

2012 Pacific Region North YMCA Swimming Championships
West Family YMCA/Boise City Aquatic Center
March 2-4, 2012
Boise, Idaho

Hosts: Boise Y Swim Team, West Family YMCA/Boise City Aquatic Center and Treasure Valley Family YMCA

YMCA Sanction: () This meet is held under the sanction of YMCA of the USA National Advisory Committee. In granting this sanction it is understood that the YMCA shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the meet.

This is a designated USA Swimming Approved Meet.

Location: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; 208-277-9622;

From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right (east) on Chinden. Go approximately $\frac{3}{4}$ mile to Discovery Place, turn right (south) and follow Discovery approximately $\frac{1}{2}$ mile to the West Family YMCA/Boise City Aquatic Center.

From City Center, follow Chinden Blvd west to Discovery Place and turn left.

Facilities: The competition pool is an indoor, 10 eight-foot lanes, 25 yard x 50 meter pool equipped with 10 paragon-style starting blocks, backstroke flags and 6" anti-wave lane lines. Additional warm up/down lanes plus a separate 2 lane warm up/down pool. Starting blocks meet YMCA and USA Swimming height requirements.

The minimum water depth, measured in accordance with Article 103.2.3 is 6' 9" at the start end and 6' 9" at the turn end.

The competition pool has been certified with USA Swimming in accordance with 104.2.2C(4).

No personal chairs or seating will be permitted on deck in the area of the competition lanes.

Timing: Daktronics Omnisport 6000 Timing System and ten lane score board; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

Meet Director: Ruthie Palmatier & Joan Wong

Ruthie Palmatier

5306 N Noble Fir Avenue, Boise, ID 83713

208-841-8898

Email: ruthie_palmatier@msn.com

Joan Wong

2178 E. Solitude Ct., Boise, ID 83712

(208) 870-7789

Email: joan.lee.wong@gmail.com

Meet Referee: Steve Bruneel

4952 Gooder John Road, Eagle, ID 83616

208-870-0517

Email: stevebruneel@gmail.com

Protests will be handled in the manner described in Section 102.11 of the USA Swimming Rules and Regulations.

Officials: Officials are required to show current YMCA Officials Certification or USA Swimming Officials certification.

The help of YMCA and USA Swimming certified officials is appreciated. A polo meet shirt will be provided to all officials who indicate their intention to officiate at the meet prior to February 15th, 2012. Please contact Meet Director, Ruthie Palmatier if you intend to officiate at this meet, indicating your shirt size, certification, desired position (For starters and Chief Judges) and which sessions you will be attending. Preference for assigned positions will be given to officials who will be attending all sessions.

Format: YMCA Championship format. All events are timed finals.
Age Groups for competition: 8-Under, 9-10, 11-12, 13-14, 15-21.
In some events, the age group is 11-14.

All age group events will be governed by current USA Swimming rules. All events will be swum as timed finals.

Teams' Eligibility: Each team must have sent to the Pacific Region North Group Rep it's completed Registration Form, and team roster with birthdates and fees. **In addition, all teams and coaches must register on the YMCA Swimming National website. (New rule from YMCA National Advisory Committee)**

Certificate of Insurance: Obtain your Certificate of Insurance from your local YMCA Association. **Certificates must be received by February 20, 2012. Please mail or email to:**

Jennifer Gates
Human Resources Coordinator
Treasure Valley Family YMCA
1050 W. State St
Boise, ID 83702

PH: 208.344.5502 Ext 235
Email: Jennifer.gates@ymcatvidaho.org

Entries will not be accepted unless Certificate of Insurance has been received.

Coaches' Requirements: ALL coaches, head and assistants, are required to have: Current CPR, First Aid, Coaches Safety or Lifeguard and YMCA Principles of Competitive Swimming. Proof of coaching certification must be produced on request at any time to the meet referees.

(A Coaches Principles of Competitive Swimming Course will be offered on Friday, March 2, 10:00am - 3:00pm at the SpringHill Suites by Marriott Boise, located at 6325 N. Cloverdale Road, Boise 83713 (on the corner of Cloverdale and Chinden Blvd.). Lunch will be provided.
Course registration deadline: February 17th. Registration form attached to this meet information.

