

Frequently Asked Questions of Parents of Athlete Reps



First things first, congratulations to your child for being selected as one of the Athlete Reps for the 2016 Western Zone Age Group Championship! This achievement reflects not just the dedication and hard work of swimmers and coaches, but also your contribution to support your athlete. The meet Athlete Rep is a groundbreaking position. We're not aware of it being used before. But we wouldn't be surprised if it is utilized afterwards! The meet has already benefitted greatly from the feedback these athletes have shared, and the work is just beginning. We're excited to utilize these talented athletes to not only help plan, prepare and serve at,

the meet. But also to act as liaisons to each of the LSC teams of the Western Zone. They will assist not only the meet leadership, but also the team leadership and athletes as needed to ensure has a positive experience while at the meet and feels welcomed and cared for.

Because of the Olympic Connection: Utah's Olympic legacy and the Rio Olympics occurring at the same time as the meet, planners envision more than just another swim meet. The meet vision is to create opportunities for each to discover something great within, and also among, through inspiring **passionate performance, expanded connection and lasting legacy**.

This "FAQ" was developed with the hope that it will provide some of the necessary information for you to feel confident in sharing in this unique meet experience.

Some of the event highlights for the athletes include:

- An Opening Ceremony to help connect the athletes to their fellow Olympians in Rio: #SwimUnited
- An athlete "HUB" to make new friendships and connections. The Olympics, as well as this meet, will be televised here.
- Unique Rocky the Raptor Mascot and Merchandise
- Encouraging an "Attitude of Gratitude"

1. What is the Western Zone Age Group Championship Meet?

The Western Zone Age Group Championship is a USA swimming four -day championship swim meet for approximately 700 athletes ages 8-14 from 14 western states. Athletes compete on one of 17 "all-star" teams from their state or region. Athletes, coaches, officials, team support personnel, families of swimmers, spectators, meet volunteers, zone and national swimming leadership attend a variety of event activities.

2. When and where is the 2016 meet being held? Where can I find more information about the meet?

Website: utahzones2016.com

Date: August 9-13, 2016

Location: Kearns Oquirrh Park Fitness Center
5624 S. Cougar Lane Kearns, UT
84118

Meet Motto: Swim Your Passion

3. How many States / LSC's compete in the Western Zone?

There are 14 States in the represented 17 LSC's (Local Swim Committees) which are:

Alaska	Arizona	Central California	Colorado	Hawaii
Inland Empire	Montana	New Mexico	Oregon	Pacific Swimming
Pacific Northwest	San Diego Imperial	Sierra Nevada	Snake River	Southern California
Utah	Wyoming			

4. Who are the adult leaders responsible for the Athlete Reps?

Chaperone: [Name] [Team Affiliation] [Phone] [Email]
 Athlete Rep Mentor: [Name] [Team Affiliation] [Phone] [Email]

5. Who are the Athlete Reps?

[Name] [Name] [Name]
 [Name] [Name]

6. What are the responsibilities of an Athlete Rep?

The following documents best answer this question. If they were not emailed to you, request them from the chaperone or meet director.

- Meet Host Athlete Rep Job Description
- Athlete Rep Meet Plan Subsection

7. Does my child need to attend the meet? Will I be responsible to get him/her to all the sessions and events?

Yes, your child needs to attend the meet. No, you will not be responsible to get your child to all the sessions and events. It is important your child attend the zones meet and associated events as that is where the majority of, and most important, work will be done. Because of the large time commitment involved, the meet has committed to provide lodging, transportation, food and a chaperone for the Athlete Reps the duration of the meet.

8. Is there any cost for my child to participate as an Athlete Rep? What are the logistics?

There is no cost to the Athlete Reps. The meet is paying their expenses.

HOTEL: We are utilizing “comp” hotel rooms. There will be 1 room (2 beds) for the four female Athlete Reps and 1 room for the male Athlete Reps and his mother, [Name]—who is also the Athlete Rep chaperone.

FOOD: Breakfast will be provided by the hotel. Athlete Reps need to bring a sack lunch for lunch on Tuesday. Dinner Tuesday through lunch on Saturday will be provided via the meet box lunch/dinner program and paid for out of meet proceeds. Dinner Saturday night will be provided at the Athlete Celebration at Boondocks. Snacks are available via meet hospitality. Athlete Reps are also invited to bring their own snacks if desired.

