



**MIDDLE
ATLANTIC
SWIMMING**

Middle Atlantic All-Star Zone Team Summer Packet

**Montgomery Aquatic Center
13-18 yr. old prelims/Finals
11-12 yr. old Finals**

**Rockville Municipal Swim Center
11-12 yr. old prelims
10 & under Timed Finals**

August 11-14, 2010

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 an experienced staff 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:

Kate Scheuer
610-324-4864
email@udac.us

Zone Practice

On Sunday, August 8th, there will be a zone practice for Middle Atlantic swimmers. The practice is an opportunity for all swimmers to pick-up their equipment, as well as to meet their coach and teammates. The practice is scheduled for 9:30-11:00 a.m. at:

Emmaus Community Park/Pool
1401 Shimerville Rd.
Emmaus, PA 18049

On Tuesday, August 10th there will be a zone practice for Middle Atlantic swimmers. Our practice is scheduled for 5:00 PM to 6:00 PM at:

Montgomery Aquatic Center
5900 Executive Blvd.
Rockville, MD 20852

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

Immediately after the zone practice there will be a pizza party for the Middle Atlantic swimmers at the team hotel, the Marriott Courtyard Gaithersburg Washingtonian Center, at 6:30 PM. The pizza party is for swimmers and coaches and there is no additional fee for this event. Please pick up your swimmer by 8:00pm. Although the pizza party is not mandatory, it is 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. If you are selected for a relay and do not stay to participate, you will be fined \$50.00 by Middle Atlantic. If you are not swimming an individual event, but would like to be considered for a relay, please let your zone coach know.

Communication is very important between the swimmer and zone coaches.

Pools

**Montgomery Aquatic Center
5900 Executive Blvd.
Rockville, MD 20852**

13 & Over prelims and all finals (12 & over):

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

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

**Rockville Municipal Swim Center
355 Martins Lane
Rockville, MD 20850**

12 & under prelims and 10 & under timed finals:

11-12 prelims - 10 & under warm-ups 7:00 AM

Meet start time 8:30 AM

Parents and guardians: Please be aware that your swimmers will be sitting under an MA designated tent at the outdoor venue pool and a designated team area at the indoor venue. These areas will be for swimmers and coaches only. Swimmers MUST stay with their coaches during the meet. Parents will not be permitted to sit with their swimmers in the designated team areas.

Code of Conduct
Middle Atlantic All-Star Zone Team

The undersigned athlete participating in the All-Star Zone Meet agrees to abide by the standards of conduct outlined below:

1. Swimmers will be under the direct supervision of their parents / guardians except while on the pool deck for practice and the meet itself.
2. The possession or use of alcohol, tobacco, or any non-prescribed drugs is prohibited.
3. Swimmers must stay with the team at the pool.
4. Swimmers in an individual event may be selected to swim a relay on that day. If a swimmer departs the meet before the relay, a \$50 will be imposed on the swimmer.

Failure to comply with the Code of Conduct may result in, but not necessarily be limited to, one or all of the following actions:

- Swimmer not allowed to participate in some or all team activities.
- Swimmer sent home from the meet.
- Board of Review Action against parent or swimmer.

Upon notification of any violation of the Code of Conduct, a review committee shall promptly investigate the circumstances of the violation and conduct an informal hearing. The review committee shall determine what disciplinary action, if any, shall be taken.

_____(swimmer)

_____(Parent)

The Code of Conduct should be signed and returned to
Kate Scheuer
PO Box 52
Fort Washington, PA 19034