



## North Carolina Swimming Open Water Select Camp

**Memo To:** *NCS Clubs, Coaches & Athletes*

**From:** Jonathan Bescher, 2013 Open Water Camp Manager, (919) 981-0644  
(office)

On behalf NC Swimming, Inc. let me welcome you to the information pages that will detail the 2013 NC Open Water Select Camp qualifying procedures. The NCS Open Water Camp Coaches and John Payne have been organizing what we feel will be a terrific experience for the 24 athletes and 4 or 5 coaches who will ultimately comprise NC Open Water Select Camp.

This year we are pleased to announce that South Carolina swimming will be joining us at this year's camp. They will be bringing the same amount of swimmers using the same criteria as the NC swimmers. Their Championship meet is on June 8<sup>th</sup>, 2013 in Clemson, SC.

As you read through the following information, I hope we have arranged it to be user-friendly and to answer most any question. ***The Application, Medical Release, and Code of Conduct forms should be filled out and mailed to us*** (see address on page 4) ***as soon as possible***. If you find that some piece of information is missing or not clear, please e-mail one of the following and we will get back to you:

**Head Coach:** John Payne- jpayne@tactitans.org  
**Team Manager:** Jon Bescher . coachbesch@newwaveswimteam.org  
**Asst. Coach:** Andy Wagner - coach.awagner@gmail.com  
**Asst. Coach:**  
**Asst. Coach:** Jon Bescher . coachbesch@newwaveswimteam.org

- **Camp Dates:** September 6 . 8, 2013
- **Camp Size:** North Carolina Swimming (NCS) will select 24 swimmers and South Carolina Swimming(SC) will select 24 swimmers for the 2013 NCS/ SCS Open Water All-Stars such that the following representation is determined:

11-12 Girls	8(4 swimmers per LSC)
11-12 Boys	8(4 swimmers per LSC)
13-14 Girls	8(4 swimmers per LSC)
13-14 Boys	8(4 swimmers per LSC)
15-Over Girls	8(4 swimmers per LSC)
15-Over Boys	8(4 swimmers per LSC)

**Total** **48(24 per LSC) swimmers**

- **Selection Meet:** The NC camp team will be picked from NCS registered athletes who participate in the North Carolina Swimming Open Water State Championships Saturday June 1, 2013 in Pinehurst, NC. The SC camp team will be picked from SCS registered athletes who participate in the South Carolina Swimming Open Water State Championships Saturday June 8<sup>th</sup>, 2013 in Clemson, SC.
- **Venue:** Lake Echo
- **Rooming:** 12 Swimmers rooms (4 per room)  
6-8 Coaches rooms
- **Transportation:** 4 x 15-passenger van
- **Cost:** The costs of transportation, lodging, team uniforms, chaperones and will be \$250 per athlete. A deposit check for \$250 payable to %North Carolina Swimming+must be submitted with all applications. If an athlete is chosen to the camp, sends in the application and then chooses not to attend, the \$250 is forfeited if an alternate for the spot cannot be secured in time. **This fee does cover all costs for food.**
- **Deadline for Application:** The final deadline for application will be Saturday, July 27, 2013. In the event that enough applications in an age group have not been secured, the staff reserves the right to extend the deadline in such age groups to attempt recruitment to fill all 24 camp spots.
- **Medical Release Forms:** Each Open Water Camper must bring medical release forms for all athletes to the camp. Please be sure to fill one of these out completely for each athlete applying for the 2013 Open Water Camp.

## **ITINERARY (Tentative)**

### **Friday September 6th**

3:00pm Check-in, athletes will make sure paper work is in order, receive, outfitting, team assignment, room assignment  
4:00pm Meeting  
4:30pm Head to practice (Lake Echo\*)  
7:30pm Dinner\*\* (Golden Corral)  
9:00pm Meeting  
10:30pm In rooms/ lights out

### **Saturday September 7<sup>th</sup>**

8:00am Wakeup/breakfast  
9:00am Head to practices (Lake Echo\*)  
11:30pm Lunch\*\* (Moe's at Lake)  
1:00pm Rest time  
3:00pm Meeting (snack)  
3:30pm Open Water Competition (Lake Echo\*)  
6:30pm Dinner\*\* (Catered at Hotel)  
8:30pm Team Building  
10:30pm In rooms/ lights out

### **Sunday September 8<sup>th</sup>**

8:00am Wakeup/breakfast  
9:00am Head to practices (Lake Echo\*)  
11:00am Meeting  
12:00am Release to parents

\*Practice Locations are subject to change.

\*\*Meal times are subject to change.



## North Carolina Swimming Open Water Select 2013 Camp Application

**Please fill out the information below completely and neatly and return to:**

Open Water Select Camp  
831 Southwick Ave  
Clayton, NC 27527

The final deadline for application to the 2013 NCS Open Water Select Camp is Saturday, July 27, 2013 (except as previously noted when enough applications have not been received in an age group). The information requested must be completely filled out AND accompanied by the \$250 check payable to %NC Swimming+. If not selected, the check will be returned.