TRANSPORTATION: [Name] will transport the Athlete Reps between the hotel, pool and Athlete Celebration via her private vehicle.

9. Do I need to complete any paperwork prior to my child serving with the Athlete Rep group at the meet?

Yes. You should have received an *Athlete Rep Code of Conduct/Travel Policies* document to review and keep, and also an *Athlete Rep Medical Info and Signature Form*. The signature form needs to be completed, signed and returned along with a copy of **both sides** of the applicable medical coverage card. **Both**

1. The signature form
2. A copy of both sides of the medical coverage card

Need to be returned to [Name] (see #4 for contact info) by July 13. (The first day of state)

10. Are there any pre-meet activities/meetings my child needs to attend?

Not as much might be expected. We are working to schedule a video shoot with Olympian Summer Sanders sometime between July 5-9. Details will be emailed as soon as they are known. **There is also a VERY IMPORTANT Athlete Rep meeting/pizza party on Thursday, July 28th from 3 pm – 8 pm. It will be**

held at [Name & Address]. We know these athletes are very busy and so have tried to consolidate most of their pre-meet preparation into this one time.

We have also appreciated their participation in the monthly zone meet planning committee meetings held through June. There will be one more meeting in between the sessions of long course state, but the Athlete Reps are not expected to attend so they can instead focus on their meet.

11. Is there certain clothing they should wear at the meet?

Yes. Members of the Zone Meet Planning Committee, including the Athlete Reps, each receive 1 polo shirt, to be worn on Tuesday 8/9, and 1 meet volunteer shirt, to be worn on Wednesday 8/10. Athlete Reps also will receive 3 additional colored T-shirts with a small version of the “Release the Raptor” artwork on the front to be worn as determined by the group the remaining days of the meet. These shirts will be neon green, neon pink and white. All shirts are theirs to keep.

We hope to distribute the meet volunteer shirts to the Zone Meet Planning Committee at the beginning of Long Course State and are asking all to wear it to that meet, talk up zones, and encourage people to volunteer to work that meet.

12. When will the apparel be delivered to the athlete reps?

It is hoped all apparel will be delivered to the Athlete Reps at the Long Course State meet. If not, it will be given out at the July 28th meeting.

13. What benefits can we expect as a result of my child serving as a 2016 Western Zone Age Group Championships Athlete Rep?

Athlete Reps will each receive a letter certifying community service hours rendered as well as a letter of recommendation from meet leadership. Additionally, we expect that the Athlete Reps will also grow in leadership, gratitude and friendship as a result of their service.

14. I plan to stay at a local hotel for the duration of the meet. Can you advise where the Athlete Rep hotel is and if it possible to stay there?

The hotel where the Athlete Reps will be staying is the Comfort Inn West Valley—Salt Lake City South: 2229 W City Center Court, West Valley City, UT 84119. The meet has reserved rooms at several local hotels, including this one. Most hotels are no more than 15 minutes from the pool. To reserve at this particular hotel, please contact the meet director, [Name] [Email] [Phone] ASAP. This hotel is also providing lodging for officials so it is reserved differently than the rest. All other reserved hotels can be booked by meet attendees, including parents based on current availability. Please visit utahzones2016.com to make reservations and for more information. Click on the “Plan Your Trip/Hotel” tab.

15. Will there be a parent meeting to meet the Athlete Rep adult leadership?

None is planned, however, parents are welcome to come to all or part of the July 28 meeting if desired. Please contact either the meet chaperone (see question 4), Athlete Rep mentor (see question 4) or meet director (see questions 12) with any questions. The meet director, and other adult leadership, will also be available at state if a face to face meeting is desired.

16. Where and when do I drop off my swimmer on Tuesday, August 9th? What should they bring?

Drop off Athlete Rep and all gear s/he will need through Sunday morning at Kearns Oquirrh Park Fitness Center (see question 2 for address) at 8:30 am Tuesday, August 9th. Teams will begin arriving for warm-ups prior to 9 am and we want the Athlete Reps on hand to welcome each as they come. They will also help with set-up and Opening Ceremonies prep throughout the day and then attend, and participate in, the Opening Ceremonies that night. **Please bring a sack lunch and snacks (if desired) for Tuesday.** A box dinner from Rumbi Island Grill will be provided—Meet hospitality won’t be functioning until Wednesday.

