

NIAGARA LSC SWIMMING ALL-STAR TEAM ATHLETE APPLICATION 2010 EASTERN ZONE CHAMPIONSHIPS

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

- ◆ Adirondack (Central & Eastern NY),
- ◆ Connecticut
- ◆ New Jersey
- ◆ Maine
- ◆ Maryland
- ◆ Virginia
- ◆ Allegheny Mountain (Western PA & West Virginia)
- ◆ New England (Massachusetts, New Hampshire & Vermont)
- ◆ Metropolitan (NYC & Long Island),
- ◆ Middle Atlantic (Eastern Pennsylvania, Delaware),
- ◆ Potomac Valley (metro Washington DC),
- ◆ Niagara – Western New York

LSC's in each Zone select an All-Star Team to represent their district in Zone Championship competition. Niagara District 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 12, 2009 and July 31, 2010. **NO EXCEPTIONS.** All applicants who achieve a qualifying time within the qualification period who submit an application with fees will be entered into the meet representing the 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: (1) 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). (2) Athletes aged 12 & under who participated in an individual event at any US Swimming Nationals, or a Trials Class meet.

ALL ATHLETES WHO MEET THE CRITERIA ABOVE ARE STRONGLY ENCOURAGED TO APPLY REGARDLESS OF YOUR RELATIVE POSITION ON THE NIAGARA TOP 10 LIST.

When & Where is It? August 11 through August 14, 2010 at two facilities located in Rockville, Maryland. Refer to the meet announcement for more details.

What Do I Need to Do? You must fill out an application and pay the team fee by July 31, 2010. Mail applications with payment to: Deborah Burke, 7 Columbia Court, Fairport NY 14450. If submitting application by USPS, your application must be received no later than July 31, 2010. Applications received by email or USPS after 7/31/10 irrespective of postmark date will not be considered. Make checks payable to "Niagara Swimming, Inc." Applications without fees will not be considered. Payment for optional equipment is due when the equipment is delivered at the meet. Payment received for athletes not eligible for the team will be destroyed. **ONLY ONE APPLICATION FORM PER ATHLETE – DO NOT SUBMIT MULTIPLE APPLICATIONS.**

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

- ◆ Speedo Navy blue Aquablade swimsuit (Jammers for males) and swim cap with Niagara District Logo

- ◆ Short-sleeve custom Niagara Swimming Team T-Shirt with logo
- ◆ Team Full Zip Jacket with custom logo (white)
- ◆ Round-trip bus transportation from western NY, local Transportation while in Maryland, 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 Aquablade swimsuit
- ◆ Team Jacket with custom logo (white)
- ◆ Custom swim cap with Niagara Swimming logo
- ◆ Short-sleeve custom Niagara Swimming Team T-Shirt with logo

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

Additional Niagara All Star Swimming Team apparel and equipment is available for purchase by all athletes who are selected for the team at time of application. Details are available on the application form, and will be forwarded to team members via email after team selection.

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

Selection Notification - Members of the Zone Coaching staff will contact athletes selected for the Niagara All-Star Team beginning on July 31. 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 and Head Coach and Zone Athletes/Families will be via **email ONLY**. It is vital that all applicants and selected athletes check their email 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.

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 miss some school (but you still have to do the work).
- ◆ 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 Deborah Burke, Niagara Swimming Age Group Vice Chair (dburke1@rochester.rr.com, email only), or Dave Muratore, Zone Coach (dmuratore@hotmail.com). If you have questions **during the Niagara Championship meet, please see your Club Coach.**