



Welcome to the 2011 Eastern Zone Long Course Age Group Championship Meet registration and information page, please spend some time reading through this information to fully understand the Zone Team selection and registration process.

Eligibility and Qualifying-

The Qualifying period begins at last year's Long Course Eastern Zone Championship meet and ends at the conclusion of The Long Course Senior or Age Group Championship Meet of this year.

The two fastest swimmers in each event and swimmers with at least 4 Zone Qualifying Times within the qualifying period are eligible for the LC Zone Team. Relay lead off splits from the appropriate Championship level meet (Senior Champs for 15 and older swimmers, Age Group Champs for 14 and younger swimmers) will count toward the number of events for which the swimmer qualifies, but will not be considered one of the two fastest times achieved in the LSC.

12 and younger athletes who have achieved a qualifying time in an individual event for any of the following meets but have not participated are eligible to attend the Eastern Zone Long Course Age Group Championship Meet

13 & Older swimmers who have participated or have qualified in an individual event in any of the following meets may not participate in the Eastern Zone Long Course Age Group Championship Meet.

- USA Swimming National Championships,
- USA Swimming Spring Championships,
- U.S. Open,
- USA Swimming Junior Championships
- USA Swimming Trials Class meet

-All athletes must be registered members of VSI and USA Swimming. Each swimmer is allowed to swim a maximum of 6 events in which he/she qualified. A swimmer is not allowed to compete in more than 3 events per day. Each swimmer must compete in the events for which he/she is qualified. The only exception to this policy exists when a swimmer qualifies in more than 6 events. In that instance, the Zone Team Head coach, at his/her discretion, will determine which events shall be dropped.

Cost- A fee is assessed for the trip that includes, bus transportation, lodging, breakfast ,dinner each day and two swim caps. The trip fee cost is \$290.00 Checks (made out to Virginia Swimming Inc.) and cash are the only acceptable forms of payment due at registration. Lunch is not included; please make sure the athletes have lunch money. It's a good idea for the athletes to bring along additional money for meet shirts, snacks and incidentals. Uniforms are not included in this fee and are ordered separately through an on-line vendor.

Entry Fees- The top two finishers in each event will have their entry fees waived. All other individual entry fees are \$8.00 per entry per swimmer.

Registration- Registration takes place at Senior and Age Group Championships Saturday and Sunday until the conclusion of finals on Sunday evening in The Zone Room. Please make sure you have your check book or cash for the trip fee, payment is expected at time of registration. Please sign up early if you know you are sending an athlete to the meet.

The following forms are available on the Virginia Swimming website and must be signed and filled out in their entirety. These forms will be available at registration in the Zone Room and on-line.

1. Athlete Code of Conduct
2. Medical Release, to include athletes medical insurance information

USA Swimming and VSI Codes of Conduct will be strictly enforced during this trip and it is strongly encouraged that all parents and athletes read them carefully.

The following cell phone policies will be implemented for this trip:

Cell phone usage will be limited to day time hours. All cell phones will be secured with the Team Manager or chaperones at the conclusion of dinner each evening and will be returned to the athletes at breakfast the following day. Please plan accordingly to ensure your phone is charged and that you communicate with your parents/athlete daily.

The following Disciplinary Plan will be implemented if a Code of Conduct is violated. A code of conduct violation could result in the removal of an athlete from competition.

- A verbal warning to the athlete from a Chaperone, Team Manager or Coach. This will provide the athlete an opportunity to correct the behavior independently.
- A telephone meeting with the athlete, parent and the Head Coach and or Team Manager.
- A parent or guardian of the athlete supervising their athlete for the remainder of the meet or the athlete being sent home.

Itinerary- The team's itinerary will be posted on the Zone Team page at VirginiaSwimming.org after Age Group Champs when the host team has had an opportunity to complete the meet entries and develop a timeline. Our Itinerary will have an hour by hour detail of each day during our trip to include accommodations, transportation departure times and arrival times. PLEASE READ IT CAREFULLY! **FOR PLANNING PURPOSES ONLY**, based on our trip to State College two years ago, please use this as a guide line for departure on Tuesday August 9th. Final departure times will be posted on the team's itinerary.

7:30am - Newport News leg departs for Fredericksburg (1 bus)

8:30am - Richmond leg departs for Fredericksburg (1 bus)

10:00am - Stafford leg departs for Aquatic Center (3 buses)

Team Gear- PLEASE READ CAREFULLY!!!- Uniforms are provided by Metroswimshop.com through a team portal. Team registration and portal directions will be posted on the Zone Team Page of Virginiaswimming.org. Credit Cards are the only acceptable form of payment for the uniform.

