



**Alaska Swimming Inc.**

**Western Zone Training Commitment Form**

As a member of the Alaska Swimming 2008 Zone All-Star Team it is my intent to participate in the Western Zone Championships held in Hood River, Oregon. I plan to train with dedication between now and the Zone meet in August in order to achieve the best possible results at the meet.

I will participate of 90% of my scheduled team practice from the conclusion of the spring championship meet until the conclusion of the summer championship meet. Your coach has the authority to waive the 90% requirement and sign the form if he/she believes you will be able to still perform and compete at this level. If your practice attendance is less than 90%, your eligibility is up to your coach and finally up to the zone coaching staff and zone committee.

My training plans for this time period are:

\_\_\_\_\_  
Signature of Swimmer

\_\_\_\_\_  
Signature of Parent/Guardian if  
Swimmer is under 18

\_\_\_\_\_  
Signature of Coach

Swimmer Bio, to be filled out by your coach and returned by your coach: