



2008 CENTRAL MEGAZONE CHAMPIONSHIPS ILLINOIS ZONE TEAM INFORMATION PACKET

It's time once again for the USA-Swimming Central MEGA Zone Championships! We hope to generate some real Illinois spirit by assembling our best Illinois Zone Team ever! Please make copies of this packet and distribute to your team members who have qualified, or plan to qualify, for this summer's meet.

Illinois swimmers qualifying and entering the Central Mega Zone Championships must use the forms in this packet to register as members of the "Illinois Zone Team". Do not inquire about TEAM ILLINOIS specifics with the meet host as their job is to only host the competition. TEAM ILLINOIS information can be obtained from Illinois Swimming and the Team Manager listed in this packet.

- MEET:** 2008 CENTRAL MEGAZONE CHAMPIONSHIPS
- LOCATION:** *Pool Events:* IUPUI Natatorium, 901 West New York Street, Indianapolis, IN 46202
Open Water: Eagle Creek Reservoir, 7840 West 56th Street, Indianapolis, IN 46254
- DATES:** Registration & Team Meeting/Team Pictures/Team Practice: Wed, August 6th, 2008
(Team IL meets at 10:30am in the East Concourse)
Pool Competition: Wed-Thurs-Fri-Sat-Sun August 6-7-8-9-10, 2008
Open Water Competition: Wednesday Aug 6, 2008
- TEAMS:** Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin.

Illinois Zone Team Homepage:
www.ilswim.org > Age Group > Zones & Mid-States

Official Meet Homepage in Indiana:
www.allgreatracers.com

APPLYING FOR TEAM ILLINOIS:

ALL FORMS (Application, Event Entry list, Medical History Questionnaire, and Code of Conduct) must be received by July 28th, 2008 at 12:00pm (noon) to be considered for this meet.

REGISTRATION DEADLINE: Monday July 28th, 2008 by 12:00PM (noon)

LATE REGISTRATION: A Zone table will be setup at the Illinois Age Group State Championships to accept entries from swimmers who newly qualify for Zones **AT THAT MEET**, or add new events and/or update times from swimmers already registered for Zones. **NO NEW ENTRIES WILL BE TAKEN AFTER MONDAY, JULY 28, 2008 @ 12:00PM (noon) UNLESS THE TIME IS ACQUIRED AT THE AGE GROUP STATE MEET.**

FINAL REGISTRATION DEADLINE: Sunday, August 3rd, 2008 at 8:00 PM

Swimmers must have Zone Qualifying Times (AAA) to Apply.

TEAM ILLINOIS APPAREL FOR 2008

Team Illinois will not be providing a free aquablade suit this year due to lack of interest in that style of swim suit. Instead, we will be providing a discount on the Fastskin II suits listed at www.theswimteamstore.com . Please be aware, in order to receive the discount, the swimmer must qualify AND participate at the MegaZone Meet as part of Team Illinois. Once the swimmer has been selected, the user name and password to order apparel will be provided to the families via email.

BE SURE TO INCLUDE A REGULARLY CHECKED EMAIL ADDRESS ON THE APPLICATION TO INSURE YOU RECEIVE ALL THE NECESSARY INFORMATION IN A TIMELY MANNER.

QUESTIONS: Questions can be directed to Pam Lowenthal at the Illinois Swimming Office at ilswimoffice@sbcglobal.net or 847-824-1596

