OREGON SWIMMING

Senior All Star Fall Long Course Training Camp Application

October 21-24, 2021

Coronado, California

THIS CAMP IS OPEN TO SWIMMERS AGE 13-OVER THAT HAVE MADE AT LEAST ONE SENIOR SECTIONAL QUALIFYING TIME. WE WILL SELECT 12 GIRLS AND 12 BOYS FROM OSI BASED ON PERFORMANCES FROM June 1, 2020 TO August 15, 2021.

COST WILL BE $300.00 PER ATHLETE. THIS APPLICATION and COMPLETED MEDICAL RELEASE FORM IS DUE August 16, 2021. **Be sure to turn in BOTH applications**

LEGAL NAME_____CLUB_____
FIRST MI LAST

BIRTHDATE ____/_____/_____ FAMILY EMAIL _____
mm dd yy

SENIOR SECTIONAL EVENTS ONLY HOME PHONE NUMBER _____

Please put a * by times that are Futures qualifying times or above

EVENT _____ TIME_____ WHERE PERFORMED? _____
EVENT _____ TIME_____ WHERE PERFORMED? _____
EVENT _____ TIME_____ WHERE PERFORMED? _____
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EVENT _____ TIME_____ WHERE PERFORMED? _____
EVENT _____ TIME_____ WHERE PERFORMED? _____

THERE WILL BE 6 SWIMMING WORKOUTS OVER THE FOUR DAYS PLUS DRYLAND. **SWIMMERS ARE EXPECTED TO BE GOOD AEROBIC SHAPE AND INJURY FREE WHEN THEY ATTEND.**

IN ADDITION, IT IS THE RESPONSIBILITY OF EACH APPLICANT TO DOWNLOAD ALL OREGON SWIMMING SENIOR ALL-STAR TRAINING FORMS FROM THE OREGON SWIMMING WEBSITE, FILL THEM OUT AND RETURN THEM TO THE OREGON SWIMMING OFFICE NO LATER THAN August 31st. CHOSEN ATHLETES WILL NOT BE ALLOWED TO ATTEND THE TRAINING CAMP IF THEIR PAPERWORK, AND FULL PAYMENT OF $300 IS NOT RECEIVED IN THE OSI OFFICE BY AUGUST 31.

Please email this form & Medical Release Form to both debbie@oregonswimming.org and to emily.melina7@gmail.com by the deadline of Monday, August 16, 2021. Chosen participants will be posted on the OSI website by August 21st. $300 will be due to the OSI office on August 31st for those selected (non-refundable) and a payment link for electronic payment will be sent directly to the athlete.

COACH'S SIGNATURE _____ DATE _____

Oregon Swimming - P.O. Box 449
West Linn, OR 97068
503-747-3702 office@oregonswimming.org

Questions? Contact Senior Chair Emily Melina at (208) 874-3017 or Emily.melina7@gmail.com

Selection Criteria
USA National Cut/Olympic Trials Cut: first tier
Summer JR Cut: second tier
Winter JR Cut: third tier (in case of a tie, highest USAS power point swim will be chosen) Futures: fourth tier (in case of a tie, highest power point swim will be chosen. In case of a tie within that, the next highest power point swim will be chosen)
SR Sectionals: fifth tier (in case of a tie, highest USA power point swim will be chosen)
*2 kids (1 of each gender) will be taken based on overall IMX score. If swimmer qualifies under a time standard, next highest non-qualifier will be taken.