



**MIDWESTERN  
SWIMMING**

## Midwestern Swimming Inc.

1429 N Webster  
Hastings NE 68901  
(402) 462-5941

<http://www.mwswim.org>

Cost: \$175.00

### 2010 Midwestern All Star Team Application

Application due date: December 1, 2009 – Do NOT send fee at this time.

Name \_\_\_\_\_ Age as of 01/16/2010 \_\_\_\_\_

USA Swimming ID# \_\_\_\_\_ Current Club Affiliation \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Parents' Name \_\_\_\_\_

Parent Email \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

Mobile phone \_\_\_\_\_

Swimmer's Suit Size (not included - may be purchased) \_\_\_\_\_

Swimmer's Shirt Size \_\_\_\_\_

#### The fee will include:

- bus transportation
- hotel
- shirt, cap
- meet entry fees
- provision for coaching staff in Lawrence
- **will be due when the team is announced**

#### Trip particulars:

- All Star meet will be in Lawrence KS – two days of pool competition (three sessions)
- **All swimmers will travel by bus with the team and stay with the team at the team hotel**
- Swimmers may swim two events per session

#### Qualifying for meet:

- BB or better time achieved since September 1, 2009
- Swimmer in top 5 in the age group and event – times in MW database as of December 21, 2009
- Swimmer must be registered for 2010
- All Star coaches will select the team and select events for swimmer and will put the relays together based on swimmer performance

#### Application for team:

- Application must be received by the MW Office by **DECEMBER 1, 2009** – if you wish to be considered for the team we must have applications by December 1, 2009
- Without application by deadline, swimmer will not be considered for inclusion in the All Star team.
- Mail to the Midwestern Office.  
1429 N Webster  
Hastings NE 68901



MIDWESTERN SWIMMING

2010 ALL STAR MEET
PERMISSION AND RELEASE FORM
MIDWESTERN SWIMMING, INC

I hereby give my permission for (Please Print Name of Swimmer)
to accompany the Midwestern Swimming Inc All Star Team to: Lawrence KS
on the following dates: January 16-17, 2010

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the Midwestern Swimming, Inc, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention, which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

(Signature of Parent or Guardian) Date:

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now

Pre-existing conditions (asthma, epilepsy, etc.):

Allergies (include medicines needed):

Other pertinent information the coach, and others in charge, should know about the swimmer:

Physician's Name: (Please Print)

Name of Parent or Guardian: (Please Print)

Address: Street City State Zip

Telephone Day: Evening:

Parent Email



**MIDWESTERN  
SWIMMING**

# Midwestern Swimming, Inc

## Code of Conduct for Athletes

Each athlete must sign and date a copy of this code of conduct before participating in events where he or she represents Midwestern Swimming (eg. Central Zone Championship or Allstar Meet). If the athlete is under 18 years of age, the athlete's parent or guardian must also sign and date this code of conduct. The MWS Board of Directors recommends that clubs adopt a similar code of conduct as a condition of athlete membership on the club.

- I. The following provisions pertain to practices, meets, camps, meetings, and clinics where athletes represent MWS, in or outside the territory of Midwestern Swimming, Inc.
  - A. Athletes shall exhibit good sportsmanship, in and out of the pool.
  - B. Athletes shall follow rules; attend practices, competitions, and team events; and abide by the curfews and instructions as deemed appropriate by coaches, officials, and administrators.
  - C. Athletes shall show respect for all property.
  - D. Athletes shall behave in a responsible manner, and are prohibited from possessing or using alcohol, tobacco, illegal drugs, or banned substances. Fireworks are also forbidden.
  
- II. Failure to comply with this Code will result in any or all of these disciplinary actions.
  - A. An athlete may not be allowed to participate in any or all practices, meets, camp activities, team events, or meetings.
  - B. An athlete may be sent home at his or her own expense from the meet or camp.
  - C. An athlete and/or his or her family will be responsible for any damage cause by the athlete.
  - D. An athlete may be suspended from membership in MWS and USA Swimming.
  
- III. The MWS Board of Review is responsible for reviewing a written summary of alleged violations of this Code of Conduct, as well as any disciplinary actions that have been and/or may be take. Refer to the MWS Bylaws for proper procedures.

---

I agree to obey the Code of Conduct for Athletes. I understand that if I violate any provision of Part I I will be subject to the disciplinary actions in Part II.

---

Signature of Athlete

---

Signature of Parent/Guardian (if 18 or younger)

---

Name of Athlete (please print)

---

Name of Parent/Guardian (please print)

---

Date

---

Date