



5516 Spring Garden Rd. 4th Floor, Halifax N.S. B3J 1G6  
902.425.5454 ext. 314 (o) | 902.497.2088 (cell) | 902.425.5606 (fax)  
Email | [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)  
Web-page | [www.swimnovascotia.com](http://www.swimnovascotia.com)

**2017 MAINE SWIMMING TOUR  
JUNIOR OLYMPIC SWIM MEET–BATH, MAINE  
March 9-13, 2017**

Swim Nova Scotia is excited to be bringing back a Developmental Provincial Tour Team for swimmers between the ages of 11-14 that are at the Nova Scotia Junior Level. The intent of this Provincial opportunity is to help build athlete independence, a cohesive team unit as Team Nova Scotia and to allow swimmers the opportunity to travel outside of Nova Scotia.

All swimmers will be required to travel with the team and to stay with the team throughout the entire event. If parents/families would like to attend, they are more than welcome to make their own travel arrangements and accommodations at a different hotel.

The cost of the trip for the athletes will be approximately \$600.00 (includes transportation, accommodations, meet entry fees, out of country insurance, team attire (caps/shirts) and at least one team dinner). Swim Nova Scotia does require a \$100.00 deposit with completed application forms (cheques payable to Swim Nova Scotia, or email money transfers sent to [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca), please send a separate email indicating the password and who the funds are for). This deposit will be deducted from the total cost of the trip and will be cashed on December 16<sup>th</sup>.

We will do one pick up at 7:00am on Thursday in Sackville (Sackville Sports Stadium) to pick up all swimmers from the South Shore, Valley and Metro Regions. The next pick up will be at 8:00am in Truro (Rath Eastlink Centre) for those in the Highland and Cape Breton Regions; if necessary we will do a pick up at 9:00am in Amherst (TBD). The meet information and up to date travel itinerary will be available on the [Swim Nova Scotia Webpage](#) when it is available.

If you have any further questions about this event, please do not hesitate to contact Bette El-Hawary at (902) 425-5450 ext. 314, or email [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)

Please submit the athlete application forms & deposit to the Swim Nova Scotia office NO LATER than December 16<sup>th</sup>, 2016. Final payment will be due on February 17<sup>th</sup>, 2017.

Thanks!

Bette El-Hawary  
Executive Director  
Swim Nova Scotia



**2017 MAINE SWIMMING TOUR**  
**Junior Olympic Trials Swim Meet**  
***Athlete's Application of Intent***  
Bath, Maine, March 9-13, 2017

NAME: \_\_\_\_\_ CLUB: \_\_\_\_\_

AGE: \_\_\_\_\_ (*must be 11+ years of age by March 8<sup>th</sup>, 2017*)

T-SHIRT SIZE (*please check one- unisex sizes*):

Youth Large \_\_\_\_\_ Small (Adult) \_\_\_\_\_ Medium (Adult) \_ \_ Large (Adult) \_ \_

EMAIL ADDRESS(ES): \_\_\_\_\_

*To receive information from Swim NS as it becomes available.*

PHONE: \_\_\_\_\_

EMERGENCY PHONE: \_\_\_\_\_

SWIMMERS CELL PHONE (if applicable): \_\_\_\_\_

MEDICAL INSURANCE NUMBER: \_\_\_\_\_ EXPIRY: \_\_\_\_\_

PASSPORT INFORMATION (*issuing country, number and expiry*): \_\_\_\_\_

PLEASE GIVE DETAIL OF ANY ALLERGIES OR MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF:

\_\_\_\_\_  
\_\_\_\_\_

Is your child allowed to take a motion sickness medicine (i.e. Gravol)?

Yes  No

Is your child allowed to take a headache medicine (i.e. Tylenol or Advil)?

Yes  No

Please list any other pertinent information (including dietary restrictions):

\_\_\_\_\_  
\_\_\_\_\_

**TEAM DISCIPLINE:**

Athletes are expected to conduct themselves as good representatives of their club and province in a manner which is exemplary and which will not bring discredit or embarrassment to themselves or to the sponsoring bodies.

All athletes will be expected to follow curfews as designated by staff. Respect for fellow athletes, and staff will be shown at all times.

No alcoholic beverages or any illegal drugs will be permitted at any time.

Swim Nova Scotia will announce the rooming list upon arrival in Brunswick, Maine. Swimmers may or may not be sharing a room with someone that they currently know. Changes to the rooming list will only take place under extenuating circumstances at the discretion of the Team Leader.

**POOL PROPERTY OR NON-PERSONAL PROPERTY:**

Vandalism to hotel premises, pool complex, or the property of others will not be tolerated and will be regarded as grounds for exclusion from subsequent tours. Restitution for all damages will be required.

The enforcement of all of the above stated regulations is the responsibility of the Team Leader. **Enforcement may include being sent home at personal expense.**

**AGREEMENT:**

I, \_\_\_\_\_ , agree to adhere to all of the tour rules.

**Signatures:**

Athlete: \_\_\_\_\_

Coach: \_\_\_\_\_

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

***Please send completed forms, along with \$100 deposit (cheque payable to Swim Nova Scotia, or email money transfers sent to [swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca), please send a separate email indicating the password and who the funds are for):***

*Bette El-Hawary, Executive Director  
Swim Nova Scotia  
5516 Spring Garden Road- 4<sup>th</sup> Floor  
Halifax, N.S. B3J 1G6  
[swimming@sportnovascotia.ca](mailto:swimming@sportnovascotia.ca)  
Phone: (902) 425-5450 (ext. 314)*

**DEADLINE: Friday December 16<sup>th</sup>, 2016**

***\*If you would like to use this as a Holiday (Birthday, Christmas, etc.) Gift, please email Swim Nova Scotia no later than December 16<sup>th</sup> and a card will be sent.***