- SPECIAL NOTE FOR SWIMMERS:** Many of you have set this meet as your goal for the year. The Zone Championships is the highest level of age group competition in the United States. Qualifying for this meet is a major achievement that you should be very proud of. By participating in this competition, you will have the chance to be a part of Illinois' finest group of all-star swimmers. You will have the opportunity to compete on the same team and be a part of relays with athletes you have competed alongside all year long. Just ask any past Zone competitor and they will tell you many lasting friendships have been developed at Zones. Additionally, the experience you gain at this level will last a lifetime! You earned the opportunity to be here, and Illinois Swimming will see to it that you have the most exciting experience possible.
- SPECIAL NOTE FOR PARENTS:** The Zone Championships has traditionally been the starting point for athletes competing at the national level. Most national qualifiers, collegiate swimmers, and American Olympians gained their first exposure to national-level competition at Zones. In addition to the competition, members of TEAM ILLINOIS will be part of a very special experience as they socialize, mature, compete, grow, and integrate with the rest of Illinois's finest athletes. Only a swimmer can describe the rigorous training, preparation, and competition they've endured to reach this level. For swimmers to spend 5 days with their peers whom they've competed against all season is a cherished experience that will last a lifetime. Your athlete will come home with stories, new friends, and a new level of excitement for this sport.
- ILLINOIS ZONE TEAM WEBSITE:** www.ilswim.org > Age Group > Zones and Mid-States. Meet information, updates to this packet and general information about the Zone Championships can be found at the Illinois Zone Team website listed above. As the meet date approaches, we will have the Illinois Team entries posted as well.
- QUALIFYING FOR THIS MEET:** Illinois swimmers who are USA-Swimming members must have achieved a short or long course National "AAA" time made between August 3, 2007 (the *first* day of last year's Zone Championships) and Sunday August 3, 2008 (the *last* day of this year's Illinois Age Group State Championships). Swimmers in the 15-18 age groups must have achieved a 15-16 or 17-18 National AAA time, whichever is *slower* of the two standards. Swimmers who have achieved the short course (yards or meters) National AAA time but not the long course time during the qualification period must enter with the times actually achieved; annotating them as short course yards (SCY) or short course meters (SCM) times. Each LSC may enter up to two (2) 12 & under and two (2) 13-18 swimmers with a disability. Swimmers with a disability will not be required to have achieved the qualifying time standards. Please contact Pam Lowenthal at the Illinois Swimming Office at ilswimoffice@sbcglobal.net or 847-824-1596 if you plan to participate as one of Illinois's disability swimmers.
- ENTRY LIMITS:** The age of a swimmer on Wednesday, August 6, 2008, determines his/her age for the pool events. Twelve and under (12-Un) swimmers may enter no more than six (6) individual events of which no more than five (5) may occur on any given day (excluding Open Water). Thirteen and over (13-over) swimmers may enter no more than six (6) individual events of which no more than three (3) may occur on any given day (excluding Open Water). Coaches will setup relays from entered swimmers based on provable times achieved at sanctioned meets. Swimmers who achieve or exceed an *individual* event cut for the USA-Swimming Junior or Senior National Championships *prior* to the National Championship entry deadline may not participate in that event or swim that stroke or distance in a relay at the Central Zone Championships. (Please note that swimmers who achieve a Speedo "Sectional" cut *are eligible and encouraged* to swim those events at Zones).
- RELAYS** Relay lineups are setup by the Illinois Zone Coaches assigned to each age group. TEAM ILLINOIS is permitted to enter an "A" and "B" relay for each event. Lineups are based on current season times from fastest to slowest from all applications received. Relays will be posted PRIOR to the first day of competition. If a relay swimmer is leaving the meet early, the coaches will contact the next available alternate.
- TEAM MEMBERS:** Parents are responsible for food, lodging, transportation, social activities, and supervision. TEAM ILLINOIS coaches will coach and supervise swimmers during the Wednesday practice, warm-up sessions and the pool & open water meet session(s) during which an athlete is competing each day.
- OFFICIALS:** Applications for officiating the meet can be found on the ISI website on the Zones page. Applications will be accepted anytime and last-minute appearances are welcome. **Uniform** is white shirt/blouse, navy pants/skirt, and white shoes. For more information, contact Michele DeLuna at Michele@inswimming.org.
- ADMISSION:** General Admission tickets for visitors and family members are available for purchase at www.allgreatracers.com. Parking fees are determined by the IUPUI Parking Services.