The **ORDER DEADLINE IS 10:00am, MONDAY, AUGUST 1st** The uniform will be delivered to your home via UPS and is scheduled to arrive by Monday, August 8th. Metro Swim Shop prints, embroiders and ships our order after it is received. They will not accept any orders after the deadline. It is your responsibility to order the uniform on time.

Instructions for ordering your uniform and equipment are posted on the Zone Team page of our website.

A sizing kit will be available at Senior and Age Group Champs. Athletes are encouraged to come into the Zone Team room anytime during registration to try on uniform pieces. For your convenience sizing forms will be available at sign ups.

The Team Uniform consists of the following items;

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| • Speedo Sonic Warm Up Suit | \$77.20 |
| • Virginia Swimming Towel | \$33.00 |
| • 1 short sleeve t-shirt | \$9.45 |
| • 1 short sleeve tie dye t-shirt | \$14.50 |
| • 1 Speedo Aquablade swim suit | \$39.50 Female, \$31.50 Jammer, \$20.00 Brief |
| • 1 pair men mesh shorts | \$16.00 |
| • 1 pair women cheer shorts | \$12.00 |
| • Speedo Pro Team Backpack (optional) | \$39.50 |
| • Delivery charge | \$8.95 |

***All items are mandatory except swim suits, back packs and towels. If your athlete has participated on the 2011 Short Course Zone Team, it is mandatory to purchase the tie dye t-shirt for this meet.

Uniform attire is to be worn at all times outside of the hotel. Individual team attire is not permitted. Please ensure uniform pieces are labeled with athlete's name. Team caps are distributed at the meet.

Tuesday August 9th, Team attire tie dye t-shirts and shorts.

Meet Support- Parents this is an opportunity for you to support our athletes as a spectator, official, timer or chaperone. Your support and help is greatly appreciated, and required in order for us to participate. It takes the work of many to make this trip successful. If you plan on officiating or are trying to achieve N2 Certification please contact the meet referee and the VSI Officials Chair for reimbursement. We are required to provide timers for this meet, if you are attending please make yourselves available to assist in this capacity.

We encourage parents to volunteer as chaperones for this trip. It is a fun and less expensive experience for parents who are planning on attending. Please contact the Team Manager for information at zoneteammgr@virginiaswimming.org. Chaperones will be selected after our champs meets. Applications will be available during sign ups.

If after the conclusion of Age Group Champs there are not enough chaperones for any one age group, that age group will not travel with the team. Finally as a spectator, cheer on the athletes and send your snapshots to the VSI Webmaster to be posted on the VSI Website.

Team Travel Policies-This meet is considered TEAM TRAVEL and we treat it as such. All athletes are committed to traveling with the team on the buses to and from the meet as a group. We bring all but our 10 and under athletes back to the aquatic center for the finals session each night to support and cheer on their team mates. By accepting a place on the Zone Team you are committing yourself to the team and will be available for the entire meet.

Parents for the safety of all of our team members it is strongly discouraged that you visit your athlete during our stay at the hotel and are prohibited from entering any athletes' room. We do however want you to share in the Zone Team experience with your child and invite you to join us for lunch daily.

It is the policy of the facility that for the athlete's safety during competition that athletes not be permitted in the stands. All athletes are required to sit and stay together under the tent in our designated area. Parents and spectators are not permitted under the tent. Spectator seating is available.

Athlete Pick Up Procedure - If you will be picking up an athlete after the team banquet on Saturday evening the following procedure is to be followed. Please give us plenty of notice so we can pre-plan our departure as efficiently as possible.

- Please advise the Team Manager "**prior**" to Saturday that you will be taking an athlete home.
- Chaperones will have release forms available for you to fill out and sign. If someone other than the parent/guardian of an athlete will be taking an athlete home, the parent/guardian of the athlete is asked to contact the team manager for verification.
- The athletes and their luggage may be picked up at the conclusion of the team banquet immediately following the meet.

Inquiries and Communication- We will post updates to our webpage as we near departure, check the webpage frequently for current news at VirginiaSwimming.org. If you have questions or need additional information please contact the Zone Team Manager at

- zoneteammgr@virginiawimming.org
- Follow us on Twitter @ Zone Swim Team!