Swimmers' Eligibility: **90 Day Rule:** Each competitor must have represented his/her YMCA in formal competition during the *current season and have been a YMCA member in good standing for a period of 90 days* prior to March 2, 2012

Age: The age of the swimmer will be his/her age on March 2, 2012 (First day of the meet). Example: A swimmer who turns 13 on March 2, 2012 will swim in the 13-14 age group. A swimmer who turns 13 on March 3, 2012 will swim in the 11-12 age group.

Post High School: A swimmer who has graduated from high school and is 21 years of age or younger can participate, as long as that swimmer has never participated (in practices or in meets) in a collegiate swimming program at anytime.

Qualifying Time Period: Swimmers must have obtained qualifying times since March 2, 2011.

Schedule:

	<u>Friday, March 2:</u>	<u>Saturday & Sunday March 3-4:</u>
Coaches' meetings:	3:40 p.m.	7:10 a.m.
Warm-ups: All swimmers	4:00-4:50 p.m.	7:30 a.m.
Officials' meeting:	4:15 p.m.	8:15 a.m.
Opening Ceremonies:		8:50 a.m.
Meet begins:	5:00 p.m.	9:00 a.m.

Safety:

Snake River Swimming, Inc. safety guidelines and warm-up procedures will be followed. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during except during designated sprint lanes during designated times or during competition. Swimmers should enter feet first from a seated position. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups.

Athletes with disabilities are welcome. Please provide advance notice of necessary accommodations that may be needed. Handicapped access to the pool is available

Warm-up Procedure: Warm-ups will not begin until Deck Marshals are in their assigned positions. Deck Marshals have the authority to remove any swimmer, coach, or team from the warm-up for not following the safety rules.

Competition Deck Area: Only swimmers, coaches, officials, and meet workers will be permitted in the deck area near the competition lanes. Spectators will not be allowed in the deck area. No personal chairs or seating will be permitted on deck in the area of the competition lanes. Parents will be allowed on deck to help 8 and Under swimmers get to the starting blocks. All others should remain in the bleacher area or other designated areas.

Entries:

Swimmers may enter a total of seven (7) qualified individual events for the entire meet plus four (4) relays.

Swimmers may only enter a total of four (4) individual events per day.

Bonus Events: Any swimmer who has six (6) or fewer qualified individual events can swim one (1) bonus (non-qualified) event during the meet. The bonus entered event must have an entry time. Any event 400 yards or longer cannot be a bonus event. 11-12 year old swimmers may not enter the 11-14 events as a bonus event.

50's – Swimmers, ages 13 and Older, who do not have a current qualifying time for swimming a 50 yard distance event but qualify in the same stroke in the 100 yard distance, may be entered using the Y Regional qualifying time as a seed time.

Relay only swimmers: To complete a relay with three (3) qualified swimmers, a team may use a non-qualified swimmer. The non-qualified swimmer may also swim one (1) individual bonus (nonqualified) event during the meet. Relay only swimmers must be on master entry form and fees paid.

Relays: Teams may enter more than two relays per relay event in the 100/200 Relays. However, only the two fastest relay teams per team will be scored and will receive awards. It is not necessary to indicate in advance which relays will be your "scoring" relays. Teams may only enter a maximum of two relays per team in the 400 Freestyle Relay and the 400 Medley Relay.

Seeding: All events are timed finals. This is a pre-seeded meet for all events except the 400 IM, 500 Freestyle, 1000 Freestyle and the 1650 Freestyle. Heats will be seeded according to entry times slow to fast.

In order to be seeded, positive check-in is required for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. These events will be swum fastest to slowest, alternating women and men and may be combined at the referee's discretion. **In order to be seeded, swimmers must check in at the Clerk of Course no later than 4:15 pm Friday, for events 1 and 2, 5:15 pm Friday for events 11 and 12, and 1:00 pm Saturday for events 83 and 84 and 1:00 pm on Sunday for events 147 and 148.**

500, 1000, 1650 Free: Swimmers should make every effort to provide their own timers and counters for the 500, 1000 and 1650 Freestyle events. However if this presents a problem, please notify the head timer at least 15 minutes before the event.

Submitting Entries:

Entries must include swimmer's name, age, team code, event name and number and the swimmer's best short course yard time since March 2, 2011. **The proof of time option with the March 2, 2011 qualifying period must be used when submitting the hard copy report.**

Registration numbers for each USA Swimming entrant must be included on each team's reports and included in the entry data on their Hy Tek Team Manager file or results will **NOT** be posted into SWIMS database.

