

VIRGINIA SWIMMING 2005 SHORT COURSE ZONE TEAM

January 20, 2005

Dear Parent,

It is possible that your son/daughter will make the 2005 Virginia Short Course Zone Team, which will compete in the Eastern Zone Championships. As of this date, he/she is in the top five of at least one event. This letter is to provide you with information concerning the meet and the registration process.

The Zone meet is to be held this year at the Gloucester County Institute of Technology in Sewell, N.J. on March 31 - April 2, 2005. The cost of the trip for each swimmer will be \$300.00. We are fortunate that the cost of the zone team is partially subsidized by Virginia Swimming, which enables us to keep the swimmer fees as low as possible. This fee includes the following:

1. Transportation to and from Sewell, N.J. from designated VA departure points.
2. Lodging in Thorofare, NJ for 3 nights.
3. Breakfasts and dinners for the duration of the trip timeframe indicated above
4. Team sweatsuit, shorts, 2 T-shirts, a towel and 2 VSI swim caps.
5. Meet entry fees.

The fee for the full amount **MUST** be paid at the Zone booth at Senior Champs or Age Group Champs, or if not attending either meet, by mailing full payment and mailing the completed registration forms indicated below to **Pam Parrish, 13317 Rollingwood Lane, Montpelier, Va. 23192** prior to the start of the appropriate Championship meet. The check should be made payable to Virginia Swimming Inc. or VSI. **Fees once paid will not be refunded if your athlete decides not to go.** If they don't make the team, you will be refunded fully. In the case of illness or injury, requests for reimbursement should be made to the General Chairman of Virginia Swimming.

Please note the following registration process: (includes the following forms: *Code of Conduct, Medical Information, VSI Zone Acceptance & VSI Uniform Order sheet*); *Chaperone form is completed only if interested*

- 15 and over Zone team will be selected from those swimming at Senior Champs. If you are planning to go to Zones, **you must complete all registration forms indicated above that are contained on the VSI website** stating that you want to be considered for the team. This must be sent along with a check for the amount of the trip (\$300.00 to Pam Parrish at the above address) by March 4, 2005. If you do not make the Zone team, your check will be returned to you.
- 14 and younger swimmers will be selected at Age Group Champs. If you are 1 or 2 on the zone list and NOT attending Age Group Champs and you are planning to go to Zones, **you must complete all registration forms indicated above that are contained on the VSI website** stating that you want to be considered for the team. This must be sent along with a check for the amount of the trip (\$300.00 to Pam Parrish at the above address) by March 11, 2005. If you do not make the Zone team, your check will be returned to you.

Please read them carefully and return all forms to Pam Parrish by dates indicated. Please make sure you review the code of conduct form with your swimmer and that both you and they sign the form. It is important that they understand the expectations of conduct as they represent Virginia at the Eastern Zone meet. If you know that your swimmer will definitely NOT be a part of the Zone team, even if they make it, please send that enclosed form back immediately to Pam Parrish. It will make the team selection process easier if we know in advance who will not be in contention for consideration.

Only the swimmers with the two fastest times in each event will be selected for the Zone Team. Lead off splits of any kind at the Championship meets will NOT count in the selection process. Relay only swimmers will not be selected for the team. Any swimmer who has ever competed at a Sectional meet, any Sectional meet anywhere beginning in 2001, may not swim at Zones. Any 13 and over swimmer who has a Eastern Zones Sectional cut, but has never been to Sectionals, still may not swim that event or swim that distance or stroke on a relay at Zones. No swimmer who has ever competed in an individual event at Nationals/Olympic Trials is eligible for the Zone Meet.

Corrections to the Zone list must be reported to Jessica R. Simons or Pam Parrish no later than March 2, 2005. All out of state meet results must also be submitted by this date. The updated zone list will be posted Friday at Age Group Champs and at Senior Champs. No results or corrections will be accepted after the lists are posted.

Anyone interested in acting as a chaperone should contact Pam Parrish directly in addition to completing the chaperone form. We need approximately 10 - 12 chaperones (5/6 women and 5/6 men). We need at least one chaperone from each departure point. Chaperones are selected based on their experience and certification (certified official, medical experience, previous Zones chaperone experience and what is needed in each age group, etc.). This selection is made at the discretion of the Zones manager.

Cost for each chaperone is \$100 for those with USA Swimming certification and \$150.00 for those without this certification. This includes transportation, lodging, team shirts, and breakfasts and dinners for the trip timeframe. This will need to be paid at either Senior Champs or Age Group Champs. Please make checks payable to Virginia Swimming Inc or VSI.

Please indicate the departure point you prefer. Departure points will be listed on the Virginia Swimming website. All swimmers will be responsible for transportation to and from the departure point assigned. *Note: If your athlete makes the team, he /she will be required to travel and stay with the team throughout the trip. The Zones Manager will be responsible for all travel arrangements, room assignments, athlete supervision, and team administration. Early departures may ONLY occur after finals on the last day of the meet.*

All information about zones including departure lists and times will be posted on the Virginia website after the selection of the Zone Team is complete.

Sincerely,

Pam Parrish
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Montpelier, VA 23192
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