



Welcome to the 2018 Long Course Zone Team information, selection and registration page, please spend some time reading through this information to fully understand our Zone Team selection, application and registration process.

**Eligibility and Qualifying-** The Qualifying period begins at last year's Long Course Eastern Zone Age Group Championship Meet and ends at the conclusion of Virginia Swimming's Long Course Senior or Age Group Championship Meet of this year. Only long course times may be used to qualify.

The two fastest swimmers in each event that have applications submitted prior to the deadline and swimmers with at least 4 Eastern Zone Qualifying Times within the qualifying period are eligible for the Long Course Zone Team.

Relay lead off splits, lead off splits, intermediate splits, and time trial times from the appropriate Championship level meet (Senior Champs for 15 and older swimmers, Age Group Champs for 14 and younger swimmers) may be used 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 for Zone Team qualification.

Procedure for use of lead off splits, intermediate splits and time trial times- Coaches are required to inform the meet referee and admin referee of the championship meet their athlete's desire to use their split times for Zone Team qualification within 30 minutes of the conclusion of the session in which the race was swam. For those seeking a qualifying time through time trials the athlete's coach must inform the time trial referee, not later than 10:30 am of the day the time trial is desired. Time trials completed after the conclusion of the Championship meet will not be eligible for inclusion. These procedures must be followed in order for the desired times to be included.

Twelve 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

Thirteen and older swimmers 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

\*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 is qualified, not to exceed 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, meet entry fees, bus transportation, lodging, meals, (breakfast, lunch and dinner) two swim caps and all field trips. The trip fee is \$475.00

**Applying to attend is easy!** - Any athlete interested in participating must have an online application completed along with a \$100.00 on line deposit **submitted no later than 9:00PM on Monday, July 16th 2018**. Applications will be available at [Virginiawimming.org](http://Virginiawimming.org), under Member Resources- Zone Team the first week of June. All athletes have until completion of their championship meet (Senior or Age Groups) to meet the qualifying time standards. The deposit will be applied to the balance of the trip fee if the athlete earns a place on the team.

**Refund Policy- Trip Fees are non-refundable**

- 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. (NSCA qualifying times do not disqualify an athlete from participating at Zones)
- If in the event an athlete achieves the Eastern Zone time standards or finishes in the top two 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. Refunds are credited soon after Age Group Champs.

**Final Registration-** The following forms must be signed and filled out in their entirety to include medical insurance information. The forms will be available online and are formatted to be fillable. After filling them in please hard copy them and submit them to the Zone Team Manager at Senior Champs or Age Group Champs. **For the safety and security of the athletes and due to the personal nature of the information provided on the forms do not email them to the team manager.**

1. Athlete Honor Code
2. Medical Release, to include athletes' medical insurance information
3. Liability and Indemnification
4. Media Release

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

**Final Registration schedule-**

- Senior Champs attendees- **Saturday, July 21<sup>st</sup> and Sunday, July 22<sup>nd</sup>** during warm ups through prelims ONLY  
*All athletes who have applied must submit registration paperwork during this time frame.*
- Age Group Champs attendees- Saturday July, 28<sup>th</sup> and Sunday, July 29<sup>th</sup> from prelims through finals all qualified athletes must submit payment and their registration prior to the conclusion of Finals on Sunday night.

If your athlete is not attending a Championship Meet, email the team manager for an address where forms can be mailed.

**Itinerary-** The team's itinerary will be sent to team members 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 an online team portal. Credit Cards are the only acceptable form of payment for the uniform. The Team Uniform Portal will be open for ordering after the team application deadline has passed and will close at 10:00am Monday, July 30<sup>th</sup>. We encourage you to order your uniform as early as possible. 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 will be posted on the Zone Team page of our website.

\*\*\*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. The Team Uniform consists of the following items;

- Speedo Streamline Warm Up Suit                      \$75.75 mandatory
- 1 short sleeve t-shirt red                                \$13.50 mandatory
  
- 1 short sleeve t-shirt black                              \$13.50 mandatory
- 1 short sleeve t-shirt white                             \$11.00 mandatory
- 1 long sleeve t-shirt navy                                \$12.00 mandatory
  
- Boys 1 pair shorts                                         \$19.00 (NEW 2018) mandatory
- Girls 1 pair athletic shorts                              \$18.00 mandatory
- Speedo Teamster Backpack                             \$55.95 optional
- Virginia Swimming Towel                                \$39.00 optional

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

For team members who participated last year, our warm up and girls/ladies shorts and white short-sleeve t-shirt and Navy Blue Long sleeve t-shirt remain the same, all other new mandatory items are required. Only current uniform items are permitted during the trip.

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

**Team practice and Uniform distribution-** Saturday, August 4<sup>th</sup> 2:00pm-4:00pm at the Collegiate School Aquatic Center Uniform distribution and Zone Team practice

If in the event you are not in attendance, you will receive your uniform on Tuesday, August 7th.

A fellow teammate may pick up your uniform in your absence.

Team Practice is not mandatory but is highly recommended and encouraged. Please arrive 15 minutes early for practice.

**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 are 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. Timer signup sheets will be available at final registration.

We encourage parents to volunteer as chaperones for this trip. It's fun and rewarding and a great way to offset the expense of attending. The chaperone fee is \$100.00 and includes accommodations, transportation and meals. Please contact the Team Manager for information at [zoneteammgr@virginiawimming.org](mailto:zoneteammgr@virginiawimming.org). Chaperones will be selected after our champs meets. Applications to chaperone, general information and USA Swimming membership criteria are available on our web page. Apply early to get your membership process underway.

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. 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 Virginia's 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 WILL BE RELEASED PRIOR TO THE CONCLUSION OF THE 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.

During competition athletes are not permitted in the spectator stands. All athletes are required to sit and stay together on our team bench. Parents and spectators are not permitted on deck or in any designated area for athletes to include the **locker rooms**. Ample spectator seating is available. Parents, please do not encourage your athletes to visit with you while at the competition venue, chaperones have to be able to account for every athlete at all times. If you need to drop something off, snacks, drinks, money etc. please contact a chaperone in the stands to assist you.

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 and electronic device policies will be implemented for this trip: Usage for Cell phones and electronic devices will be limited to day time hours. All cell phones will be secured with the Team Manager or chaperones at the lights out 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.

Athletes are required to ask the Head Coach or Team Manager permission to use them while at the aquatic center. At the discretion of the Head Coach, Assistant Coaches or Team Manager, their use may be prohibited during competition if it conflicts with the mission of the team.

From time to time Honor Code violations occur and are addressed as the situations arise. 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 and Virginia Swimming activities.

- 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 at the parent's expense.

**Athlete Drop off and Pick Up-** It is the responsibility of the athlete's parents to provide transportation to and from the aquatic center on Tuesday, August 7<sup>th</sup> and Saturday, August 11<sup>th</sup>.

**For planning purposes only**, subject to change –

Tuesday, August 7<sup>th</sup>, 2:00pm arrive at the Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond Va. 23234

**Inquiries and Communication-** We will post updates to our webpage as we near departure, check the webpage frequently for current news at [Virginiawimming.org](http://Virginiawimming.org). Team emails will be the primary means of communication, when applying online please ensure for email address accuracy and the appropriate individual to receive the updates. If you have questions or need additional information please contact the Zone Team Manager at

- [zoneteammgr@virginiawimming.org](mailto:zoneteammgr@virginiawimming.org)
- Follow us on Twitter @ZoneSwimTeam