**INFORMATION NEEDED:**

Last Name:	Legal First Name:	Middle Name:
Street Address:		Home Phone: ( ) -
City:	State:	Zip Code:
NCS Club:	*USA Swim ID #: 	
Your Coach's Name:		Coach's Phone Number: ( ) -
Parent/s Name/s:		Parent Work Phone: ( ) -
Preferred Contact for September 6-8, 2013: Phone: ( ) - Cell Phone: ( ) -		
E-Mail (parent):	E-mail (athlete, if any):	
Please be sure to attach the following forms/information: <input type="checkbox"/> Medical Release <input type="checkbox"/> Swimmer Consent Statement & Code of Conduct <input type="checkbox"/> Check for \$250 payable to ðNC Swimmingö		<b>Outfitting Information:</b>  <b>T-shirt Size (circle):</b> Youth-Large Adult-Small Adult-Medium Adult-Large Adult-XL

**\* Your USA Swimming ID # is composed of: 1) Your birthday + 2) the first three letters of your first name + middle initial and 3) the first four letters of your last name. If you do not have middle initial use an asterisk (\*). Use an asterisk (\*) also if your last name is only three letters. [Example: Jonathan C. Watson = 092574JONCWATS ] He seems so much older!**

## Medical Release Form

I, \_\_\_\_\_ (parent) hereby agree to allow my child participate as a member of the 2013 NC Open Water Select Camp. I consent to my child signing the Code of Conduct Statement below and further agree to release from all liability USA Swimming, Inc., NC Swimming, Inc., the camp sponsors, camp hosts, 2013 Open Water Select Camp coaching staff, managers and chaperones for any and all injuries suffered by my child at the event or while on this trip. ***I understand that if my child is in violation of the NCS CODE OF CONDUCT that he/she can be dismissed immediately from the event and that I am responsible for providing my child with transportation from the team assembly point.*** In case of a medical emergency, I hereby authorize any of the Open Water, coaches, officials, managers or chaperones to give consent for medical treatment to be administered to my child.

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Swimmer Consent Statement

I, \_\_\_\_\_ (swimmer) hereby apply to become a member of the 2013 Open Water Select Camp that will be representing NC Swimming, Inc. ***I understand that by representing NC Swimming my behavior must be beyond reproach. I further understand that I will abide by the NCS CODE OF CONDUCT agreement that I will sign upon selection to the team.*** I agree to release from liability USA Swimming, Inc., NC Swimming, Inc., the camp sponsors, camp hosts, Open Water Select Camp coaching staff, managers and chaperones for any and all injuries suffered by me at the event or while I am on this trip.

**Swimmer's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### Athlete Medical History

Physician's Name	Phone Number: (    )       -	Insurance Company:
Please list any Allergies as well as treatments:		Insurance Policy No:
Please list any Food Allergies as well as any additional dietary restrictions:		
Is the athlete taking any prescribed medications?		
<p><b>During the September 6-8, 2013 Open Water Select Camp, where can we reach someone in the event of an emergency:</b></p> <p><b>Name of Person:</b> _____ <b>Relationship to athlete:</b> _____</p> <p><b>Location:</b> _____ <b>Phone:</b> (    )       -</p>		

# NC SWIMMING OPEN WATER SELECT CAMP CODE OF CONDUCT FOR ALL AGE GROUPS 11-12, 13-14, and 15-18

The following code is in effect throughout the 2013 NCS Open Water Select Camp. Anyone who, in the opinion of the NCS Open Water Select Camp Coaching Staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (at the expense of the parent and/or swimmer) and other punishments including barring from future LSC trips, camps or competition may be imposed.

1. The NCS may travel as a group to these meets/training sessions and everyone is expected to behave in an exemplary manner. The reputation of the NCS, as well as the other athletes with you, is dependent on your behavior.
2. The NCS Open Water Select Camp Coaching Staff holds the final word on any rules, regulations or disciplinary actions.
3. 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 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 and probable expulsion from the NCS NCS Open Water Select Camp. Any swimmer suspected of such activity will appear before a review committee composed of the NCS Open Water Select Camp Coaching Staff.
4. Use of inappropriate language, including obscene language or gestures and other threatening language or conduct will not be tolerated while traveling with the NCS Open Water Select Camp.
5. At no times will male and female athletes be in the same hotel room together. This applies to your NCS Zone Team members or members of any other NCS Open Water Select Camp.
6. No team meetings or practices may be missed. Be punctual to all meetings and warm-up times.
7. No team member may be out of their room after the assigned curfew time and no one may leave their room alone. Permission must be obtained from the NCS Open Water Select Camp Coaching Staff or designated chaperones to leave the room.
8. Any damages or theft incurred at a hotel will be at the expense of the swimmers assigned to that room, and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, such behavior should be kept to a minimum in your rooms. Make all phone calls (except within the hotel) from a pay phone.
9. Any individual damages or theft incurred on the trip will be at the expense of the swimmer, and further disciplinary action will be taken. Such behavior will not be tolerated.
10. All team members will be polite in restaurants. Leave a 15% tip (Minimum). If there is a problem with the service, see the NCS Open Water Select Camp Coaching Staff.

I agree to follow these and any other rules having to do with the behavior and the NCS Open Water Select Camp, as established by the Coaching Staff and NCS. I recognize my responsibility to abide by these rules and requirements and those of the NCS Open Water Select Camp I am representing and I acknowledge that I have received and read such.

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Swimmer's Printed Name \_\_\_\_\_  
Dated \_\_\_\_\_

Swimmer's Signature \_\_\_\_\_  
Dated \_\_\_\_\_

Open Water Select Camp Head Coach's Signature \_\_\_\_\_  
Dated \_\_\_\_\_