

NIAGARA LSC SWIMMING
ZONE TEAM and ATHLETE GENERAL INFORMATION
2012 SHORT COURSE 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)	Allegheny Mountain (Western PA & West Virginia)
Connecticut	New England (Mass, New Hampshire & Vermont)
New Jersey	Metropolitan (NYC & Long Island),
Maine	Middle Atlantic (Eastern Pennsylvania, Delaware),
Maryland	Potomac Valley (metro Washington DC),
Virginia	Niagara – Central and Western New York

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

Qualifying Criteria and Selections

- 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 April 2, 2011 and March 18, 2012. All applicants who achieve a qualifying time within the qualification period who submit an online application will be considered to represent Niagara LSC.
- 2.** Converted or non-conforming times are not acceptable.
- 3. 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. If the times are not in SWIMS or fall outside the date range, athletes will not be considered for the event or applicable relay. High School meets and relay splits not verified in SWIMS are excluded from consideration. It is the swimmer and his or her home club's responsibility ensure the times posted in SWIMS are update and accurate.
- 4.** 13 and Over relays will use applicable 100yd, SWIMS verified, times for relay consideration with exception of 200 and 800 FR (if offered in meet).

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, but not limited to, the US Open, Speedo Junior Nationals, and/or USA Swimming National Championships. Max qualifying times published in meet announcement).
- b.) Athletes aged 12 & under who participated in an individual event at any USA Swimming National Championships, or a Trials Class meet.

ALL ATHLETES WHO MEET THE CRITERIA ABOVE ARE STRONGLY ENCOURAGED TO APPLY.

When & Where is It?

March 28 through March 31, 2012 at the Webster Aquatic Center, Webster, NY.

What Do I Need to Do?

You must register via the Niagara LSC Zone team Website: niagarazoneteam.org by MARCH 14, 2012.

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

11 & Over Athlete Fees (Housed with Team):

\$350 and includes:

Coaching, Caps, Chaperones, Lodging, transportation while in Webster area, Clothing, meet entry fees, and Meals.

10 and Under and 11 & Over Athlete Fees (Not Housed with Team):

\$150 and includes:

Coaching, Caps, Chaperones, meet entry fees and Clothing.

Niagara Swimming will provide Coaching, on-deck supervision at the swim meet and supervision at the Team Hotel. For all athletes, transportation to/from Webster, NY is the responsibility of either the swimmer's parents or the swimmer's club. All transportation, meals, and lodging will be the responsibility of parents for all athletes not housed with the team.

Accommodations – The team hotel is the Courtyard Marriott – Greece. A room block is established for parents as well. It is our hope that all athletes and families who must stay in a hotel, stay in the team hotel.

Niagara Swimming Parents need to call the Reservation Center to make their reservations at **585-621-6750**. They should ask for Courtyard by Marriott West/Greece and identify association with the Niagara Swimming Zone Team.

All reservations should be made prior to the release date of **Thursday, March 15, 2012**. All reservations must be accompanied by a first night room deposit or guaranteed by a credit card. Hotel will not hold any reservations unless secured by one of the above methods.

Group Code: **sspsspb**

Athlete Meals – All housed athletes will have meals provided by Niagara. Catering company will be announced after team selection. All dietary concerns and allergies **MUST** be submitted in writing to the Zone Team staff no later than 3/20/2012.

Selection Notification - Members of the Niagara LSC Zone Team Selection Committee will contact athletes selected for the Niagara All- Star Team beginning on March 18, 2012. It is our hope to have the team selected by Noon, March 20, 2012. Any inquiries regarding selection notification will not be answered until that time. Additional details will be available at that time. If there are any questions regarding the selection process, inquiries MUST be made by the athlete's coach. Parent inquiries will not be returned.

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.

Payment and Acceptance: Upon selection to team, accepted athletes will need to mail the following documents by **March 20, 2012**:

- Medical Release Form
- Code of Conduct
- Confirmation of Clothing Sizes and Housing Agreement
- Check Payable to "NIAGARA SWIMMING"

These four items need to be mailed to:

Niagara Zone Team
c/o Adam Zaczkowski
PO Box 54
DeWitt, NY 13214

Awards and Certificates: Awards, if achieved, will be distributed to the swimmers at the Championships. Any unclaimed awards will be distributed to the swimmer's home coach the the Niagara House of Delegates meeting in late April. Certificates will be mailed to home team coaches prior to April 20th.

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 LSC and with swimmers throughout the northeastern US.

You get to meet coaches from other Clubs

You miss some school (but you still have to do the work).

You get some really cool stuff!
You will have a lot of fun!

Additional Questions? Contact Adam Zaczkowski, Niagara Swimming Age Group Vice Chair (adam@dewittdolphins.com). If you have questions **during the Niagara LSC Championship meet, Adam will be available for comment after finals on Sunday, March 18, 2012.**