17. Where and when do I pick up my swimmer?

Athlete Reps should be picked up no later than 9 am Sunday, August 14th. The hotel where the Athlete Reps will be staying is the Comfort Inn West Valley—Salt Lake City South: 2229 W City Center Court, West Valley City, UT 84119. If arrangements are made with the chaperone prior to Friday, August 12th, Athlete Reps may be picked up from the athlete social at Boondocks (75 E Southfork Dr, Draper, UT 84020) Saturday, August 13th at 9:45 pm or sooner.

18. What is the itinerary?

- Tuesday
 - 8:30 am Arrive at KOPFC with gear for week and SACK LUNCH
 - Throughout day: Welcome LSC teams, answer questions, help set-up, help prepare for Opening Ceremonies
 - Sometime in the afternoon: Check in to hotel, leave gear there, then return to pool to greet arriving teams.
 - 5:30 pm (ish): Dinner (brought to pool)
 - 6:30 pm: Final prep for Opening Ceremonies. Welcome teams as they arrive
 - 7-8 pm: Opening Ceremonies
 - Between 8 – 9 pm: Help clean-up as needed.
 - 9:30 pm: Latest time Athlete Reps will return to hotel. (9 pm is preferred)
 - 10:00 pm: Lights out
- Wednesday – Saturday afternoon
 - 6 am: Eat breakfast at hotel
 - 6:30 am: Leave hotel for KOPFC
 - 6:45 am: Meet with Athlete Rep Mentor to receive updates & instructions for day
 - 6:50 am: Greet arriving teams
 - 11:00 am – 1 pm: Help with distribution and clean-up of box lunches. Eat lunch.
 - Throughout each session: Spend time with assigned LSC teams. Answer questions and assist team leadership as needed. Get to know team leadership—especially team captains—and athletes. Help all feel welcome. Encourage participation in Gratitude Campaign: 3 Thank You's per session. Assist meet leadership as needed. Encourage safety in Athlete Village and around venue. Fill in where needed as requested by meet leadership.
 - 10 min. prior to Finals warm-ups: Greet arriving teams
 - 5 pm – 6 pm: Help with distribution and clean-up of team dinners. Eat dinner.
 - After finals session: Assist with clean-up and securing the venue as needed (especially audio visual equipment in The Hub.) Meet with Athlete Rep Mentor as needed. Return to hotel.
 - 10:00 Lights Out
- Saturday Evening
 - Assist with clean-up during session as needed (especially Hospitality area, The Hub and other areas as requested)
 - Attend awards ceremony after conclusion of Finals session
 - Attend Athlete Celebration at Boondocks with all your new friends! 7 pm – 10 pm (Admission paid out of meet proceeds)
 - Return to hotel
- Sunday Morning
 - PRIOR TO 9 am: Parent/Guardian pick up Athlete Rep and all gear at the Comfort Inn West Valley—Salt Lake City South: 2229 W City Center Court, West Valley City, UT 84119. Take home all gear and a ton of good memories. Sleep! ☺

19. I understand there is an athlete social and dinner on Saturday night. Can I attend? Can I attend for free?

Yes and possibly. Traditionally the Western Zone Age Group Championship meet hosts an athlete celebration and dinner after the Saturday night finals session. The year the event will be held at Boondocks

(75 E Southfork Dr, Draper, UT 84020.) For more information, see page 17 of the Meet Announcement (located on meet website.)

In addition to being the host facility for the zone athlete celebration, the venue is also open to the general public. Parents are welcome to attend this event if desired. To get the discount rate, turn in the name of each person attending (aside from the athlete) and pay a \$25 fee for each. Fee includes dinner and activities as listed on page 17 of Meet Announcement. Turn in name(s) and fee(s) with athlete team fee. (See #12 for details.) Those attending on this group rate will need to receive a wristband from the team manager and wear it to the venue to be admitted.