Entry Deadline:

Entries and fees must be received by Boise Y Swim Team **before 6:00 pm on Tuesday, February 21, 2012. LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail entries and entry fees to: **Kay Hunt:** (208) 949-9460
5431 N. Cattail Way
Boise, ID 83714
brettnkay@msn.com

Web Site information: www.Boiseyswimteam.org
www.teamunify.com/pnysa

Entry Fees:

\$3.00 per event; \$12.00 per relay; \$12.00 per swimmer (\$1.75 pool rental, \$4.00 lifeguard fee, \$2.75 timing equipment, \$3.50 Administrative Fee).

Relay Only swimmers must be on master entry form and fees paid.

Make checks payable to: **Boise YMCA Swim Team.**

Emailing

To ensure on-time delivery, please use overnight delivery and waive any signature requirement.

- **Entries:** Entries need to be sent as described below via email. Submit team entries via the Hy-Tek TEAM MANAGER or Team Unify software meet entries file using the "Export" option.
- EMAIL (required): Email entries as an attachment to the following email address: brettnkay@msn.com. We require the following files: meet entry file with individual and relay entries, the Hy-Tek software TEAM MANAGER "Meet Entry Report, including Relays" and "Meet Entry Fee Report". These reports can be generated with the TEAM MANAGER software in Microsoft Word or PDF format. Proof of time option must be used when submitting the individual entry report.
- The Meet Results file and Meet Manager Backup file, as well as the results will be posted on the team website: www.boiseyswimteam.org, under the "Events" tab.

Please Note: Teams who do not have Hy-Tek's Team Manager Program may obtain free of charge HY-TEK LITE at the following URL: <http://www.hy-tek.com/downloads.html>
According to the Hy-Tek website: TEAM MANAGER Lite is basically TEAM MANAGER with the following features enabled:

Enter Teams, Athletes, Relays, Meets and Browsers
Specifying Meet Entry Custom Times by Event or by Name
Import of Meet Events from a Hy-Tek MEET MANAGER Database
Export of Meet Entries to send to the meet host by diskette or over the internet
Meet Entry Report

This free download will allow teams to create the necessary meet entry file. We strongly encourage teams to obtain this free download if they do not currently own the Hy-Tek TEAM MANAGER software.

Results: **Realtime Results will be available online at the Boise YMCA Swim Team website:** www.boiseyswimteam.org. Follow the link to the results file. Complete Meet Results, Meet Results File, and meet backup will be available at the Boise YMCA Swim Team website: www.boiseyswimteam.org after conclusion of the meet. Daily results will be posted as soon as possible following the completion of each session.

Results for USA Swimming: Results for USA-S athletes whose entries include their USA-S #, full name and birth date will be loaded into the SWIMS database. Questions regarding the SWIMS database can be directed to Patty Stratton via email at stratton@cableone.net.

Scoring:

- o Scored to 16 places.
- o Individual events 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- o Relay events 40-34-32-30-28-26-24-22-18-14-12-19-8-6-4-2
- o All 11-14 events (200 strokes, 400 IM, 1000 Free & 1650 Free) will be scored as 11-14 event. This includes totals toward high point awards. 11-12 year olds may NOT enter these events as a bonus event.
- o Swimmers who do not make the qualifying time for the event will not score in the event but will receive the place award.
- o The 500 Freestyle will be scored 11-12, 13-14, 15-21.

Awards:

All participants will receive a meet participation award.
Individual medals: 1st through 8th
Individual Ribbons: 9th through 16th
Relay medals: 1st through 3rd
Relay Ribbons: 4th through 8th
Individual high point awards: 8-Un/9-10/11-12/13-14/15-21
All 11-14 events will be awarded 11-14.
In these 11-14 events the swimmers will be awarded the place that they swim, i.e., if a 12 year old is fifth overall but the first 11-12, he will be awarded fifth place.
The 500 Freestyle will be awarded 11-12, 13-14, 15-21

Swimmers who place in the top 16 but do not meet the event qualifying standard, will be awarded their place, but not scored.

Team awards: Division I: 35 & over swimmers competing: 1st through 3rd
Division II: 15-34 swimmers competing: 1st through 3rd
Division III: 1-14 swimmers competing: 1st through 3rd

Time Trials: Official Time Trials will be held at the Referee's discretion at the end of competition on each day. All events offered during the meet are eligible for time trials. Time Trials for 500 yd and 1650 yd events will only be offered on Saturday. Only swimmers entered in the meet can

participate. Time trials will not count toward the individual event limit. The time trial fee is \$10.00 per individual swim and \$20.00 per relay. Daily sign-up deadlines will be announced, but no later than the beginning of the last scheduled set of events.

