



Swim For  
Team Joseph  
&  
Chili Cook-Off



HOSTED BY  
**EAGLE SWIMMING ASSOCIATION**  
& Chili Cook-Off

**A Short Course Timed Finals Meet**  
**Saturday, April 9th**  
**SANCTION #GUSC**

**Entries are due by 6:00pm on Tuesday – March, 29<sup>th</sup>, 2011**

**JOSEPH'S STORY:** Thomas Joseph Stanton II was born and raised in Kingwood, Texas. He is 16 years old and attends Kingwood Park High School. He began swimming year-round when he was only 4 years old and competed for Blue Tide Aquatics for 11 years and the past year for Eagle Swimming Association. He helped lead KPHS to their 2nd consecutive state swimming championships this past spring, is the current 4A 100 Freestyle State Champion and is an All-American in numerous other events.

On June 3rd, 2010 the first day of summer break, Joseph suffered a severe **Traumatic Brain Injury** (TBI) after falling off his skateboard just a few short blocks from his home in Kingwood. He simply fell from his 6'1" stature to the ground and sustained a massive head injury because he was not wearing a helmet. He was taken by ambulance to Memorial Herman Hospital where the doctors said there was simply nothing they could do for him as his entire brain was swollen. At 4 AM on June 4th his priest came to the hospital, prayed over and anointed him and within the hour a new doctor appeared at his bedside saying he was going to operate.

After 6 weeks in the Neuro-Surgical Intensive Care Unit at Herman Memorial Hospital, and a lot of ups and downs, Joseph was stable enough to be transferred to a long term acute care facility that specializes in neuro-rehab in The Woodlands, Nexus Specialty Hospital, where he stayed for just over four months. Now Joseph is at The Institute of Rehabilitation and Research (TIRR) in the Houston Medical Center area.

**CHILI COOK-OFF:** There will be a Chili Cook-Off starting at 11:00am at Summer Creek High School. For more information on entering please visit Joseph Stanton's website at [www.teamjosephstanton.org](http://www.teamjosephstanton.org) or the Eagle Swimming website at [www.eagleswimmingassociation.com](http://www.eagleswimmingassociation.com).



**MEET REFEREE:** Bill Conroy/ [William.c.conroy@gmail.com](mailto:William.c.conroy@gmail.com)

**MEET DIRECTOR:** Terri Adamec/ [tntadamec@gmail.com](mailto:tntadamec@gmail.com) (440) 552-0684

**SAFETY MARSHAL:** John Dissinger

## **SAFETY GUIDELINES AND WARM-UP**

**PROCEDURES:** See attached Safety Guidelines and Warm-up Procedures.

**SEEDING:** The meet will be a pre-seeded meet. The Psych Sheet and Timeline will be post both on the Gulf Swimming Website at [www.gulfswimming.org](http://www.gulfswimming.org) and the Eagle Swimming Website at [www.eagleswimmingassociation.com](http://www.eagleswimmingassociation.com) no later than **Friday, April 1<sup>st</sup>**. **Swimmers must provide their own Timer for this meet.**

**ON-DECK ENTRIES:** No late entries will be accepted. Those swimmers missing the 6:00 p.m. Tuesday, March 29<sup>th</sup> deadline may enter the meet on deck in the following manner:

1. Swimmers must pay the \$10.00 entry fee at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times.
3. We will be assigning blank heats every 10-20minutes throughout the meet to accommodate all on deck entries.

## **ENTRY INFORMATION:**

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert *meter (yard)* times to *yard (meter)* times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

**Age:** As of April 9<sup>th</sup>, 2011.

**Number of Events:** Swimmers may compete in up to one (1) individual events per day.

**Deadline:** Entries must be in the hands of the Meet Entry Chair no later than **6:00 p.m. on Tuesday, March 29<sup>th</sup>, 2011**. No late entries will be accepted. Do not send entries via Federal Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chair at:

**Clay Pruitt**  
**17622 Bering Bridge Ln.**  
**Humble, TX 77346**  
[coachpruitt@eagleswimmingassociation.com](mailto:coachpruitt@eagleswimmingassociation.com)  
**832-348-0577**

**Entries:** All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Announcement.

**Eligible Teams:** Morning Session – All USAS Registered Athletes  
Afternoon Session – Anyone is eligible for this session

**Fees:** \$10.00 per Individual Event. Make checks payable to Team Joseph Foundation. Entry fees must accompany entries, if delivered by any method other than email. **The first 2000 Athletes will receive a Team Joseph swim cap with their entry. All proceeds will go to the Thomas Joseph Stanton II Trust. Funds in this trust will go toward insuring long-term medical care for Joseph if needed, funding helmet safety education and legislative efforts, and traumatic brain injury research.**

**AWARDS:** There will be no awards given at this meet.

**SCORING:** There will be no scoring for this meet.

**RULES AND SANCTIONS:** The 2010-11 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is either registered or certified by USA Swimming.

**POOL MEASUREMENT:** The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 6' 2" measured from 1 meter to 5 meters on the starting end of the course, and 13' 9" feet measured from 1 meter to 5 meters on the turning end of the course.

**TIMING SYSTEM:** A Colorado System 6 electronic timing system with electronic scoreboard will be used. One watch per lane along with a Colorado Backup Button will be used as a back-up. **Swimmers must provide their own timer for this meet.**

**POOL DECK RESTRICTION:** Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

**PROOF OF TIME:** There is no proof of time for this meet.

**UNACCOMPANIED SWIMMERS:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**SWIMMERS WITH DISABILITIES:** Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing

their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**CONCESSIONS:** Concessions will be available at this meet

**HOSPITALITY:** A hospitality room will be available. Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

**MERCHANDISE:** D&J Sports will be at the meet selling swim apparel and swim gear.

**MEET RESULTS:** Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet. Results will also be available at [www.eagleswimmingassociation.com](http://www.eagleswimmingassociation.com)

**ATTACHMENTS:** **MEET FORMAT**  
**ENTRY VERIFICATION FORM**  
**GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES**  
**MEET ENTRY FORM**  
**MAP TO POOL**



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<b>Entry Rules</b>	
Type of Meet	Timed Finals
Max # of events	One (1)
Swimmers Eligible	Morning Session – All USAS Registered Athletes Afternoon Session – All Participants Welcome
Entry Times In	SCY/SCM/LCM
Qualifying Times	None
Cut-Off Times	None
Enter With No Time?	Yes
Fees	Individual - \$10.00

**Saturday April 9<sup>th</sup>**  
**Morning Session – All USAS Registered Athletes**

Girls	Event	Boys
1	<b>10 &amp; Under 50 Free</b>	2
3	<b>11 &amp; Over 100 Free</b>	4

**Swimmers must provide their own Timer for this meet.**

**Afternoon Session – All Participants Welcome**

Girls	Event	Boys
5	<b>Open 50 Free</b>	6

**Swimmers must provide their own Timer for this meet.**

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I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

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Signature

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Title

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Date



## WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

## SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal, or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**

#### D. Miscellaneous

1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
6. All diving boards and equipment are **OFF LIMITS**.

#### E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the invitation

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Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

Last Name	First Name	Sex F/M	USA ID#

Event	Time	Event	Time

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Map to:

Summer Creek High School

14000 Weckford Blvd.

Houston, TX 77044