It may be possible to attend for free. Utah Swimming parents are needed to help monitor the event and ensure athlete safety. If interested, contact [Name] [Email]

Those not registered and paid for with the team or who do not have a wristband attend at general public rates.

20. What happens if my child is sick or there is an emergency?

The Athlete Rep chaperon is responsible for the well-being of your child during the meet. Releases and waivers must be signed prior to your child serving as an Athlete Rep at the meet. If there are any special medical issues to be aware of please disclose on that form. The chaperon will have your contact information should it be necessary to contact you.

21. Where do spectators park at the facility?

The designated event parking lot for spectators and meet volunteers is at the south end of the KOPFC facility. This is the entrance for the public using the outdoor pool areas. The entrance is through the gate at the back. A good landmark is the large water bucket. Parking at Kearns High School will not be permitted through the duration of this meet.

22. How can I help this event to be a success?

Thank you for wanting to make a difference! We need as many volunteers as possible to make this event a success. The best way to see and experience this unique event is by being a part of it.

If you are USA Swimming registered your services would be greatly appreciated in certain on-deck roles. Please contact [Name] at [Email] for more information and to volunteer.

All other volunteers can sign up for positions at utahzones2016.com. Click the "Volunteer" tab for more information. An online sign-up that outlines all of the available positions and session will be available there as noted. A number of fun volunteer incentives will be available to any who work the meet so we would very much appreciate you being a "volunteer ambassador" to your team. All volunteers who work two or more sessions will receive a Rocky Raptor T-Shirt. (Rocky is the awesome meet mascot named by Utah swimmers in March 2016.) We promise to treat meet volunteers well including giving breaks and food. Did you know that some of the best timers are swimmers? We hope all swimmers ages 11 and up who did not qualify get to experience the meet as a volunteer. Any high school swimmers, scouts or others, needing community service hours will be given a letter acknowledging their contribution to the event. To choose your T-shirt size, sign up online for at least 2 sessions no later than July 26. (See Meet Announcement pp 11-12 for more information on volunteering and T-shirts.)

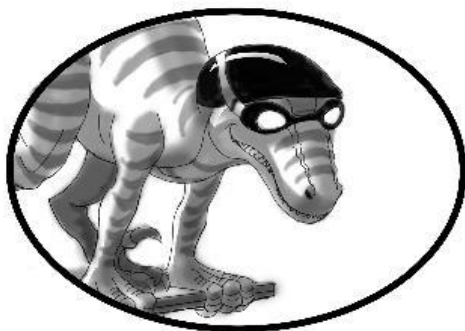
23. Where can I find the meet sanction to find out more detailed information about the meet?

Visit utahzones2016.com and select the "Meet Announcement" tab. The events, and other information, are located in the Meet Announcement.

24. Can you provide a list of key dates?

- * Athlete Rep parent information & release forms distributed. June 2016
 - Complete are return to Athlete Rep Chaperone by July 13
- * **Deadline: Medical/Signature Form & copy (both sides) of medical coverage card to [Name] (see #4)** **July 13**
- * Long Course State July 13-16th
 - Initial apparel distribution (after forms have been turned in)
 - Meet Director (and others) available to answer questions in person if arrangements are made in advance—also working as an official at some sessions
 - Wear meet volunteer shirt, talk up zones & encourage all to volunteer
- * **Athlete Rep Meeting & Pizza Party (see #8. High Priority—PLEASE ATTEND)** **July 28**
- * BRING SACK LUNCH, TUES. SNACKS & GEAR FOR WEEK August 9th
- * Athlete Reps wear meet polo shirt August 9th
- * Drop Off Athlete Reps (See #14 for details) 8:30 am August 9th
- * Opening Ceremonies 7-8 pm August 9th
- * Athlete Reps wear meet volunteer shirt (same shirt as worn at state) August 10
- * Competition Days (Prelims & Finals each day) August 10-13
- * Athlete Reps wear colored Release the Raptor shirts as determined by group August 11-13
- * Athlete Celebration 7:00–10 pm August 13
- * Pick up your Athlete Rep (See #15 for details) Prior to 9 am on August 14

Unique Mascot, Unique Meet



Experience it for yourself!

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