Timers: All participating teams will need to provide timers.

Heat Sheets: Heat sheets will be available for \$10.00. Heat sheets will also be posted.

Onsite Amenities:

- Aquatic Supplies
- Concessions
- Printed T-Shirts and Apparel

Hospitality: A Hospitality Room will be provided for coaches and officials.

Housing: **Special Rates Available for 2012 Pacific North Region YMCA Champs!**

Springhill Suites: 208-939-8266

Hilton Garden Inn Boise-Eagle: 208-938-9600

TownePlace Suites by Marriott: 208-884-8550

Country Inn and Suites: 208-639-3300

Other

Notes: NO bull pen will be provided for the 8 and under events.

All swimmers are responsible for ensuring they are at the block for their event.

THERE WILL BE NO SEAT SAVING OVER NIGHT. Any blankets, towels or other belongings left in the bleachers over night will be removed.

The Aquatic Center doors will open at 7:00. Swimmers will not be allowed to enter the water or be on the pool deck until the warm-up time specified in this meet invitation.

Only participating swimmers, coaches, authorized volunteers and pool personnel may remain on deck during the meet.

Plenty of parking is available for swimmers and their families. The lot next to the pool is reserved for officials and coaches only. Please no team vans or RV or buses in this lot.

RV Parking will be available in the parking lot across the street from the YMCA. Alcoholic beverages, tobacco products of any kind, and glass containers are not allowed in the facility. Any act of theft, vandalism, or similar actions will result in disqualification from the meet and the forfeit of all points and awards earned by the individual(s).

Lost & Found: Lost and Found items will be kept at the pool's guard station until the end of the meet. After the meet contact the Aquatic Director at the West Family YMCA.

2012 Pacific Region North Swimming Championships
Friday, March 2
Warm-ups 4:00 P.M. Meet Starts 5:00 P.M.

GIRLS			BOYS		
EVENT #	QT	AGE GROUP	EVENT	QT	EVENT #
1	5:34.99	11-21	400 IM	5:18.99	2
3	1:55.99	8-U	100 IM	1:55.99	4
5	1:36.99	9-10	100 IM	1:36.99	6
7	1:20.99	11-12	100 IM	1:20.99	8
9	None	13-21	400 Medley Relay*	None	10
11	12:40.99	11-21	1000 Free**	11:40.99	12

* 400 Medley Relay- a maximum of two entered relay teams allowed.

** 1000 Freestyle swimmers must provide their own timers and counters.

**2012 Pacific Region North Swimming Championships
Saturday, March 3**

Warm-ups 7:30A.M. Opening Ceremonies 8:50A.M. Meet Starts 9:00A.M.

GIRLS				BOYS		
EVENT #	QT	AG	EVENT	QT	EVENT #	
13	1:39.99	8-U	100 Free	1:39.99	14	
15	3:07.99	9-10	200 Free	3:07.99	16	
17	2:35.99	11-12	200 Free	2:35.99	18	
19	2:25.99	13-14	200 Free	2:17.99	20	
21	2:19.99	15-21	200 Free	2:08.99	22	
23	None	8-U	100 Med Relay	None	24	
25	None	10-U	200 Med Relay	None	26	
27	None	12-U	200 Med Relay	None	28	
29	None	14-U	200 Med Relay	None	30	
31	None	21-U	200 Med Relay	None	32	
33	41.99	11-12	50 Breast	43.99	34	
35	41.99	13-14	50 Breast	38.99	36	
37	40.99	15-21	50 Breast	35.99	38	
39	55.99	8-U	50 Back	55.99	40	
41	1:41.99	9-10	100 Back	1:41.99	42	
43	2:50.99	11-14	200 Back	2:40.99	44	
45	2:46.99	15-21	200 Back	2:35.99	46	
47	26.99	8-U	25 Fly	26.99	48	
49	48.99	9-10	50 Fly	48.99	50	
51	1:24.99	11-12	100 Fly	1:24.99	52	
53	1:20.99	13-14	100 Fly	1:16.99	54	
55	1:12.99	15-21	100 Fly	1:04.99	56	
57	20.99	8-U	25 Free	20.99	58	
59	36.99	9-10	50 Free	36.99	60	
61	31.99	11-12	50 Free	32.99	62	
63	30.99	13-14	50 Free	28.99	64	
65	28.99	15-21	50 Free	25.99	66	
67	1:05.99	8-U	50 Breast	1:05.99	68	
69	1:50.99	9-10	100 Breast	1:50.99	70	
71	3:06.99	11-14	200 Breast	2:54.99	72	
73	2:59.99	15-21	200 Breast	2:42.99	74	
75	37.99	11-12	50 Back	38.99	76	
77	36.99	13-14	50 Back	35.99	78	
79	35.99	15-21	50 Back	32.99	80	
81	None	13-21	400 FR Relay*	None	82	
83	6:20.99	11-21	500 Free**	6:00.99	84	