- LODGING:** A block of rooms has been set aside for Team Illinois at the **Adam's Mark Hotel Indianapolis – Airport** at 2544 Executive Drive Indianapolis, IN 46241 (1-800-444-2326) at the very good rate of \$99 per night, Double/Double or King. Airport properties offer FREE surface parking and are a quick 10-15 minute drive to the Natatorium. The hotel has a large, indoor heated pool and a full service restaurant. The release date for these rooms is **July 22, 2008**. Once these rooms are released, additional rates may be available by contacting the hotel directly. Reservation code is "Team Illinois". ALL RESERVATIONS MUST BE GUARANTEED WITH A CREDIT CARD.
- Parents wanting to obtain alternate lodging can visit www.allgreatracers.com for details. Indiana has set up a special online reservation system for hotel rooms specifically for this meet. Please make sure you make your reservations as soon as you know you plan to attend!
- ENTRY DEADLINE:** All entries and reservations for the Illinois Zone team should be made *as soon as the swimmer qualifies and a decision has been made to attend the Zone Championships*. This includes athletes qualifying during the 2007-2008 short course, or 2008 long course seasons. In the past, we attempted to accept all registrations at the Illinois Age Group & Senior Championship meets, resulting in long lines and delays for parents as well as planning. You will be allowed to add events and update your times through and while attending the Illinois Age Group Championships. The official deadline for registering for this meet is **Monday, July 28th, 2008 at 12:00pm (noon)**. A Zone table will be setup at the Illinois Age Group State Championships to accept entries from swimmers who **newly** qualify for Zones **AT THAT MEET**, or add entries and update times from swimmers already registered for Zones. **NO NEW ENTRIES WILL BE TAKEN AFTER MONDAY, JULY 28, 2008 @ 12:00PM (noon) UNLESS THE TIME IS ACQUIRED AT THE AGE GROUP STATE MEET.**
- OPEN WATER:** To participate in the Open Water Championships on the morning of Wednesday August 6, 2008, swimmers must have achieved a National 'A' in the following events (yards or meters): 10-Under 200 Free, 11-12 400/500 Free, or 13-Over 1500/1650 Free. This event doesn't occur very often, and it is recommended all swimmers entering the pool events also enter the Open Water event. Swimmers that have qualified for the Open Water Championships but have not qualified for pool events are members of TEAM ILLINOIS and may obtain the equipment package.
- PAYMENT:** All checks must be made payable to "**ILLINOIS SWIMMING**" and must accompany registration forms.
- TEAM APPAREL:** This year, as in the past, The Swim Team Store is making a very attractive team package. The special arrangement Illinois Swimming has with Speedo and The Swim Team Store makes these items available at great prices you cannot find anywhere. Each swimmer will be provided with (at no cost to them) 3 t-shirts, and 2 latex team caps also swimmers will be offered a discount on a suit, and only swimmers *qualifying and competing* as members of TEAM ILLINOIS are permitted to purchase this special apparel and options.
- Daily Attire** (*To be followed by Team Illinois swimmers & coaches*)
 Wednesday – Orange Team Illinois provided t-shirt (Orange Caps)
 Thursday – Hawaiian attire (Orange caps)
 Friday – Rocker attire (Black caps)
 Saturday – Red/White/Blue Team Illinois provided t-shirt (Black caps)
 Sunday – Black Team Illinois provided t-shirt (Black caps)
- E-MAIL DISTRIBUTION LIST:** To include your e-mail address in the Illinois Zone Team distribution list for e-mail updates and important notes that need to get out, please send an e-mail to Team Illinois Manager Jessica Bogie at CoachJessica@comcast.net. Also, when filling out the registration forms, print your e-mail address clearly.



