



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

### **Eligibility and Qualifying-**

- Qualifying athletes 12 and under are individuals who have achieved the top three fastest times in an event within the qualifying period.

-Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the below mentioned meets but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.

-Qualifiers for 13 and 14 year old athletes are individuals who have achieved the top two fastest times in an event within the qualifying period.

-Qualifiers 15-18 years old are individuals who have achieved the two fastest times in any event within the qualifying period.

-Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the following meets prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.

- Athletes who have competed in an Individual event at the following meets are ineligible to enter and participate in the EZ AG Championship meet

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

-The qualifying period begins September 1<sup>st</sup> of 2011 and concludes at the end of Senior and Age Group Championships this year.

-All athletes must be registered members of VSI and USA Swimming. Additional information regarding qualifying standards and policies can be found in the Eastern Zone Manual at [Easternzoneswimming.org](http://Easternzoneswimming.org). To find out if you or your athlete is eligible please go to Virginia Swimming's Zone Team top times list. These lists will also be posted at our championship meets. There are times when an athlete who has qualified is unable to attend, in situations like this we will continue down the list until an athlete accepts the invitation. Whether your athlete plans on attending or declining we ask that they declare intent as soon as possible.

**Cost-** A fee is assessed for the trip that includes entry fees, bus transportation, lodging, breakfast and dinner each day. The trip fee is \$320.00. Checks (made out to Virginia Swimming Inc.) and cash are the only acceptable forms of payment. Payment is expected at time of 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.

**Registration-** Registration takes place at Senior and Age Group Championships. The Zone Team Registration room will be located upstairs across from the pool, next to concessions.

Zone Team Registration hours-

Senior Champs- Saturday March 3 <sup>rd</sup> -	3:00pm- end of Finals Session
Sunday March 4 <sup>th</sup> -	10:00am- 2:00pm
	3:00pm until end of meet
Age Group Champs- Saturday March 10 <sup>th</sup> -	10:00am-12:30pm
	1:30pm-end of Finals Session
Sunday March 11 <sup>th</sup> -	8:00am-2:00pm
	3:00pm- until the end of meet

The following forms must be signed and filled out in their entirety. These forms will be available at registration in the Zone Room and on-line at [Virginiasmimming.org](http://Virginiasmimming.org) under the Zone Team web page.

1. Athlete Code of Conduct
2. Medical Release, to include athlete's 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 policy 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 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.
- It is understood that any infractions of the code of conduct can result in loss of privileges during the trip, team activities, relay team participation etc.

**Itinerary-** Will be posted on the Zone Team page at VirginiaSwimming.org. 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 arrive 15 minutes prior to departure.

**Departure-** Wednesday March 28<sup>th</sup>.

These times are subject to change and final itinerary will reflect accurate departure times.

5:15am - Newport News leg departs for Stafford (1 bus)

6:15am - Richmond leg departs for Stafford (1 bus)

5:15am- Charlottesville leg departs for Stafford

7:30am - Stafford leg departs for Webster NY (3 buses)

**Team Uniform and Gear- PLEASE READ CAREFULLY!!! A Uniform is mandatory.** Uniforms will be available at 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 3:00 PM, MONDAY MARCH 12<sup>th</sup>** The uniform will be delivered to your home via UPS on or about March 27th.

A sizing kit and forms 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.

The Team Uniform consists of the following items;

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| • Speedo Sonic Warm Up Suit                      | \$77.20                                       |
| • Virginia Swimming Towel(optional)              | \$33.00                                       |
| • 1 Virginia Swimming short sleeve t-shirt       | \$10.95                                       |
| • 1 Virginia Swimming long sleeve t-shirt        | \$9.45  |
| • 1 Speedo Aquablade swim suit (optional)        | \$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                                       |
| • <b>NEW</b> Virginia Swimming Hoodie (optional) | \$24.00                                       |
| • Delivery charge                                | \$8.95  |

Caps will be provided at the meet. Returning team members from last year must purchase a new short sleeve t-shirt.

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.

**Wednesday, March 28<sup>th</sup> travel attire is- Warm ups and red t-shirt!**

**Meet Support-** Parents this is an opportunity for you to support our athletes as a spectator, official, timer or chaperone. Your 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 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. Finally as a spectator, cheer on the athletes and send your snapshots to the VSI Webmaster to be posted on the VSI Website.

**Chaperone information-** Chaperones are a vital component to team travel and serving as one can be a fun and rewarding experience. In order for an individual to attend the meet as a chaperone, they must be a current member of USA Swimming with Level I Background Screening and Athlete Protection training completed prior to departure. Chaperone Criteria and the links for all of this information is available on-line at [Virginiawswimming.org](http://Virginiawswimming.org) on the Zone Team web-page. The deadline to initiate the background screening is March 14<sup>th</sup>. If in the event there is not enough parental support to chaperone any one age group, that age group will not travel with the team. Chaperone applications are available at registration and selection is made after Age Group Champs has concluded.

**Team Travel Policies-** This meet is considered TEAM TRAVEL. All athletes and chaperones 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 pool 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 we strongly discourage you from visiting the athletes 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. This is the only time athletes really get to spend with you and we encourage you to embrace this opportunity.

It is the policy of the aquatic facility during competition that athletes are not permitted in the spectator stands. All athletes are required to sit and stay together on deck in our designated team area. Parents and spectators are not permitted on deck. 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/Chaperone "**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 after the meet.

**Inquiries-** If you have questions or need additional information please contact the Zone Team Manager [zoneteammgr@virginiawswimming.org](mailto:zoneteammgr@virginiawswimming.org)