team meetings and departures. Please check in with the chaperones at the assigned times. Failure to do so will result in your immediate return home at the expense of your parents.
3. A signed medical release is on file for the participants with the coaches. Any serious medical condition will be communicated to the parents of the participants as quickly as possible.
4. Please remember that you are representing New England Swimming and you are expected to present the best possible image of the team at all times. Polite courteous behavior will be enforced at all times.
5. There will be a swim vendor and a concessions area away from the pool deck. You are expected to let your chaperone know when you leave the deck to visit these areas and you must travel with a buddy.
6. Once the team has arrived at and entered the pool, no participant is allowed to leave the building until the time of team departure unless accompanied by a coach or chaperone.
7. No participant is allowed to leave the hotel for any reason other than team departures.

8. At the hotel, no swimmer should be in a room of the opposite sex for any reason.
9. Your chaperone **MUST ALWAYS** know where you are whether at the pool or at the hotel.
10. During rest times, swimmers are to be quietly resting and/ or sleeping in their own beds with the doors closed. If swimmers who are not competing in finals wish to socialize, some chaperones will supervise you in a designated area. Absolute quiet must be maintained on our hall so that swimmers competing in finals may get their needed sleep before finals.
11. All swimmers are expected to be present at **EVERY** meal. You are to stay in the meal room with the team until you have been given permission to leave by the coaches. This is our time to share important team information with everyone. Please be respectful and stay with the group.
12. During non-sleep times at the hotel, all room doors must be propped open so that the chaperones can easily supervise activities in the rooms. Room doors will only be closed when swimmers are off of the hallway or sleeping in their own beds. At all other times, doors will be propped.
13. All swimmers must wear the New England Team uniform at all times at the pool. Swimmers must wear the team cap, suit, T-shirt, sweatshirt and shorts at all times when at the pool. **NO** swimmer is allowed to wear any team gear from his or her home club at any time.
14. All 11 & Over swimmers are expected to attend **ALL** sessions of the meet, whether racing or not. Swimmers must warm-up at every preliminary session, regardless of session participation and must warm-up at every finals session in which they are participating in an individual or relay event. Swimmers are expected to utilize proper championship meet warm-up and warm-down procedures for each event, show excellent team spirit at all times, and be role models within the LSC for championship meet behavior.
15. All swimmers are expected to follow the requests and rules set forth by the chaperones and coaches, including warm-up procedures and relay order.
16. The consumption or purchase of alcohol, smoking, or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments.

These travel regulations have been set with your safety in mind. We want you, and future participants, to benefit from this experience in the most positive way. By working together and acting responsibly, every participant is assured a wonderful team event. **INFRACTIONS OR VIOLATIONS OF THESE POLICIES WILL RESULT IN A SWIMMER RECEIVING DISCIPLINARY ACTION OR BEING SENT HOME EARLIER THAN SCHEDULED AT THE PARENTS EXPENSE.**

I have read the policies and agree to enforce them in their entirety.

Coach's signature \_\_\_\_\_