



# DSA Travel Meet 2014

Friday June 20<sup>th</sup> thru Monday June 23<sup>rd</sup> 2014

This year's DSA travel meet will be held in Albuquerque, NM the weekend of June 20<sup>th</sup> thru the 23<sup>rd</sup>. The meet will be held at the **West Mesa Aquatic Center**, 6705 Fortuna Rd NW Albuquerque, NM 87121. This pool was host to this year's Short Course State Meet.

In addition to having good swims, our objective of this travel meet is for our swimmers to gain some independence and to have the experience of traveling, living, and competing together as a **TEAM**. This will also give swimmers an opportunity to attend a Prelim/ Finals meet before end of season Championship meets.

A travel meet is one of the most exciting experiences for USA swimmers, in that the essence of traveling together gives the swimmers an opportunity to build and strengthen friendships, have fun, and support one another. DSA Coaches feel the opportunity to attend a travel meet is a privilege and reward for hard work and commitment.

Swimmers will only be allowed to attend if they maintain group practice requirements; 4 per week for Silver; 3 per week for Blue; 2 per week for White and 85% practice attendance for Seniors (7 practices/week) beginning May 1<sup>st</sup>, 2014

Our coaching staff is very experienced in planning and conducting travel meets. We feel strongly about creating a positive team experience for all of our swimmers; therefore, in order to participate in this meet, we ask you to support our plans. If you and your swimmer are uncomfortable with these guidelines, or feel your swimmer is not ready for this experience, we will support you and encourage you to participate in some of the other swim meets lined up for the summer. Thank you for your continued support.

**There will be a mandatory team meeting for all attending the week before meet.**

## **Pool:**

West Mesa Aquatic Center  
6705 Fortuna Rd, NW 87121  
Albuquerque, NW 87121

<http://www.cabq.gov/parksandrecreation/recreation/swimming/indoor-pools/west-mesa-aquatic-center>



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## Flight Information:

Southwest Airlines:

Flight 2222 Depart Denver 7.45a.m./ Arrive ABQ 9.00a.m.

Flight 1499 Depart ABQ 11.10a.m./ Arrive Denver 12.30p.m.

We have been able to arrange a Group booking with Southwest Airlines. We have up to 73 tickets at a price of \$235.00. As they are not traveling with Parents/ Guardians, 11/ Older will be placed on this flight first. We will then assign 10/Under's. If anyone would be willing to Chaperone please let me know. If all seats are assigned additional flights are available.

\*Information needed per swimmer is attached.

## Hotel:

Embassy Suites Hotel  
1000 Woodward Place NE,  
Albuquerque, NW 87102  
(505) 245-7100

Most rooms will have 3 swimmers per room. Each large room has 2 queen beds and a pull out. Embassy Suites is close to the Pool and the Airport. For **11 / Older swimmers**, the room is included in cost of trip. **10 / Under**, we have obtained a group booking for you in the amount of \$124.00 per night (plus tax). You can call the hotel directly or go to the attached link to book online. Parents of 11/ Older Swimmers that are attending meet can use this also.

<http://embassysuites.hilton.com/en/es/groups/personalized/A/ABQEMES-DEN-20140618/index.jhtml>

## Meals:

Breakfast: The Embassy Suites offers a complimentary breakfast and will open early to accommodate our schedule.

Lunch: We will provide a boxed lunch for all swimmers from Jimmy Johns each day. It will include a sandwich, chips and cookie. \*Will also have snacks/ drinks available during the day.

Dinner: The Embassy Suites will provide dinner Friday and Saturday night during our stay. We have arranged a banquet room. Meal will include protein, pasta & salad with water/ lemonade.



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## Travel Meet Costs

### Swimmers 11 & Older

All 11 & Older Swimmers will be departing with team on Friday June 20<sup>th</sup>. Flight, Hotel, food, snacks, T-Shirt, activities and ground transportation is included in the total fee. (Coaches will be traveling with the team.) **\*Sunday night dinner will not be included in cost.** (No In-N-Out Burger in New Mexico but something similar).

