



# **2019 Southern California Swimming and Commerce Aquatics' DIVERSITY & INCLUSION SELECT CAMP October 19<sup>th</sup> and 20<sup>th</sup>, 2019 Commerce, CA**

**Fundamental Objectives and Purpose of the Camp:** The purpose of the camp is to create an atmosphere of motivation and educational opportunities for athletes of underrepresented cultural, ethnic and socioeconomic groups to develop the necessary leadership skills to achieve excellence in their sport and their home communities.

## **Athlete Application**

Athletes' birthdays must be between the dates of October 19, 2004-October 19, 2007 and cannot have attended a National Diversity Select Camp, Western Zone Diversity Select Camp or a previous Southern California Diversity and Inclusion Camp.

## **Qualification Standards**

Any USA Swimming registered athlete member who meets the qualification time standards (as listed below), has not previously attended a D&I Select Camp and represents an ethnically underrepresented population that is less than 10% of the current USA Swimming membership. These populations can include: African American, Hispanic, Asian or Pacific Islander, Native American, and others (i.e. LGBTQ, other). As an added component, 20% of applicant pool will be chosen from Outreach membership applicants.

## **Site**

Brenda Villa Aquatics Complex: 5600 Harbor St, Commerce, CA 90040

## **Cost**

\$30.00 Cash or check made payable to Southern California Swimming (memo: D&I)

## **Camp Schedule: October 19, 2019 – October 20, 2019**

1.5 day camp itinerary included at the end of the athlete application. Please note: Parent participation and lunch provided for parent/guardian and athlete on Sunday, October 20, 2019. Camp itinerary will include a combination of pool training, motivational and education session and team building activities.

## **Camp Staff**

The camp staff will be selected from accomplished multicultural candidates from across SCS and include a head coach, assistant coaches, athlete representatives, Olympian and SCS Board Representative.

## **Equipment to be Brought From Home**

Any necessary swim equipment, multiple changes of clothes/towels, water bottles.

## **Equipment and Provisions provided by Camp Staff**

Camp tee shirt and swim cap

Lunch will be provided each day of camp (*Saturday 19: Athletes only, Sunday 20: Athletes and Parent/guardian*). Snacks will be provided throughout both days. Water will be provided on deck.

**Application Due Date**

September 20, 2019

**Parent Participation**

Parents are allowed to sit ONLY on the upstairs viewing platform during all pool sessions. Due to space limitations for the athlete campers, we will not be able to accommodate parents in the multi-purpose room. Parents are asked to participate in an activity on Sunday, 10/20/19 at 10:30a and join their athletes for lunch immediately following the activity.





# 2019 Southern California Swimming & Commerce Aquatics'

## DIVERSITY & INCLUSION SELECT CAMP

### October 19<sup>th</sup> and 20<sup>th</sup>, 2019 Commerce, CA

**Athlete's birthdays need to be between October 19th, 2004-October 19th, 2007**

#### Athlete Information

Athlete's Name: \_\_\_\_\_

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

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

Athlete's Phone: (      ) \_\_\_\_\_

Athlete's Email Address: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ USA Swimming Number: \_\_\_\_\_

Male  Female  Gender non-conforming

Swim Club Name: \_\_\_\_\_ Code: \_\_\_\_\_ LSC: \_\_\_\_\_

Parent #1 Name: \_\_\_\_\_

Parent #2 Name: \_\_\_\_\_

Parent Email Address: \_\_\_\_\_

Parent Cell Phone Number: \_\_\_\_\_

T-shirt size:  Small  Medium  Large  X-Large (Adult sizes)

**Southern California Diversity Select Camp Eligibility:** Any swimmer who represents an ethnically under-represented population that is less than 10% of the current USA Swimming membership is eligible for this camp.

You may check more than one:

\_\_\_ African American \_\_\_ Native American \_\_\_ Hispanic/Latino \_\_\_ Asian  
\_\_\_ Pacific Islander \_\_\_ Native Alaskan \_\_\_ Native Hawaiian

\_\_\_ I'm diverse in another way, e.g. Outreach (home club scholarship), LGBTQ, other. If you choose to, feel free to elaborate. \_\_\_\_\_

**MUST READ AND INITIAL ALL STATEMENTS OR APPLICATION WILL NOT BE CONSIDERED**

- \_\_\_\_\_ I will be physically ready for training when I arrive at camp.
- \_\_\_\_\_ I understand that I must meet the diversity eligibility (Part A) to apply for this camp.
- \_\_\_\_\_ I understand that I must meet the selection eligibility requirements and the qualifying time standards to apply for this camp.
- \_\_\_\_\_ I have listed my qualifying times for the camp in Part B.
- \_\_\_\_\_ I will follow all the USA Swimming rules, camp rules, and my LSC rules including code of conduct and safe sport.
- \_\_\_\_\_ I am returning this application to my local LSC Board chair for submission by their published deadline.
- \_\_\_\_\_ I have NOT attended a previous SCS D&I Camp, Western Zone D&I Select Camp or a USA Swimming National Diversity Select Camp.
- \_\_\_\_\_ I will be an athlete mentor at future local camps as requested by my LSC D&I Committee.
- \_\_\_\_\_ I will pay the camp fee by check or cash on the 1<sup>st</sup> day of camp of **\$30.00**. Made payable to SCS.
- \_\_\_\_\_ I will attend the second day of camp. **Please write YES or NO on the line.**

