

NIAGARA LSC SWIMMING ALL-STAR TEAM ATHLETE APPLICATION 2011 EASTERN ZONE CHAMPIONSHIPS

What is It? The Eastern Zone is one of four geographic divisions of U.S.A. Swimming & includes 12 LSC's:

Adirondack (Central & Eastern NY)
Connecticut
New Jersey
Maine
Maryland
Virginia

Allegheny Mountain (Western PA & West Virginia)
New England (Mass, New Hampshire & Vermont)
Metropolitan (NYC & Long Island),
Middle Atlantic (Eastern Pennsylvania, Delaware),
Potomac Valley (metro Washington DC),
Niagara – Central and Western New York

LSC's in each Zone select an All-Star Team to represent their district in Zone Championship competition. Niagara LSC will compose the most competitive team possible to represent our LSC in Eastern Zone Championship competition.

How Do I Qualify for the Niagara Zone Team?

1. **Must achieve an Eastern Zone meet time standard.** Swimmers will only be entered into events in which they achieve an Eastern Zone Meet Qualifying Time between August 4, 2010 and July 31, 2011. **NO EXCEPTIONS.** All applicants who achieve a qualifying time within the qualification period who submit an application with fees will be considered to represent Niagara LSC.

2. **A Swimmer must have verifiable performances in the SWIMS Database.** Note the qualification period above, as performances outside of the qualification period will be rejected.

Exclusionary Criteria from the Eastern Zone: The following conditions exclude swimmers from the Eastern Zone Championships meet:

- a.) Swimmers aged 13 and over may not enter the meet if they have a time faster than the maximum qualifying times **in any event.** (times are based on the slowest cut times from the US Open, Speedo Junior Nationals, and/or the Spring US Swimming Championships).
- b.) Athletes aged 12 & under who participated in an individual event at any US Swimming Nationals, or a Trials Class meet.

When & Where is It?

August 10-13, 2011 at Penn State University, State College, PA.

What Do I Need to Do? You must register via the Niagara LSC Zone team Website:

niagarazoneteam.org. At LSC Championships, please fill out the event consideration report (in the meet program) and make a check payable to Niagara Swimming, Inc by 7/31/2011.

ONLY ONE APPLICATION FORM PER ATHLETE – PLEASE DO NOT SUBMIT MULTIPLE APPLICATIONS.

Fees: Athletes aged 11 & Over who will be housed with the Niagara Zone Team (i.e. "Sponsored Athletes") is \$350, and includes:

- Speedo Navy blue Drag Suit and swim cap with Niagara District Logo
- Short-sleeve custom Niagara Swimming Team T-Shirt with logo
- Team Hoodie (Red/Gray) with custom logo (white)
- Team Shorts with custom logo
- Team drawstring bag with custom logo

Coach Transportation from Buffalo, Rochester, Syracuse, or Binghamton to State College, PA and while at the meet, meals, and lodging.

Fees for athletes aged 10 & Under and those aged 11 & Over who will not be housed with the Niagara Zone Team (i.e. "Non-Sponsored Athletes") is \$150, and includes:

- Speedo Navy blue Drag Suit and swim cap with Niagara District Logo
- Short-sleeve custom Niagara Swimming Team T-Shirt with logo
- Team Hoodie (Red/Gray) with custom logo (white)
- Team Shorts with custom logo
- Team drawstring bag with custom logo

Niagara Swimming will provide Coaching and on-deck supervision at the swim meet. For all non-sponsored athletes, transportation to/from State College, PA is the responsibility of either the swimmer's parents or the swimmer's club. All transportation, meals, and lodging for all 10 & Under and "non-sponsored" athletes will be the responsibility of parents.

Accommodations – Athletes aged 11 & over who chose the "Sponsored" option, Coaches, and Chaperones will be housed as a team at the

Selection Notification - Members of the Zone Coaching staff will contact athletes selected for the Niagara All-Star Team beginning on August 1, 2011. Additional details will be available at that time. All applicants will receive confirmation of application receipt via email as they arrive. All communication between the Team Manager, Head Coach and Zone Athletes/Families will be primarily via **e-mail**. The Head Coach's phone number will be given out at the meet for emergency purposes only.

It is vital that all applicants and selected athletes check their e-mail daily for important details and announcements. Note that athletes, who submit an application, are selected for the team, and decline to participate without notifying their Niagara All-Star Team coach within 24 hours after official notification WILL NOT be eligible for the Team for the next two years and will forfeit their fees.

Why Would I Want to Go?

- You get recognition as one of the best swimmers in the Niagara LSC.
- You will compete with some of the best Age Group swimmers in the USA
- You get to make new friends from within Niagara District and with swimmers throughout the northeastern United States.
- You get to meet coaches from other Clubs
- You get some really cool stuff!
- You will have a lot of fun!

Interested in being on the Coaching Staff or a Chaperone?

WE NEED YOU! Additional Coaches and Parent Chaperones are needed. If interested, please submit an application during the Short Course Championship meet. Forms will be available at the Scratch Table. Applications due by the end of the Short Course Championship meet on Sunday.

Additional Questions?

Contact Adam Zaczkowski, Niagara Swimming Age Group Vice Chair (adam@dewittdolphins.com or (315) 446-1409). If you have questions **during the Niagara LSC Championship meet, Adam will be available for comment after trials each day and after finals on Sunday, July 31, 2011.**