Cost Flight: - \$235.00

Cost Trip: - 11 & 12 - \$395.00 (includes activity Friday)

Cost Trip: - 13 & Older - \$390.00

### Swimmers 10 & Under

We want our younger swimmers to participate in as much of the team experience as possible without feeling overwhelmed and homesick. Successful traveling with a team is a learned experience. We are requiring that the parents of these swimmers accompany their children to New Mexico or a parent agrees to take a group of 10 and under swimmers to the meet. Once we are in New Mexico we encourage these swimmers to follow the team itinerary as much as possible. They will ride to and from the meet with the rest of the team on the bus and parents can meet us at the pool. We encourage them to join the team for meals and other team activities. In order to keep our younger swimmers safe and happy we require parents (or Chaperone) to be with them at nighttime and traveling from Denver to New Mexico and back to Denver. Food, activities, snacks, T-Shirt and ground transportation will be taken care of by DSA. (Coaches will be traveling with the team.) **\*Sunday night dinner will not be included in cost.**

**Hotel:** We have obtained a group booking for DSA (Parents/ 10 under's) in the amount of \$124.00 per night (plus tax). You can call the hotel directly or go to the attached link to book online.

<http://embassysuites.hilton.com/en/es/groups/personalized/A/ABQEMES-DEN-20140618/index.jhtml>

Cost Flight: - \$235.00

Cost Trip: - \$230.00



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## Denver Swim Academy Travel Policy

The following policies are in effect as of December 31, 2010 as required by USA Swimming. These policies are a reflection of both recommendations from USA Swimming regarding travel meets as well as additional rules added by the DSA Coaching Board.

### Required regulations from USA Swimming:

Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club. (305.5.D)

Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-administered criminal background check. (305.5.B)

Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete (unless the coach is the parent, guardian, sibling, or spouse of that particular athlete). (305.5.A)

When only one athlete and one coach travel to a competition, the athlete must have his/her parents' (or legal guardian's) written permission in advance to travel alone with the coach. (305.5C)

### Additional Policies Established for the Denver Swim Academy:

During team travel, (i.e. bus, plane, etc.), apparel should be DSA approved apparel only. i.e. team shirts, warm ups, etc.) or professional as the coaches' requirement. No other affiliated gear (high school, college) will be worn on a team travel trip.

Athletes shall conduct themselves in a respectful and appropriate manner as representatives of DSA. Loud, obnoxious, or otherwise disruptive behavior could be cause for dismissal from the trip or future sanctions for travel meets.

Athletes' shall not ride in a coach's vehicle without another adult present who is the gender as the athlete, unless prior parental permission is obtained.

During overnight team travel, if athletes are paired with other athletes they shall be of the same gender and should be a similar age. Where athletes are age 13 & Over, chaperones and/or team managers would ideally stay in nearby rooms. When athletes are age 12 & Under, chaperones and/or team managers may stay with athletes. Where chaperones/team managers are staying in a room with athletes, they should be the same gender as the athlete and written consent should be given by athlete's parents (or legal guardian). To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).

During team travel, when doing room checks, having team meetings, and /or other activities, the coaches should as much as possible do so in an open and viewable environment.

Athletes shall not leave their assigned rooms after final bed check has completed unless in an emergency.

Team members and coaches traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc. unless otherwise excused or instructed by the head coach

Swimmers are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, the hotel, a restaurant, or any other place at which the team has gathered without the permission of the coach and/or chaperone

The head coach may make adjustments on the regulations listed above depending on the location of the meet, distance between venues, and meet format. Other considerations including: the age and number of swimmers travelling, the number of chaperones available, other extenuating circumstances.

### **Code of Conduct/Honor Code (USA Swimming)**

All team members, team staff, and parents of minors are apprised in writing of this Code of Conduct and the attached USA Swimming Code of Conduct. A signature on this document constitutes unconditional agreement to comply with the stipulations of both documents.

Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.

Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.

The possession or use of alcohol or tobacco products by any athlete is prohibited.

The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.

No "deck" changes are permitted. Athletes are expected to use available change facilities.

Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and Denver Swim Academy.

Swimmers are to refrain from inappropriate physical contact at team activities and events.

Swimmers are to refrain from use of inappropriate language.

Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:

Dismissal from the trip and immediate return home at the athlete's expense

Disqualification from one or more events, or all events of competition

Disqualification from future team travel meets

Financial penalties

Proceedings for a LSC or USA Swimming Board of Review

**By signing below I acknowledge I have read, understand and will adhere to the Denver Swim Academy's travel policy.**

Athlete Name (Print): \_\_\_\_\_

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

Parent/Legal Guardian: \_\_\_\_\_ Date \_\_\_\_\_



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## Denver Swim Academy Medical Release

I hereby give my permission for any and all medical attention necessary to be administered to my child. In the event of an accident, injury, or sickness under the direction of the persons listed below, until such time as I may be contacted. I also hereby assume responsibility of payment of any such medical treatment.