**My signature below attests to the above athlete's eligibility:**

Athlete Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

Coach of record Signature: \_\_\_\_\_ Date \_\_\_\_\_

**Top Swimming Performances**

Please list your top five swims since January 1, 2019. List only one course per event. Please check the time standard for your age when the time was achieved. Must have two or more BLUE times.

| <u>Event</u> | <u>Time</u> | <u>Course</u> | <u>IMX Points</u> | <u>Time Standard</u>         |                               |                                 |
|--------------|-------------|---------------|-------------------|------------------------------|-------------------------------|---------------------------------|
| _____        | _____       | _____         | _____             | <input type="checkbox"/> Red | <input type="checkbox"/> Blue | <input type="checkbox"/> JAG/JO |
| _____        | _____       | _____         | _____             | <input type="checkbox"/> Red | <input type="checkbox"/> Blue | <input type="checkbox"/> JAG/JO |
| _____        | _____       | _____         | _____             | <input type="checkbox"/> Red | <input type="checkbox"/> Blue | <input type="checkbox"/> JAG/JO |
| _____        | _____       | _____         | _____             | <input type="checkbox"/> Red | <input type="checkbox"/> Blue | <input type="checkbox"/> JAG/JO |
| _____        | _____       | _____         | _____             | <input type="checkbox"/> Red | <input type="checkbox"/> Blue | <input type="checkbox"/> JAG/JO |

## Medical Authorization

**Athlete Name:** \_\_\_\_\_ **LSC:** \_\_\_\_\_ **SCS** \_\_\_\_\_

I consent to medical care for my minor child, born on \_\_\_\_\_, 20\_\_\_\_, including routine diagnostic procedures and medical, dental, and/or surgical treatment by a physician, if needed during the 2018 Southern California Diversity and Inclusion Select Camp. I give consent to the camp staff to obtain said medical care if needed.

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

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

List any medical conditions:

List any allergies including medication, food, and over the counter medications:

List any medications that must be administered:

Any special food requirements:

Please include telephone numbers for a parent, relative or guardian in case of an emergency.

Contact Name \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship \_\_\_\_\_

Contact Name \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## Athlete Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athletes' behavior. By signing this code of conduct, I agree to the following statements:

- I will respect and show courtesy to my campmates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and sessions.
- I will set a good example of behavior and work ethic for my campmates.
- I will be respectful of my campmates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all camp meetings and training sessions, unless I am excused by a coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, sessions, team activities and personal time.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- I will obey all of USA Swimming's rules and codes of conduct.

I understand that if I violate this code of conduct, I will be subject to disciplinary action determined by the coach staff and coaches.

\_\_\_\_\_  
Swimmer's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date

### **APPLICATION DEADLINE:**

**Your completed application is due to your LSC Chair by September 20, 2019.**

**SCS Submissions shall be mailed/emailed to: Sarah Dawson**

**23215 Via Mirlo**

**Mission Viejo, CA 92691**

**[coachsarah@mvnswim.org](mailto:coachsarah@mvnswim.org)**





## **CAMP ITINERARY**

### Saturday, 10/19/19 SCS D&I Camp Day #1

|               |  |
|---------------|--|
| 8:30a-9:00a   | Check-In                                 |
| 9:00a-9:30a   | Introduction/Ice Breaker (Athlete Reps)  |
| 9:30a-10:15a  | Cullen Jones Talk Introduction           |
| 10:30a-12:00p | Pool Session #1                          |
| 12:15p-1:00p  | Lunch                                    |
| 1:00p-1:30p   | After Lunch Camp Activity (Athlete Reps) |
| 1:45p-2:15p   | SCS Swimming Talk                        |
| 2:30-3:45p    | Pool Session #2                          |
| 3:45p-4:30p   | Camp Directors Talk on D&I               |
| 4:30p-5:00p   | Pictures/Wrap-Up/Conclusion              |

### Sunday, 10/20/19 SCS D&I Camp Day #2

|               |                                    |
|---------------|------------------------------------|
| 8:00a-8:30a   | Check-In                           |
| 8:30a-9:00a   | Cullen Jones Talk                  |
| 9:00a-10:15a  | Pool Session #3                    |
| 10:30-11:15a  | Camp Director's/Athlete Rep's Talk |
| 11:15a-11:45a | LUNCH                              |
| 11:45a-12:00p | Wrap Up/End of Camp                |