* 400 Free Relay-maximum of two entered relays per team

** 500 Free swimmers must be prepared to provide their own timers and counters.

2012 Pacific Region North Swimming Championships

Sunday, March 4

Warm-ups 7:30A.M. Opening Ceremonies 8:50A.M. Meet Starts 9:00 A.M.

GIRLS				BOYS		
EVENT #	QT	AG	EVENT	QT	EVENT #	
85	29.99	8-U	25 Breast	29.99	86	
87	49.99	9-10	50 Breast	49.99	88	
89	1:34.99	11-12	100 Breast	1:37.99	90	
91	1:27.99	13-14	100 Breast	1:19.99	92	
93	1:25.99	15-21	100 Breast	1:16.99	94	
95	None	8-U	100 FR Relay	None	96	
97	None	10-U	200 FR Relay	None	98	
99	None	12-U	200 FR Relay	None	100	
101	None	14-U	200 FR Relay	None	102	
103	None	21-U	200 FR Relay	None	104	
105	59.99	8-U	50 Fly	59.99	106	
107	1:47.99	9-10	100 Fly	1:47.99	108	
109	2:45.99	11-14	200 Fly	2:30.99	110	
111	2:45.99	15-21	200 Fly	2:20.99	112	
113	45.99	8-U	50 Free	45.99	114	
115	1:22.99	9-10	100 Free	1:22.99	116	
117	1:09.99	11-12	100 Free	1:10.99	118	
119	1:05.99	13-14	100 Free	1:03.99	120	
121	1:02.99	15-21	100 Free	55.99	122	
123	24.99	8-U	25 Back	24.99	124	
125	44.99	9-10	50 Back	44.99	126	
127	1:24.99	11-12	100 Back	1:25.99	128	
129	1:18.99	13-14	100 Back	1:16.99	130	
131	1:16.99	15-21	100 Back	1:07.99	132	
133	3:28.99	9-10	200 IM	3:28.99	134	
135	2:52.99	11-12	200 IM	2:52.99	136	
137	2:43.99	13-14	200 IM	2:37.99	138	
139	2:40.99	15-21	200 IM	2:27.99	140	
141	37.99	11-12	50 Fly	39.99	142	
143	34.99	13-14	50 Fly	33.99	144	
145	34.99	15-21	50 Fly	30.99	146	
147	21:31.99	11-21	1650 Free*	19:59.99	148	

* 1650 Free swimmers need to be prepared to provide their own timers and counters.

SNAKE RIVER SAFETY GUIDELINES AND WARM-UP PROCEDURES

SECTION 1-- WARM-UP PROCEDURES:

A. GENERAL WARM-UP (First 30-45 minutes)

1. **NO DIVING or BACKSTROKE STARTS** allowed from the blocks or edge of pool. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter.
2. No sprinting allowed during general warm-up session.
3. All lanes are to be used for general warm-up.

B. SPECIFIC WARM-UP (Last 30-45 minutes)

RECOMMENDED LANE USE

POOL	PUSH/PACE	RACING STARTS	GENERAL WARM-UP
6 Lane	1 & 6	2 & 5	3&4
8 Lane	1 & 8	2 & 7	3, 4, 5, & 6
9 Lane	1 & 9	2 & 8	3, 4, 5, 6, & 7
10 Lane	1 & 10	2 & 9	3, 4, 5, 6, 7, & 8

1. Push/Pace Lanes - Push off one or two lengths from the starting end. Circle swimming only. No diving or backstroke starts.
2. Racing Starts - Only designated lanes for racing starts from the blocks or for backstroke starts at specified times.
3. General Warm-up Lanes - **NO DIVING OR BACKSTROKE STARTS.** Circle swimming only.