2008 CENTRAL MEGAZONE CHAMPIONSHIPS ILLINOIS ZONE TEAM TENTATIVE SCHEDULE OF EVENTS

ILLINOIS ZONE TEAM WEBSITE: www.ilswim.org > Age Group > Zones and Mid-States

Wednesday August 6th	6:30AM	13 & Over Open Water Swimmers Registration & Check-in
	7:00AM	13 & Over Open Water Warm-up
	7:30AM	13 & Over Open Water Clinic
	8:00AM	13 & Over Open Water Competition Begins (Approximate) 12 & Under Registration & Check-in
	8:30AM	12 & Under Open Water Warm-up
	9:00AM	12 & Under Open Water Clinic
	9:30AM	12 & Under Open Water Competition Begins (Approximate)
	10:00AM	13 & Over Open Water Awards
	10:30AM	All TEAM ILLINOIS swimmers: meet coaches, check-in, registration and team meeting at IUPUI
	10:45AM	12 & Under Open Water Awards
	11:40AM	TEAM ILLINOIS pictures
	12:30PM	All TEAM ILLINOIS practice (ends at 1:30pm)
	5:00PM	General Meeting for TEAM ILLINOIS Team Manager & Head Coach Only
	5:30PM	13-14 and 15-18 TEAM ILLINOIS 400 Free and 400 Medley Relay Warm-up
	6:00PM	Opening Ceremonies
6:15PM	Relay Competition Begins	
6:45PM	Thursday Events Scratch Deadline	
Thursday August 7th	6:45AM	Warm-ups for 13-14 and 15-18 age groups PRELIMS
	8:00AM	Meet Starts 13-14 and 15-18 age groups PRELIMS
	12:45PM**	Warm-ups for 10-under and 11-12 age groups TIMED FINALS
	2:00PM	Meet Starts for 10-under and 11-12 TIMED FINALS
	4:30PM	Warm-ups for 13-14 and 15-18 age groups FINALS
	5:45PM	Meet starts for 13-14 and 15-18 age groups FINALS
	6:15PM	Friday Events Scratch Deadline
Friday August 8th	6:45AM	Warm-ups for 13-14 and 15-18 age groups PRELIMS
	8:00AM	Meet Starts 13-14 and 15-18 age groups PRELIMS
	12:45PM**	Warm-ups for 10-under and 11-12 age groups TIMED FINALS
	2:00PM	Meet Starts for 10-under and 11-12 TIMED FINALS
	4:30PM	Warm-ups for 13-14 and 15-18 age groups FINALS
	5:45PM	Meet starts for 13-14 and 15-18 age groups FINALS
	6:15PM	Saturday Events Scratch Deadline
Saturday August 9th	6:45AM	Warm-ups for 13-14 and 15-18 age groups PRELIMS
	8:00AM	Meet Starts 13-14 and 15-18 age groups PRELIMS
	12:45PM**	Warm-ups for 10-under and 11-12 age groups TIMED FINALS
	2:00PM	Meet Starts for 10-under and 11-12 TIMED FINALS
	4:30PM	Warm-ups for 13-14 and 15-18 age groups FINALS
	5:45PM	Meet starts for 13-14 and 15-18 age groups FINALS
	6:15PM	Sunday Events Scratch Deadline
Sunday August 10th	6:45AM	Warm-ups for 13-14 and 15-18 age groups PRELIMS
	8:00AM	Meet Starts 13-14 and 15-18 age groups PRELIMS
	12:45PM**	Warm-ups for 10-under and 11-12 age groups TIMED FINALS
	2:00PM	Meet Starts for 10-under and 11-12 TIMED FINALS
	4:30PM	Warm-ups for 13-14 and 15-18 age groups FINALS
	5:15PM	Meet starts for 13-14 and 15-18 age groups FINALS

****WILL BE UPDATED AS NECESSARY PRIOR TO ZONE MEET**



2008 CENTRAL MEGAZONE CHAMPIONSHIPS ILLINOIS ZONE TEAM APPLICATION – Page 1

Name (Last, First, MI): _____
Last Name First Name Initial

DOB: ____/____/____ Male Female USA Swimming ID#: _____
MM DD YY Format MMDDYYFFILLLL F=First Name L=Last Name I=Initial

Address: _____

City: _____ State: _____ Zip: _____ Age on August 6th, 2008 _____

FREQUENTLY CHECKED E-Mail Address: _____

Club: _____ Coach's E-mail Address: _____

Parent/Guardian Name: _____

Phone # (Day) _____ (Eve) _____ (Cell) _____

Emergency Contact: Name: _____ Phone # _____

APPLICATION CHECKLIST

(All items must be received by deadline of July 28th @ 12:00pm (noon) for application to be considered)

- _____ Application form filled out completely
- _____ Medical History Questionnaire
- _____ Signed Code of Conduct
- _____ Check for full amount payable to "Illinois Swimming"

APPLICATION DEADLINE

All applications **must** be received no later than **12:00pm (noon) on Monday July 28th, 2008.** Acceptance response will be emailed once your application is received and processed. Applications received after 12:00pm (noon) on July 28th **will not be accepted!!!**

QUALIFYING TIMES:

- Must equal or exceed National USA Swimming Long Course Meter "AAA" Qualifying Times as Published by USA Swimming Inc. and Illinois Swimming Inc.
- 15-18 year old swimmers are encouraged to enter non-qualifying times that are within .50-1.0 seconds of qualifying times in case we do not have two entries in each event.
- Open Water qualifying times are National USA Swimming "A" Times for the following events: 10&under – 200 Free; 11-12 – 400/500 Free, 13&over – 1500/1650 Free



2008 CENTRAL MEGAZONE CHAMPIONSHIPS ILLINOIS ZONE TEAM APPLICATION – Page 2

Name (Last, First, MI): _____
Last Name First Name Initial

Event Limits:

- **10 & under and 11-12 Timed Finals** - Swimmers may enter no more than six (6) events of which no more than five (5) may occur on any given day. (Not including Open Water swim)
- **13-14 and 15-18 Prelim/Finals** - Swimmers may enter no more than six (6) events of which no more than three (3) may occur on any given day. (Not including Open Water swim)

	Event #	Event Name <i>(i.e. 11-12 50 Back)</i>	Best Time <i>(LCM,SCM,SCY)</i>	Date Achieved <i>(MM/DD/YY)</i>	Entry Fee
EX.	#99	11-12 Girls 100 Breast	1:18.54 LCM	07/21/08	example
1.					\$5.00
2.					\$5.00
3.					\$5.00
4.					\$5.00
5.					\$5.00
6.					\$5.00
+		Open Water			\$20.00

ENTIRE PAYMENT MUST BE SUBMITTED WITH APPLICATION.

ENTRY FEES: NUMBER OF INDIVIDUAL EVENTS x \$5.00 = \$ _____

ENTRY FEES: WEDNESDAY OPEN WATER x \$20.00 = \$ _____

ENTRY FEES: NUMBER OF RELAY EVENTS x \$10.00 = \$ *paid by Illinois Swimming*

TOTAL (MAKE CHECKS PAYABLE TO “**ILLINOIS SWIMMING**”): = \$ _____

I, the undersigned, am a club coach for which the above athlete represents. My signature is verification that the time(s) stated above have been achieved in a USA Swimming sanctioned or approved meet by the stated athlete. I understand that if these times are not correct that I and/or the athlete will be subject to potential sanction by the Illinois Swimming Inc. Board of Review.

SIGNED: _____ DATE: _____
Head Club Coach/Head Age Group Coach (Required Signature)

SIGNED: _____ DATE: _____
Athlete

SIGNED: _____ DATE: _____
Parent

SEND COMPLETED APPLICATION VIA US POSTAL MAIL, FED EX, UPS, OR ANOTHER DELIVERY SERVICE TO THE FOLLOWING ADDRESS: (NO FAXED APPLICATIONS WILL BE ACCEPTED)

**MEGAZONE ATHLETE APPLICATION
C/O ILLINOIS SWIMMING
3166 S. RIVER RD. SUITE 30
DES PLAINES, IL 60018**



ILLINOIS SWIMMING HONOR CODE

_____ as a member of _____, understand and will comply with the following guidelines as set forth by Illinois Swimming, USA Swimming and the Olympic / International Operations Committee regulations.

- The possession or use of alcohol, tobacco products or controlled substances by athlete or staff member of Team Illinois is prohibited throughout the duration of trip, meet, camp (until team has officially disbanded).
- Curfew established by the staff will be adhered to each day of the training camp and at the competition.
- Team members and staff will attend all team functions, including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the Head Coach or Director.
- To insure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms. Every attempt will be made to provide an open area for all athletes and staff to gather.
- Team members and staff will comply with uniform requirements. Details of this policy will be further explained at the beginning of the training camps or competitions.
- Team members and staff will refrain from any illegal or inappropriate behavior that could detract from a positive image of Illinois Swimming or be detrimental to its performance objectives.
- Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
- Any additional guidelines for Team Illinois will be established as needed by the Head Coach or Director.

Coaches, managers and athletes will all be included under these terms.

Implementation:

- All Team and staff are apprised in writing of this policy, signature of the document constitutes unconditional agreement to comply with the Honor Code of Illinois Swimming.
- An evaluation system will be established to determine if team and staff members have followed all aspects of the policy
- Failure to comply with the Honor Code as set forth in this document may result in disciplinary action.

Such disciplinary action may include, but not limited to:

- Dismissal from the Team and immediate return home at the expense of the parent/ athlete
- Disqualification from one or more events, or all events of competition
- Disqualification from future Team Illinois camps and competitions

Any appeal taken from any disciplinary action shall be in accordance with Part Four of USA Swimming Rules and Regulations.

Name: _____ Event: _____

Signature of Swimmer / Date: _____

Signature of Parent/ Guardian: _____



ILLINOIS SWIMMING MEDICAL HISTORY QUESTIONNAIRE

NAME: _____
(LAST) (FIRST) (MIDDLE)

BIRTH DATE: _____ SPORT: _____ MALE FEMALE

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMERGENCY CONTACT: _____ PHONE: _____

PLEASE RESPOND TO ALL QUESTIONS ON THIS QUESTIONNAIRE AND GIVE DETAILS AS REQUESTED. ALL INFORMATION PROVIDED WILL REMAIN CONFIDENTIAL.

1. Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)
 No Yes If yes, list: _____
2. Do you take any medication on a permanent/ semi-permanent basis (anti-inflammatory, antibiotics, etc.)?
 No Yes If yes, list: _____
3. Have you ever had an epileptic seizure?
 No Yes If yes, give date of last seizure _____
4. Have you ever been told by a physician you have epilepsy?
 No Yes
If yes, are you on medication? No Yes If yes, what medication? _____
5. Have you ever been treated for diabetes?
 No Yes
If yes, are you on medication? No Yes If yes, what medication? _____
6. Have you ever been told by a physician you were anemic?
 No Yes If yes, when? _____
7. Have you ever been told by a physician you have sickle cell anemia?
 No Yes
8. Have you ever been told by a physician you have sickle cell trait?
 No Yes
9. Do you have or have you ever had high blood pressure?
 No Yes
10. Do you have or have you ever had any of the following diseases? If yes, give dates.

<input type="checkbox"/> No <input type="checkbox"/> Yes	Heart Disease (heart murmur, rheumatic fever, etc.)	Date: _____
<input type="checkbox"/> No <input type="checkbox"/> Yes	Lung Disease (pneumonia, tuberculosis, etc.)	Date: _____
<input type="checkbox"/> No <input type="checkbox"/> Yes	Kidney Disease (infections)	Date: _____
<input type="checkbox"/> No <input type="checkbox"/> Yes	Liver Disease (mononucleosis, hepatitis, etc.)	Date: _____



ILLINOIS SWIMMING MEDICAL HISTORY QUESTIONNAIRE

11. Have you ever been told by a physician you have asthma?
 No Yes
If yes, are you on medication? No Yes If yes, what medication? _____

12. Have you had a hernia?
 No Yes
If yes, has it been repaired? No Yes If yes, date repaired? _____

13. Have you ever been "knocked-out" (unconscious)?
 No Yes If yes, give date(s): _____

14. Have you ever had a concussion or other head injury?
 No Yes
If yes, describe and give date(s): _____

15. Have you ever stayed overnight in a hospital due to a head injury?
 No Yes
If yes, are you on medication? No Yes If yes, what medication? _____

16. Have you ever had a neck injury involving bones, nerves or discs that disabled you for a week or longer?
 No Yes
If yes, describe and give date(s): _____

17. Do you wear glasses and /or contact lenses?
 No Yes

18. Do you wear any of the following dental appliances?

- | | | |
|------------------------|-----------------------------|------------------------------|
| Permanent Bridge | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Permanent Crown/Jacket | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Full Plate | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Braces | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Permanent Retainer | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| Removable Retainer | <input type="checkbox"/> No | <input type="checkbox"/> Yes |

19. Have you had a broken bone or fracture with the past five (5) years?
 No Yes
If yes, what bone? _____ Right Left Date: _____

20. Have you had a shoulder injury in the past five (5) years that disabled you for a week or longer?
 No Yes
If yes, type of injury? _____ Right Left Date: _____

21. Have you ever had shoulder surgery?
 No Yes
If yes, type of surgery? _____ Right Left Date: _____

22. Have you ever injured your back?
 No Yes
If yes, type of injury? _____ Date: _____



ILLINOIS SWIMMING MEDICAL HISTORY QUESTIONNAIRE

23. Do you presently have back pain?

No Yes

If yes, check any of the following that apply:

- Occasionally
- Frequently
- With Vigorous Exercise
- With Heavy Lifting

24. Have you injured your knee in the past five (5) years?

No Yes

25. Have you been told by a physician, therapist or athletic trainer you injured a cartilage/meniscus in your knee?

No Yes

If yes, type of injury? _____ Right Left Date: _____

26. Have you been told by a physician, therapist or athletic trainer you injured the ligaments in your knee?

No Yes

If yes, type of injury? _____ Right Left Date: _____

27. Have you ever had knee surgery?

No Yes

If yes, what was done? _____ Right Left Date: _____

28. Have you had a severe ankle sprain in the past five (5) years?

No Yes

29. Do you have a metallic implant (pin, screw, plate, etc.) in your body?

No Yes

If yes, where? _____ Date: _____

30. Do you have any other medical conditions which we should be aware in order to help you (i.e. ulcers, food/insect allergy, pregnancy, etc.)

No Yes

If yes, specify and give details: _____

31. Please give the dates of your last immunization for:

32.

Tetanus Date: _____

Polio Date: _____

Measles Date: _____

Mumps Date: _____

Rubella Date: _____

Signature: _____ Date: _____