



**MIDDLE  
ATLANTIC  
SWIMMING**

# **Middle Atlantic All-Star Zone Team Summer Packet**

**Buffalo, New York**

**August 8<sup>th</sup> – August 11<sup>th</sup> 2007**

## **Introduction**

Welcome and congratulations on achieving the qualifying times to participate in this summer's long course zone meet. I expect this summer's zones will be an exciting experience and Middle Atlantic is proud to have you on our team. You've put in the hard work and dedication, now it's time to swim fast and have some fun. Swimming on the zone team allows swimmers to meet new friends from across our LSC, which encompasses Pennsylvania, New Jersey and Delaware. For the zone meet we will come together from many different teams to swim as one team.

The Middle Atlantic coaching staff has been selected and we are fortunate to have experienced coaches to lead our team. They are looking forward to a great meet filled with fast swims. Our staff's goal is to make this a positive experience for all swimmers and their parents.

Middle Atlantic hopes the attached information will be helpful to you and answer some of those questions you may have about long course summer zones. If you have any questions or concerns not addressed, please feel free to contact the zone manager:

**Michele Paules**

**E-Mail: [MarkPaules@yahoo.com](mailto:MarkPaules@yahoo.com)**

**Cell: 610-248-9927**

## **Equipment**

All equipment should be picked up at the Zone table at JOs (July 26-29). Swimmers making the team at JOs will be able to purchase or order equipment at that time. If you will not be at JOs, please make arrangements with someone to pick up your Zone items.

## **Zone Practice**

On Tuesday, August 7th there will be a zone practice for Middle Atlantic swimmers. Our practice is scheduled for 4:00 PM to 5:00 PM at:

Erie Community College  
Flickinger Aquatic Center  
21 Oak Street  
Buffalo, NY 14203

Please arrive 15 minutes prior to the practice start time.

This practice is not mandatory but we encourage the swimmers to attend to meet their zone coach and the other swimmers in their age group.

## **Pizza Party**

There will be a pizza party for the Middle Atlantic swimmers. The swimmers will meet at the Hyatt in the assigned banquet room. The festivities will begin promptly at 6:00 pm. Although the pizza party is not mandatory, it's encouraged. It's a great way for the swimmers to meet and socialize with their new teammates.

## **Relays**

If you are swimming an individual event on a specific day, you must be available to participate in the relay that same day should you be selected by your zone coach. Your zone coach will announce who has been selected for the A & B relays. Accordingly to Middle Atlantic Policy Manual, swimmers who are selected for a relay and do not stay to participate will be fined \$50. If you are not swimming an individual event on a particular day, but would like to be considered for a relay, please let your zone

## **Team Hotels**

During summer zones, swimmers stay with their parents.

Although Middle Atlantic doesn't require our team to stay at the same hotel, we book blocks of rooms so that our team is guaranteed hotel accommodations.

Middle Atlantic has a block of 50 rooms at the Hyatt Regency Buffalo. If you need a room, contact the Hyatt Reservation department at 1-800-233-1234. Ask for the Middle Atlantic block of rooms. The reservation cut-off date is July 20, 2007, but the hotel will accept reservations on a space-available basis after that date.

### **13 & Over Hotel:**

Hyatt Regency Buffalo  
Two Fountain Plaza  
Buffalo, NY 14202  
716/856-1234  
\$95 per night plus 13.75 % tax

Middle Atlantic has a block of 20 rooms at the Marriott Hotel. If you need a room, you may phone the hotel reservations department at 1-800-334-4040. Ask for the Middle Atlantic block of rooms. The reservation cut-off date is July 23, 2007, but the hotel will accept reservations on a space-available basis after that date.

### **12 & Under Hotel:**

Marriott Buffalo/Niagara  
1340 Millersport Highway  
Amherst, NY 14221  
716/689-6900  
\$129.00 per night plus 13.75% tax

Families that have swimmers at both pools can choose the hotel they prefer; however, it is the parent's responsibility to get the swimmer to the respective pool.

## **Pools**

### **13 & Over prelims and all finals will be swum at:**

Erie Community College  
Flickinger Aquatic Club  
21 Oak Street  
Buffalo, NY 14203

Prelim warm-ups run 7:00 AM  
Finals warm-ups start at 4:00 PM

Prelim meet start time 8:30 AM  
Finals start time 5:30 PM

### **12 & Under prelims and 10 & Under timed finals will be swum at:**

University of Buffalo  
Alumni Arena Pool  
North Campus  
Amherst, NY 14226

11-12 prelims - 10 & under warm-ups 8:00 AM

Meet start time 9:30 AM