**Full Name (Swimmer):** \_\_\_\_\_

**Parent / Guardian:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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

**Telephone: Home:** \_\_\_\_\_

**Work:** \_\_\_\_\_

**Cell:** \_\_\_\_\_

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

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

**Group Number:** \_\_\_\_\_

**Physician Name :** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Restrictions with your medical policy? (Care Facility, Emergency treatment, etc.):

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In case I cannot be reached, any of the following is designated to act on my behalf:

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(Names of specific coaches or chaperones)

List any medical condition including medication (asthma, diabetes, physical conditions, etc....) or allergies (food, medication, environment, etc....) for swimmer.

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Parent/ Guardian (Please Print): \_\_\_\_\_

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

Date: \_\_\_\_\_

**PLEASE ATTACH A COPY OF YOUR INSURANCE CARD**





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## Swimmer Information Required

**Full Legal Name:** \_\_\_\_\_

\*Make sure it accurate, needed to submit to Airlines

**DOB:** \_\_\_\_\_

**Southwest Airlines Rewards Number:** \_\_\_\_\_

**Charge Trip to DSA Account:**      **Yes**                      **No**  
\_\_\_\_\_

**T-Shirt Size:** \_\_\_\_\_

**Additional T-Shirt: (Parents) \*** \_\_\_\_\_

\*15.00 per shirt

## DUE DATES:

**May 2<sup>nd</sup>:**    Full Amount Charged to DSA Account  
              Non-refundable deposit of \$200.00  
              Swimmer Information Sheet. **(\*Southwest cut-off)**  
              Medical Release Form – Read and Sign  
              DSA Travel Policy – Read and Sign  
              Copy of Insurance Card

**May 23<sup>rd</sup>:**    Final Balance due



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## Itinerary

### Friday June 20th

- 9.00a.m. Meet at ABQ Airport
- 9.30a.m. Travel to Embassy Suites  
1000 Woodward PI NE  
Albuquerque, NM 87102
- 9.45a.m. Arrive at Hotel & Check in
- 11.30a.m. Lunch delivered to hotel
- 1.00p.m. Activity for 12/ Under
- 1.00p.m. Leave hotel for swim practice at  
West Mesa Aquatic Center  
6705 Fortuna Road, NW  
Albuquerque, NM 87121
- 3.00p.m.. Bus back to hotel after practice
- 4.30p.m. Leave Hotel to Swim Meet
- 7.30p.m. Pick up at pool, return to Hotel
- 8.00p.m. Dinner at Hotel/ Team Meeting
- 9.00p.m. Room Check/ Lights out

### Saturday June 21st

- 6.30a.m. Breakfast at Hotel
- 7.00a.m. Leave for Pool
- 8.30a.m. Swim Meet starts
- 11.00p.m. 10/ Under Swimmers leave hotel for pool

- 12.30p.m. Older Swimmers back to hotel
- 4.00p.m. All 11 & Older Swimmers back to pool for finals and pick up 10/ Under from pool and back to hotel.
- 7.30p.m. Pick up at pool (All Swimmers)
- 7.45p.m. Dinner at Hotel/ Team Meeting
- 9.00p.m. Room Check/ Lights out

**Sunday June 22<sup>nd</sup>**

- 6.30a.m. Breakfast at Hotel
- 7.00a.m. Leave for Pool
- 8.30a.m. Swim Meet starts
- 11.00p.m. 10/ Under Swimmers leave hotel for pool
- 12.30p.m. Older Swimmers back to hotel
- 4.00p.m. All 11 & Older Swimmers back to pool for finals and pick up 10/ Under from pool and back to hotel.
- 7.30p.m. Pick up at pool (All Swimmers)
- 7.45p.m. Drive to dinner (Five Guys/ Chipotle)
- 9.00p.m. Room Check/ Lights out

**Monday June 23<sup>rd</sup>**

- 7.30a.m. Breakfast at hotel
- 9.00a.m. Check out/Load bus
- 11.10a.m. Arrive at airport and check in Southwest. Flight 1499