



Welcome to the 2014 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, application 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 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

*An athlete with a NSCA qualifying time is eligible to participate at ZONES.

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.

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.

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 must be paid by the end of Senior and Age Group Champs with cash or check. Athletes are not charged for relay participation.

Application- Any athlete interested in participating must have an online application completed along with a \$100.00 on line deposit submitted no later than midnight Monday July 14th. Applications are available at VirginiaSwimming.org, under Zone Team. All athletes have until completion of their championship meet (Senior or Age Groups) to meet the qualifying time standards.

Refund Policy-

- If in the event an athlete applies to attend Zones and during the course of the season achieves a time standard (USA Swimming Jr Nationals, Nationals, US Open or Trials cut) that would disqualify him/her a deposit refund will be issued.
- If in the event an athlete achieves the time standard or finishes in the top 2 and opts to not attend Zones he/she will forfeit the deposit.
- If an athlete applies and falls short of the time standard or top two attending the deposit will be refunded.

Trip fees are non-refundable

Final Registration- Only athletes who have a completed application on file prior to the deadline will be registered for the team. The following forms must be signed and filled out in their entirety to include medical insurance information. The forms are available on-line and are formatted to be fillable. After filling them in please hard copy them and submit them to the Zone Team Manager on Sunday of Senior and Age Group Champs.

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

The final balance must be paid by the conclusion of your athlete's championship meet. If the final balance and required paperwork is not submitted on time, the athlete will forfeit their place on the team.

- 15-18 yr olds Sunday, July 20th
- 9-14 yr olds Sunday, July 27th

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 Team Portal will be open for ordering after the application deadline and will close 10:00am July 28th. We encourage you to order your uniform as early as possible.

The uniform will be delivered to your home via UPS and is scheduled to arrive by Monday, August 4th. 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.

The Team Uniform consists of the following items;

- Speedo Streamline Warm Up Suit \$66.75 mandatory
- Virginia Swimming Towel \$37.00 optional
- 1 short sleeve t-shirt red \$9.45 mandatory
- 1 short sleeve t-shirt grey \$9.45 mandatory
- 1 short sleeve t-shirt white \$9.45 mandatory
- 1 short sleeve t-shirt black \$12.45 mandatory
- 1 pair mesh shorts \$16.00 mandatory
- Speedo Teamster Backpack \$43.50 optional
- Hooded Team sweatshirt \$24.00 optional
- Delivery charge \$9.95

Speedo Streamline warm up		Sizing Chart					
Youth Sizes							
		S	M	L			
Size		size 8-9	size 10-12	size 14-16			
Chest		27 1/4	29 1/2	31 1/2			
Waist		24	25 1/2	27 1/2			
Hip		27 1/4	30	34			
Women's Sizes							
	AXS	AS	AM	AL	AXL		
Size	size 0	size 1-4	size 5-8	size 9-12	size 13-14		
Bust	31	32-33	34-35	36-37 1/2	39		
Waist	23	24-25	26-27	28-29 1/2	31		
Hip	33 1/2	34-35 1/2	36-37 1/2	38-40	41 1/2		
Men's Sizes							
	AXS	AS	AM	AL	AXL	AXXL	
Chest	37	38	40	42	44	46-48	
Waist	31	32	34	36	38	40	
Hip	35	35	38	40	42	44	

***All items are mandatory unless specified. TO ENSURE ALL PARTICIPANTS RECEIVE A COMPLETE UNIFORM ONLY 1 ITEM PER PERSON WILL BE SHIPPED. PLEASE DO NOT ORDER ANY ADDITIONAL ITEMS.

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.

Chaperones and 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. 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 fun and rewarding. Please contact the Team Manager for information at zoneteammgr@virginiawimming.org. Chaperones will be selected after our champs meets. Applications and criteria are available on our web page.

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.

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 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. **NO ATHLETE CAN BE RELEASED PRIOR TO THE CONCLUSION OF THEIR FINALS SESSION AND TEAM BANQUET ON SATURDAY.**

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 8th. Lunch is \$18.50 per person and reservations can be made on-line with a credit card through August 1st. No late reservations can be accepted.

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.

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 athlete's/parent 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.

Athlete Drop off and Pick Up- 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 5th no later than 2:00pm. **Please check itinerary for final arrival time.**

Athletes will be released for pick up on Saturday-

10 and under- After their session on Saturday we will celebrate with an awards pizza banquet. They will be released after the banquet.

All others- After the conclusion of the finals session we will celebrate with an awards pizza banquet on Saturday night. They will be released after the banquet (approx. 8:00pm)

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!