



Welcome to the 2013 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 that attend 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 who have qualified in an individual event in any of the following meets are not eligible to 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 current registered members of VSI and USA Swimming. Each swimmer is permitted 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 is 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.

Declaration- If you intend to accept or decline an invitation if the opportunity presents itself, please declare your intent to the records chair ASAP. If you do not let us know to include your swimmer and they achieve a top two finish we will continue down the list to the next available swimmer to fill the vacancy. It is the responsibility of the athlete's parents and/or coach to declare intent as soon as possible. Once your athlete has achieved the necessary qualifying times in 4 events please contact the VSI records chair so they can be removed or included in the appropriate list. If your athlete is not attending the championship meet and your athlete has met the requirement to participate, and you want him/her to attend it is your responsibility to declare your intent to the Records Chair.

Cost- A fee is assessed for the trip that includes, bus transportation, lodging, breakfast, dinner each day, Friday's lunch and two swim caps.

The trip fee cost is \$345.00 **Cash, Credit Cards** and **Checks** (made out to Virginia Swimming Inc.) are acceptable forms of payment due at registration. 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 event per swimmer. Entry fees are due at registration **checks** and **cash** are the only acceptable forms of payment. The athletes are not charged for relay participation.

Registration- Registration takes place at Senior and Age Group Championships.

ZONE TEAM REGISTRATION HOURS;

Age Group Champs- Friday, Saturday and Sunday from noon until the end of finals.

Senior Champs –To be determined

The Zone Room is closed daily between sessions.

If your athlete is not attending the championship meet and your athlete has met the requirement to participate, and you want him/her to attend it is your responsibility to declare your intent to the Records Chair and the Team manager ASAP.

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

1. Athlete Honor Code
2. Medical Release, to include athletes' medical insurance information

USA Swimming and VSI Honor Codes 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 the Honor Code is violated. A violation could result in the removal of an athlete from competition, being sent home at the violator's expense, and or future participation on Zone Teams.

- 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 has had an opportunity to complete the meet entries and develop a timeline. Our Itinerary will include accommodations, transportation departure and arrival times. PLEASE READ IT CAREFULLY!

Team Outfitting- 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 Schedule is as follows:

14 and under athletes- 10:00am July 30th, no late orders will be accepted

15 and older athletes – 5:00pm July 25th.

The uniform will be delivered to your home via UPS and is scheduled to arrive by Monday, August 5th. Metro Swim Shop prints, embroiders and ships our order after **all** of it is received. They will not accept any orders after the scheduled deadline. It is your responsibility to order the uniform on time.

Instructions for registering with Metro Swim Shop and 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 Boom Force Warm Up Suit | \$88.75 mandatory |
| • Virginia Swimming Towel | \$36.00 optional |
| • 1 short sleeve t-shirt red | \$9.95 mandatory |
| • 1 short sleeve t-shirt grey | \$9.95 mandatory |
| • 1 short sleeve t-shirt white | \$9.45 mandatory |
| • 1 short sleeve t-shirt black | \$13.45 mandatory |
| • 1 Speedo Endurance Flyback suit | \$41.80 Female, optional |
| • 1 Speedo Endurance suit | \$31.70 Jammer, \$26.60 Brief, optional |
| • 1 pair shorts | \$16.00 mandatory |
| • Speedo Pro Team Backpack | \$39.50 optional |
| • Hooded Team sweatshirt | \$24.00 optional |
| • Delivery charge | \$9.95 |

***All items are mandatory unless specified. ALL Items are new for this year, no retired zone apparel can be substituted 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 6th, Travel day, Team attire Dark grey shirt, shorts. At the aquatic center Shoes must be worn at all times when not on deck, please ensure appropriate shoes are provided (flip flops, deck shoes, crocs etc.)

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 this meet make yourselves available to assist in this capacity when asked.

We encourage parents to volunteer as chaperones for this trip. It's a fun, rewarding and less expensive experience for parents who are planning on attending. Please contact the Team Manager for information at zoneteammgr@virginiawimming.org. Chaperones will be selected after our champs meets. Applications will only be available during sign ups. Chaperone selection criteria is posted on the Zone Team page at VirginiaSwimming.org

If after the conclusion of Age Group or Senior 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. This experience is modeled after The National Team. 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. There are no exceptions to this policy.

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 our Zone Team Family Buffet Lunch on Friday, August 10th. Reservations and times will be available at sign ups in the Zone Team Room.

It is the policy of the facility that for the athlete's safety during competition that athletes are not permitted in the stands. All athletes are required to sit and stay together in our designated area. Parents and spectators are not permitted on deck or in any designated area for athletes. Ample spectator seating is available.

Athlete Drop off and Pick Up- NEW PROCEDURE- It is the responsibility of the athlete's parents to provide transportation to and from the aquatic center for arrival and departure. For planning purposes only, subject to change - All athletes will be required to meet at the Collegiate Aquatic Center on Tuesday August 6th no later than 2:30pm. **Please check itinerary for final arrival time.**

Athletes will be released for pick up on Saturday-

10 and unders- After their session on Saturday we invite you to join them for an awards pizza banquet. They will be released after the banquet.

All others- After the conclusion of the finals session we invite you to join them for an awards pizza banquet on Saturday night. They will be released after the banquet

Luggage will be available for pick up at the conclusion of their respective sessions at the aquatic center.

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!