SECTION 2-- SAFETY GUIDELINES:

A. COACHES' RESPONSIBILITIES

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Coaches shall actively supervise their swimmers throughout the warm-up sessions at meets and at all practices.

B. HOST TEAM RESPONSIBILITIES

1. Marshaling:
 - a. A minimum of four (4) marshals, who report to, and receive instructions from the Meet Referee and/or Meet Director, shall be on deck during the entire warm-up session and any warm-up breaks to enforce these Safety Guidelines and Warm-up Procedures.
 - b. Marshals shall be current members of United States Swimming.
 - c. Marshals shall have the authority to remove from the pool, for remainder of the warm-up session, any swimmer who is in violation of safety guidelines or warm-up procedures.
 - d. For continuous warm-up pools, lifeguards from the host facility may serve as marshals, if:
 - (1) They are currently certified by Red Cross in Advanced Lifesaving, and agree to enforce the warm-up procedure as instructed by the Meet Referee and/or Meet Director.
 - (2) The host club must provide a marshal to supervise the work of the lifeguards.
2. Host teams shall post signs at each lane at both ends of pool which indicate the designated use during warm-up.
3. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area.
4. The following statement shall appear in the meet information: "Snake River Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on the deck area, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

(Duplicate This Form As Necessary)

2012 Pacific Region North YMCA Swimming Championships
West Family YMCA/Boise City Aquatic Center
March 2,3&4, 2012
Boise, Idaho

APPLICATION TO OFFICIATE

You are hereby invited to officiate at the 2012 Pacific Region North YMCA Swimming Championships to be held at the West Family YMCA/Boise City Aquatic Center in Boise, ID. The meet will be conducted over a 2½ day period with the meet beginning on Friday, March 2 at 5:00pm. A mandatory officials briefing session will be held 45 minutes prior to each day's start of the meet. The dress is white shirt/blouse; blue pants, shorts, or skirts; white socks; and white shoes. Officials desiring an assigned position must submit their application no later than February 15, 2012 (preference will be given to those who agree to work all sessions). All others planning to attend the meet are encouraged to return their application by Feb. 27, 2012. Applications MUST be received by February 15th in order to receive a meet polo shirt.

Name: _____ LSC: _____
Address: _____ Team: _____
City, State, Zip: _____ Phone: _____
E-Mail: _____

I will work at all sessions: _____ I can't work at all sessions. I will be able to work:

Friday _____
Saturday _____
Sunday _____

Key position(s) desired (i.e. chief judge, starter, deck referee) _____

CURRENT CERTIFICATION

LSC Position Certified: _____ Expiration: _____
National Position Certified: _____ Expiration: _____
Nat'l Champ Position Certified: _____ Expiration: _____

PLEASE RETURN THIS INVITATION TO:

Ruthie Palmatier
5306 N Noble Fir Avenue
Boise, ID 83713
Email: ruthie_palmatier@msn.com

Please circle polo shirt size:

Small
Medium
Large
X-Large

YMCA of the USA-Principles of YMCA Competitive Swimming
2012 Certification Training

Who: This is a required training for all YMCA Swim Coaches. Any Y swim coach who has yet taken this training needs to register for this class.

Prerequisites: 16 years of age

Date: Friday, March 2, 2011

Time: 10am-3pm tentative

Place: TBA- Boise YMCA-tentative meeting location

Cost: \$40.00 for the training, plus the cost for the text. Order the text, Principles for Competitive Swimming and Diving, from the YMCA Program store.

Description: This course is designed for staff and volunteers who provide leadership to YMCA competitive swimming and diving programs. The course includes an overview of the National YMCA Competitive Swimming and Diving Program, setting up a program, program administration, organizing a parent advisory committee, character development, and an review of other related programs and certifications and safety.

Register: No later than Friday, February 17, 2012

REGISTRATION FORM

Name: _____ YMCA: _____

Home address: _____

City: _____ State: _____ Zip: _____

Work or Home Phone: _____

Email: _____ Enclosed Fee of \$ _____

Approval for Participation-Signature of your YMCA Director (CEO, Building, Program)

Signature: _____ Please Print: _____

\$40 Check payable to: YMCA of the Inland Northwest/West Field Rep

Mail Form and Fee to: Todd Marsh/Swim Team
YMCA of the Inland Northwest
1126 N. Monroe
Spokane, WA 99201

(Keep a copy of your registration forms for your records)